



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, July 17, 2021
10 AM to 1 PM Via Zoom (PST)

~Resentments~
Column 1, 2, 3
Removal ~ Deep Ones
You will experience Column 3+
Herb Kaighan, Spiritual Guide



The Spirituality Series is sponsored by Mary & Joseph Retreat Center



Step Four: RESENTMENTS

Identification of the Obstacles in Us to Power

- Overview of the entire process; use of the model of survival instincts – fight, flight, freeze.
- Actual application of precise instructions for **Resentment** analysis: Identifying false “beliefs;” our “should(s);” “unenforceable rules”.
- **Prayer process** for removal of deep resentments.

Herb K's journey includes: 7 years in Claretian seminary, a graduate education in psychology, 40 years in human resources consulting, 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.