Saturday, June 18, 2022
10 AM to 1 PM Via Zoom (PST)

LIVE… Wide AWAKE
Die… Sleep Walking
Secrets for OPTIMAL LIVING
Allen Berger, PhD &
Herb Kaighan

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

PURPOSE: The Twelve Step process is a solution not only to addiction but for resolving the human malady of “unmanageability". Carl Jung suggested “The Spirit is the antidote to spirits.” Bill Wilson states in the Big Book “...our way of living has its advantages for All.”

Attendees ~
- will experience the process for radical personal change in the way they think, feel and behave
- will identify sources of serial suffering and chronic unhappiness
- will learn about resources and tools for healing and a life that flourishes
- will practice the skills and actions which establish and foster a sense of well-being and joy.

Who should attend?
- ALL who are interested in improving the QUALITY of their life; especially those in any 12 Step Fellowship.

Honesty ask yourself:
- Are you experiencing serial suffering?
- Are you ‘restless, irritable and discontent’? Unhappy?
- Do you find yourself repeating certain self-defeating patterns?

The workshop will discuss achieving & sustaining emotional balance and spiritual vitality. The path of improving consciousness and enlarging compassion produces optimal living. “We keep our heads in the clouds and our feet firmly planted on the earth” (BB page 130). Happiness is not a product: it is a by-product! Human beings have an intrinsic need to have meaning through connecting to a value larger than themselves. Human beings create a life of purpose through the actions of helping others. This is now not just common sense, historical experience, good philosophy, or eloquent poetry. It is confirmed by the hard evidence of the science of HAPPINESS. When we have a meaningful connection beyond ourselves and live a life of contribution - we find personal happiness and a life of purpose. We will discuss our experience of sustaining emotional balance, and spiritual maturity, especially through “Our Way of Life” - Steps 10, 11 & 12.

Dr. Allen Berger is a Clinical Psychologist and is 50 years clean & sober. Dr. Berger will discuss mental health concepts like emotional dependency, self-esteem, interdependence & manifesting our true self. abphd.com

Herb K's journey ~ 7 years in Claretian seminary, a graduate education in psychology, 40 years in human resources consulting, certification as a Spiritual Director, active participation in 12 Step Fellowship since 1984 and the publication of 3 books on spiritual awakening. 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. For questions on content, e-mail Rainey S. at rainey.herbk@gmail.com.
Visit Herb Kaighan’s YouTube channel to view past workshops from the Spirituality Series.