



Spirituality Series

2020 9/12 Emotional Sobriety • 10/24 Centering Prayer;
 11/7 Sponsorship • 12/5 Forgiveness
 2021 1/9 Our Way of Living • 2/6 God as I Don't Understand
 3/13 Inventory I • 4/17 Inventory 2 • 5/8 Freedom
 6/5 Happiness: Enjoy!

Saturday, November 7, 2020
10 AM to 1 PM Via Zoom (PST)

Sponsorship/Helping Others Enlarging Compassion Step 12

Herb Kaighan, Spiritual Guide



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

Learn about Sponsorship ~ what does a sponsor do? What is the role of a sponsor? Through working the steps as contained in the Big Book, with the guidance of a "Step Guide" Herb experienced a profound spiritual awakening. Since then he has been carrying the message of recovery through sponsorship. The path of improving consciousness and enlarging compassion produces optimal living. Human beings create a life of purpose through the actions of serving others. When we have a meaningful connection beyond ourselves and live a life of helping others - we find personal happiness and a life of purpose.

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 3 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: \$25

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.

MARY & JOSEPH RETREAT CENTER

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RETREAT RESERVATION ~ Please return this form for your reservation. Thank you.
 "Sponsorship" Herb Kaighan, Spiritual Guide, Saturday, November 7, 2020

NAME _____ PHONE (____) _____

ADDRESS _____

EMAIL _____

Donation: \$25