

Saturday, September 24, 2022
10 AM to 1 PM Via Zoom (PST)

Application of Steps 8 & 9 Final Phase of the Process of Forgiveness

Herb Kaighan, Spiritual Guide



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

FREEDOM is the key promise of the completion of Steps 8 & 9.

Step 8 ~ Identify "harms":

1. How did you diminish them?
Not what you did... but what was the **impact** on them!
What you did that diminished the quality of their lives?
Which of these areas were affected?
 - Physical
 - Emotional
 - Mental
 - Financial
 - Spiritual

2. What specifically can I do to balance the Justice scale?
My change of behavior?
My repair of damage?

Step 9 ~ Willingness to address the damage to complete the Forgiveness Process:

How do I prepare properly?
How do I make amends to people I can't find?
How do I make effective amends to people I should not contact? or who don't want contact with me?
How do I make amends to dead people?
What is the "Forgiveness Process"?

This will be a practical WORK-shop. Bring your questions, prepare to confront your unwillingness and to respond to your willingness. Together we'll share our experience and dialogue about being delivered to FREEDOM by bringing HEALING to others.



Freedom is the result of rehabilitation of our *relationship* with • Life • Ourselves • Others
Are you really willing to go to "...any length" for freedom from addiction & unmanageability?
Have you completed Step 9? If not, are you willing to complete all your amends? **REALLY?**

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. 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. For questions on content, e-mail Rainey S. at rainey.herbk@gmail.com. Please see website for Cancellation Policy.

Visit **Herb Kaighan's YouTube** channel to view past workshops from the Spirituality Series.

MARY & JOSEPH RETREAT CENTER

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