



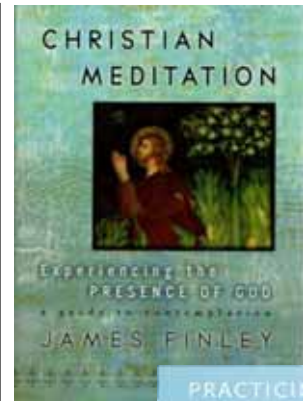
Spirituality Series

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 • 7/17 Resentments Col 1,2,3
8/14 Resentments Col 4 • 9/25 Forgiveness • 10/2 Meditation & Contemplation
11/20 Amazing Grace • 12/4 Sponsorship/ Helping Others

Saturday, October 2, 2021
10 AM to 1 PM Via Zoom (PST)

Meditation & Contemplation Practice of Intentional Consciousness

**James Finley, PhD &
Herb Kaighan, Spiritual Guide**



The Spirituality Series is sponsored by Mary & Joseph Retreat Center



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? These are all practices of conscious contact with the "Mystery". Come experience a way of improving your relationship with "God" to improve your consciousness.

As a contemplative practitioner and clinical psychologist, James Finley helps seekers who desire to live a contemplative, whole life. Drawing from his experience as a former monk and spiritual director of Thomas Merton, Jim offers trustworthy guidance for the spiritual journey. He serves as a core faculty member at the Center for Action and Contemplation with Cynthia Bourgeault and Richard Rohr. Jim is the author of several books including "Merton's Palace of Nowhere", "The Contemplative Heart" & "Christian Meditation". Learn more at www.jamesfinley.org



Herb K's journey includes: 7 years in Claretian seminary, 40 years in human resources consulting, a graduate education in psychology, certification as a Spiritual Director, 37 years of active participation in a 12 Step Fellowship and the publication of 3 books on spiritual awakening. 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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