2022

**April:**

Quarterly Series: Part Six on Emotional Sobriety  
*Dr. Allen Berger, PhD, Clinical Psychologist & Herb Kaighan*  
Saturday, April 2, 2022 9am to 1pm Via Zoom

Path to Personal Freedom  
12 Traditions: Seven, Eight and Nine  
Herb Kaighan, Spiritual Guide  
Saturday, April 9, 2022 10am to Noon Via Zoom

Along the Way: A Pilgrim Walk ~ Come Walk with Us  
*Sue Ballotti, Labyrinth Facilitator*  
Saturday, April 9, 2022 7am to 1pm

Easter Sunday Breakfast  
Sunday, April 17, 2022 10:00 am to 12:30 pm

Spirituality Series 2022: Steps 2 & 3: "We AGNOSTICS" A Choice & A Decision!  
Joe C. & Herb K.  
Saturday, April 23, 2022 10am to 1pm Via Zoom

**May:**

Path to Personal Freedom: 12 Traditions: Ten, Eleven and Twelve  
Herb Kaighan, Spiritual Guide  
Saturday, May 7, 2022 10am to Noon Via Zoom

Enhanced Retreat Experience at Mary & Joseph  
*Sue Ballotti & Vel Roman-Mena,*  
*Spiritual Directors, Labyrinth Facilitators & Camino Pilgrims*  
*Friday, May 13 through Sunday, May 15, 2022*  
*In partnership with Fr. Michael Fish, OSB, Cam Levante 1 ~ Online Video Retreat Program*

Spirituality Series 2022: Resentments ~ Columns 3 & 4  
Herb Kaighan, Spiritual Guide  
Saturday, May 14, 2022 10am to 1pm Via Zoom

Connecting with your Inner Wisdom through SoulCollage®  
*Laureen Lazarovici & Victor Narro*  
*Saturday, May 21, 2022  10am to 3pm*

**June:**

Path to Personal Freedom: 12 Traditions: Conclusion and Experience  
Herb Kaighan, Spiritual Guide  
Saturday, June 4, 2022 10am to Noon Via Zoom

Spirituality & Nature: Finding God in the Awe of Nature  
*Mark Mitchell LMFT, Psychotherapist, LMU & CSUDH.*  
*Saturday, June 4, 2022  9:00am to Noon*

Spirituality Series 2022: Forgiveness Part 3: Forgiveness:“Nuts & Bolts” a Continuation...  
Fred Luskin, PhD & Herb Kaighan, Spiritual Guide  
*Saturday, June 11, 2022  10:00am to 1:00pm Via Zoom*

Spirituality Series 2022:  
LIVE... Wide AWAKE ~ Die... Sleep Walking:  
Secrets for OPTIMAL LIVING  
*Dr. Allen Berger, PhD & Herb Kaighan, Spiritual Guide*  
*Saturday, June 18, 2022 10am to 1pm Via Zoom*

**July:**

Spirituality Series 2022: Steps 8 & 9 ~ Forgiveness  
Herb Kaighan, Spiritual Guide  
*Saturday, July 16, 2022 10am to 1pm Via Zoom*

Quarterly Series: Emotional Sobriety  
*Dr. Allen Berger, PhD, Clinical Psy. & Herb Kaighan*  
*Saturday, July 23, 2022  9am to 1pm Via Zoom*

**July continued:**

8 Day Silent Directed Retreat:  
Take a Trust Walk with Jesus  
*Spiritual Directors: Sr. Pascazia Kinkuhaire, DMJ; Fr. Joseph Miller, SVD; Sue Ballotti*  
*6pm Sun., July 31 to 1:30pm, Sun., August 7, 2022*

**August:**

Spirituality Series 2022: Resentments: Column 4  
Herb Kaighan, Spiritual Guide  
*Saturday, August 13, 2022 10am to 1pm Via Zoom*

**September:**

Spirituality Series 2022: Steps 8 & 9 ~ Forgiveness  
Herb Kaighan, Spiritual Guide  
*Saturday, September 24, 2022  10am to 1pm Via Zoom*

**October:**

Weekend Healing Retreat  
*Fr. Pat Crowley, SS offence*  
*6pm Fri., October 14 to 1:30pm Sun., October 16, 2022*

Quarterly Series: Emotional Sobriety  
*Dr. Allen Berger, PhD, Clinical Psy. & Herb Kaighan*  
*Saturday, October 15, 2022 9am to 1pm Via Zoom*

Spirituality Series 2022  
Forgiveness Part 4: Self-Forgiveness  
Fred Luskin, PhD & Herb Kaighan, Spiritual Guide  
*Saturday, October 22, 2022 10:00am to 1:00pm Via Zoom*

Spirituality Series 2022  
Enhancing Compassion  
*Fr. Tom Weston, SJ & Herb Kaighan, Spiritual Guide*  
*Saturday, October 29, 2022 10:00am to 1:00pm Via Zoom*

**November:**

Spirituality Series 2022: Resentments: Columns 3 & 4  
Herb Kaighan, Spiritual Guide  
*Saturday, November 12, 2022 10:00am to 1:00pm Via Zoom*

**December:**

16th Annual Nativity Exhibit: “The Gift Givers”  
*Curator: Ellen Mintz*  
*Monday, December 5 ~ Tuesday, December 20, 2022*  
*Regular hours Sunday through Thursday are 9am-5pm; Fridays, Saturdays, 9am-9pm*  
*Admission is free – Our Christmas gift to you*

Quarterly Series: Emotional Sobriety  
*Dr. Allen Berger, PhD, Clinical Psy. & Herb Kaighan*  
*Saturday, December 10, 2022 9am to 1pm Via Zoom*

Spirituality Series 2022  
Application of Steps 8 & 9 = Final Phase -Process of Forgiveness  
Herb Kaighan, Spiritual Guide  
*Saturday, December 17, 2022 10 AM to 1 PM Via Zoom*

**Ongoing Retreats**

Centering Prayer Group Practice 2022 ~ Improving Our Relationship with God with Greg Johnson & Herb Kaighan  
*Second & Fourth Weds each month, 7:30-9pm Via Zoom*

Gratefulness Gathering with Christine Sanchirico  
*3rd Thurs of each month in 2022, 4-5:30pm Via Zoom*
“Come away... and rest awhile”
Mark 6:31

“Picture Yourself at Mary & Joseph Retreat Center!
The Mary & Joseph Retreat Center is a quiet, sacred, beautiful place where people of faith find spiritual renewal, unity, healing and peace. We serve the needs of the community by sponsoring spiritual retreats & events and by hosting organizations holding their own events on our grounds.

Special Amenities at Mary & Joseph
- Labyrinth ~ Outdoor, 11 circuit Chartres style
- Conference Rooms for 5 to 150
- Overnight guests rooms for 70
- Book & Gift Store
- Beautiful Views & Gardens
- Peaceful Chapel
- WiFi & AV Equipment

“Freeway close on the top of the Palos Verdes Peninsula

Hold your own group retreat or event at our Center!
Reserve our facilities and customize your retreat to fit the needs of your group. We welcome churches, spiritual and personal development programs, school faculties or students, non-profit groups and community service organizations for day or overnight retreats consistent with our mission. We can accommodate 70 guests overnight in single and double rooms with private baths. Conference rooms for 5 to 150 guests. Our kitchen serves up to 200, and the chapel holds 100 guests.

Contact Sydne Yanko-Jongbloed, Conference Coordinator
310.377.4867 x258 or sjongbloed@maryjoseph.org

Register for retreats online or donate to our mission at www.maryjoseph.org