

St. Stephen Recovery Sunday

April 23

8:30, 9:45 & 11:00am

Guest Speaker:

Gloria Englund



Author of “Living in the Wake of Addiction: Lessons for Courageous Caregiving.”

Gloria Englund, founder of Recovering U, is a psychotherapist who holds a Master of Arts degree in Human Development. As a professional Recovery Coach, she works with individuals and families dealing with an addiction to alcohol, drugs, food, and relationships. Gloria has personal as well as professional knowledge of addiction and recovery; her oldest son, Aaron, died of a heroin overdose in 2007. Her recently released book, *Living in the Wake of Addiction: Lessons for Courageous Caregiving*, demystifies addiction, defies stigma, offers hope for recovery, and serves as a guide for professionals, families and individuals seeking support on the journey of recovery. As an accomplished public speaker, advocate and published author, Gloria brings a message of hope and recovery to others. For more information please see: www.recoveringu.com

“Come to me all you who are weary and burdened and I will give you rest.” Matthew 11:28

Sponsored by the St. Stephen **APR Ministry:**
Addiction Prevention & Recovery



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