



The Spirituality Series is a Fundraiser for Mary & Joseph Retreat Center

Honestly ask yourself:

- Am I living life ... or doing time?
- Am I living life as constant concern ... or as flourishing freedom?
- Am I living life as dismal mystery ... or as an exciting journey?

The Twelve Steps of Alcoholics Anonymous were originally conceived as an antidote to alcoholism and have now been adopted to address all addictions. The AA co-founder, Bill Wilson, prophesized in the First Edition textbook "Alcoholics Anonymous": **"our way of living may have its advantages for all."**

Herb K, sober since 1984/awakened since 1988, has adapted and applied this Twelve Step process to the general human condition of "restless, irritable, and discontent." He has successfully integrated his knowledge of philosophy, psychology, and spirituality with his experience of the 12 Step process to effect a radical change in an individual's thoughts, feelings, attitudes, and especially personal behaviors.

The Retreat Center is sponsoring a series of topics that address our human journey for establishing and sustaining relationships:

- with Reality/reality
- with our self
- with others

You will learn, apply, and experience specific methods and tools for a radical personal change. The promises of this journey are:

... a gradual turning from a life of serial suffering, the deep darkness of despair and floundering

~ to ~

... an experience of being turned to a life of constant contentment, the bright sunlight of hope and flourishing.

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, 36 years of active participation in a 12 Step Fellowship and the publication of three books on spiritual awakening. A practitioner of Centering Prayer since 1990, Herb also facilitates a gathering (ZOOM) for Centering Prayer on the 2nd and 4th Wednesday of each month. ALL are welcome to join in this experience. www.herbk.com.

Cost: Each workshop \$25 Or All 10 Workshops for \$200

Zoom information and links will be emailed to you a few days before each event.

To register call José at (310) 377-4867 ext 250 or email him at jsalas@maryjoseph.org or register online at www.maryjoseph.org. Please see website for Cancellation Policy.

***See next page for a complete list of dates & titles of each workshop**

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10 AM to 1 PM Via Zoom (PST)

September 12	Emotional Sobriety Developing Conscience Step 10
October 24	Centering Prayer Improving Consciousness Step 11
November 7	Sponsorship/Helping Others Enlarging Compassion Step 12
December 5 <i>2021</i>	Forgiveness: A Decision to Release
January 9	Our Way of Living: In the Light Steps 10, 11, & 12
February 6	God ...as I Don't Understand ...! Steps 2 & 3
March 13	Inventory: Resentments/Disturbance Step 4 - Part 1
April 17	Inventory: Fear, Sex, Dishonesty, Secrets Step 4 - Part 2
May 8	Freedom: Removal of Defects & Repairing Damage Steps 5 - 9
June 5	Happiness: Enjoying the Journey As the Destination