

Saturday, October 12, 2019
1:00 - 5:00pm

Centering Prayer: An Introduction to Intentional Consciousness Herb Kaighan

PRACTICING THE
HERE AND NOW

BEING INTENTIONAL
WITH STEP 11



Using Prayer & Meditation
to Work All the Steps

Herb K.

Are Prayer and Meditation important to you? Do you have a daily practice? Are you confused about Prayer, Meditation, Mindfulness, Contemplation and Centering Prayer ~ what are they and how to do them? Would you like to learn about each of these through experience? Centering Prayer combines the best of all these practices of conscious contact with the "Mystery". Come experience a way of improving your relationship with "God" and fostering your spiritual life; improving your consciousness.



Herb has been leading and facilitating workshops and retreats for over 30 years. He has authored three books including "Practicing the Here and Now: Being Intentional with Step 11" (2017). For more information go to www.herbk.com.

Cost: \$45

To register call Marlene at (310) 377-4867 ext 234
or email her at mvelazquez@maryjoseph.org or register online at
www.maryjoseph.org. Please see website for Cancellation Policy.

MARY & JOSEPH RETREAT CENTER

5300 Crest Road Rancho Palos Verdes, CA 90275 (310) 377-4867 Fax: (310) 541-1176
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RETREAT RESERVATION ~ Please return this form for your reservation. Thank you.
"Centering Prayer" Herb Kaighan, Saturday, October 12, 2019

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Cost: \$45