



Faith Finders Drop-In Discussion Group

This peer facilitated discussion group explores principles of spirituality, and how the concept of a higher power can positively transform one's recovery journey. The goal will be for participants, over time, to attain a positive perspective through prayer and meditation, to transform their fears into love, leading to living life in the present moment and, ultimately, to peace of mind.

The group will meet weekly, on a drop-in basis, to read and discuss a variety of publications related to spirituality and recovery. Selections may include: *The Sermon on the Mount* by Emmet Fox, *A Course in Miracles* scribed by Helen Schucman, *A Return to Love* by Marianne Williamson, *Just Like Jesus* by Max Lucado, and *Become a Better You* by Joel Osteen. Participants may suggest additional topics or authors for consideration. Aspects of prayer and meditation will be integrated into the discussion each week.

Materials will be provided, and no advance reading is required.

All backgrounds, pathways and perspectives are welcome, including loved ones.

**Faith Finders
Drop-In Discussion Group
Thursday evenings, 7:00-8:00pm
South Shore Peer Recovery
51 Cole Parkway
Scituate Harbor, MA 02066**

About the facilitators:

Kristen Cole-Esson and Robert Egan will co-facilitate. Kristen is a nurse at South Shore Medical Center and an individual in long term, twelve step recovery who is passionate about supporting others on their own path to recovery. Robert has led several spiritually-based meetings and discussion groups in the South Shore over the past decade, guiding individuals in the practice of Practical Spirituality. Practical spirituality is a theory that relies on using spirituality for strength, as well as for action to change your life for the better, and to rid self of any negative aspect you wish to remove. The two have had positive feedback from participants on the format for this group, and look forward to bringing the discussion to the South Shore Peer Recovery community.

Ample free parking is available in the municipal lot on Cole Parkway
For further information, please contact Jan Kelly at jkelly@southshorepeerrecovery.com
781 378-0453 www.southshorepeerrecovery.com.