



Personal Path to Freedom - 12 Step Series

1/16 NO CHOICE! • 2/13 Choice of Concept • 3/20 Decision for Relationship
 4/10 Name Obstacles ...Resentment • 5/15 Name ...Fear, Sex & Dishonesty
 6/19 Transparency/Transformation • 7/10 Regret, Reform, Repair & Restore
 8/7 Intentional Conscience • 9/11 Intentional Consciousness
 10/9 Intentional Compassion • 11/13 Practice of Principles - Emotional Sobriety
 12/11 Practice Intentional Living - Spiritual Sobriety

Saturday, January 16, 2021
10:00 to 11:30 am Via Zoom (PST)

NO CHOICE!

Herb Kaighan,
 Spiritual Guide



This 12 Step Series is a Fundraiser for Mary & Joseph Retreat Center

Step One: An Experience of No Choice | Powerless
A Process of Conceding Defeat and Surrender

- A process for having an experience of powerlessness with our addiction – both in our **body** (allergy) and our **mind** (obsession).
- A process of understanding and experiencing “unmanageability” as the spiritual malady – our **will** is deficient; we are inherently self-centered.
- A process not an event.

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, active participation in a 12 Step Fellowship since 1984 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.

Suggested donation: \$10 each workshop Or All 12 Workshops for \$100
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. For questions on content, email Tania at tania.herbk@gmail.com

Please note these workshops will be video recorded on Zoom and available on www.herbk.com

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

MARY & JOSEPH RETREAT CENTER

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RETREAT RESERVATION ~ Please return this form for your reservation. Thank you.
 “No Choice” Herb Kaighan, Spiritual Guide, Saturday, January 16, 2021

NAME _____ PHONE (____) _____

ADDRESS _____

EMAIL _____

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