



The Stream

Helping redefine what it means to be human

Living with Reality

Mutual Support Groups

Our *Living with Reality* (LWR) book study mutual support groups are extremely helpful in integrating the teachings of the *Living with Reality* book. They give us an opportunity to deepen our understanding of the book and together learn how to practice the platforms in our daily lives. There is no charge for these ongoing phone meetings, but we depend on everyone for support on a donation basis.

The mutual support groups focus on studying and discussing the *Living with Reality* book and working through its many exercises. The book is packed with important concepts, in-depth analysis and concrete practices that enable us to change ourselves in a profound way. It is a true workbook: teaching, challenging and guiding our self-discovery.

You can download the whole book for free from the Stream website or purchase it at iUniverse through the link on the Materials>Books page of the website to the *Living with Reality* book. You will be asked to read and study along with the group, so you will need a printed or e-book version to take advantage of our mutual support program.

The written format for the meetings is also available on the Stream website in most of the places where you can download the *Living with Reality* book. This format will give you a flavor of our process. We recommend reading the entire book between meetings but please read at least the first section before you attend your first meeting.

Currently Scheduled Ongoing Living with Reality Meetings

All times Pacific Standard Time

Choice of Meeting Day	Time	Conference Call-In#
Sunday*	8-9 am	507 726-4200; 173947#
Wednesday	7-8 am	507 726-4200; 173947#
Thursday	7-8 am	507 726-4200; 173947#
Thursday	8:30-9:30 pm	507 726-4200; 173947#
Saturday	8-9 am	507 726-4200; 173947#

Conference Calls: To accommodate people from different geographic areas, we meet via the phone. It's easy to make a conference call: Just dial (507) 726-4200. You will be asked to dial in a code as listed above. Be aware that the call is long-distance. During the call you may need the option of using #6 to mute and un-mute.

If you would like to start an additional Mutual Support meeting by phone or in person, or if you have any questions regarding this program please call Helen Hillix-Di Santo, Director of Programs and Services at (760) 941-8215.

*Please check the calendar on The Stream website www.thestream.org to confirm meeting days and times. There is no phone meeting on the first Sunday of the month but you are welcome to attend our Spiritual Service in person or by phone.