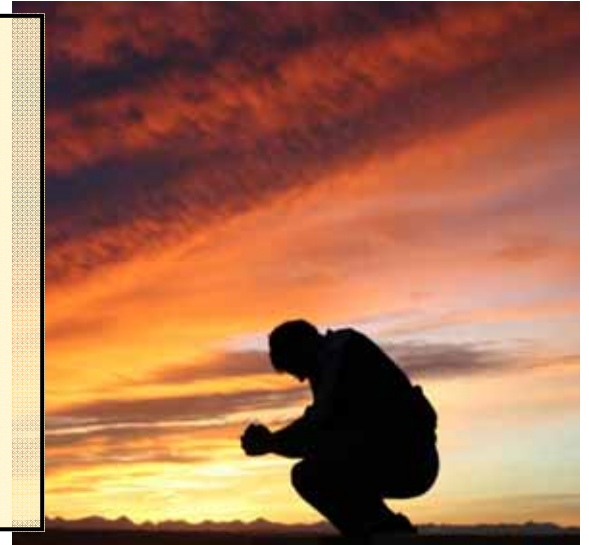


# A Spiritual Awakening

Saturday, March 23, 2019  
1:00 - 5:00pm

## 12 Steps to a Spiritual Awakening

Herb Kaighan,  
Spiritual Director



Attendees will be engaged in an experiential process of personal transformation. You will...

1. Identify sources of your suffering and unhappiness.
2. Experience the resources and process for healing.
3. Learn the skills and actions to establish and foster a stable sense of well-being.

The 12 Step methodology promises enlightenment for all who embrace & incorporate this way of life. Herb's journey includes: 7 years in Claretian seminary, a graduate education in psychology, 40 years in human resources consulting, certification as a Spiritual Director, 35 years of active participation in a 12 Step Fellowship and the publication of three books on spiritual awakening (see [www.herbk.com](http://www.herbk.com)). A practitioner of Centering Prayer since 1990, Herb also teaches at St. John's Seminary & the LA Dept. of Mental Health Clergy Academy. *Find more information at [www.herbk.com](http://www.herbk.com).*

Cost: \$25 (\$20 if paid in full by March 15)

To register call Marlene at (310) 377-4867 ext 234 or email her at [mvelazquez@maryjoseph.org](mailto:mvelazquez@maryjoseph.org) or register online at [www.maryjoseph.org](http://www.maryjoseph.org)

Please see website or Program Guide for Cancellation Policy.

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RETREAT RESERVATION ~ Please return this form for your reservation. Thank you.  
"12 Steps to a Spiritual Awakening" Herb Kaighan, Saturday, March 23, 2019

NAME \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

Cost: \$25 (\$20 if paid in full by March 15)

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