

5:30 pm Friday, June 14 to
1:30 pm Sunday, June 16, 2024

Improving & Enlarging OUR AWAKENING!

- > Meditation
- > Message

Jo B, Australia
Herb K, Palos Verdes, CA



DESIGN FOR LIVING: AWAKENING is our focus. We will discuss, explore, and experience the application of 12 Steps in our daily lives. These are practical suggestions that can open our hearts and minds to review our approach to living our life! Our suffering is the "great persuader". When we are disturbed what can we do? Is what you are doing not working? Does your *daily* program need support and to be re-freshed?

This workshop will explore the practice of daily inventory and meditation as effective means of expanding our AWAKENING. We will unpack the practical use of both to foster our own personal *Transformation*, sustaining Emotional balance and Spiritual vitality. This path of expanding consciousness produces optimal living. When we have a meaningful connection beyond ourselves and live a life of awareness - we discover our life's purpose. We will discuss our WAY of *LIVING* as our practical *PRACTICE* for a life that flourishes!



Jo has been an active participant in a 12 Step Fellowship for over 25 years and leading recovery based workshops for many years. She is a teacher, mother & wife with background in psychology and recovery coaching. Jo began developing teaching material with Herb K in 2007. www.bigbookworkshop.com
Herb's journey includes: 7 years in seminary, a graduate education in psychology, 40 years in human resources consulting, certification as a Spiritual Director, active participation in a 12 Step Fellowship since 1984 and the publication of 4 books on spiritual awakening. www.herbk.com

Overnight Cost (includes all meals & meetings): per person/shared \$425; single \$545
Commuter cost (includes meals for that day): Friday evening \$75; Saturday \$135; Sunday \$85

**Early registration is encouraged for any or all of the events, to guarantee space.*

To register call José at (310) 377-4867 ext 250 or email jsalas@maryjoseph.org or register online at www.maryjoseph.org. Please see the Center's website for Cancellation Policy.



Improving & Enlarging the AWAKENING

5:30 pm Friday, June 14 to 1:30 pm Sunday, June 16, 2024

Friday, June 14:

Dinner	5:30 pm
Conference	7:00 pm to 9:00 pm

Saturday, June 15:

Breakfast	8:00 am
Conference	9:00 am to 12:00 pm
Lunch	12:30 pm
Conference	2:00 pm to 5:00 pm
Dinner	5:30 pm
Opening Conference	7:00 pm to 9:00 pm

Sunday, June 16:

Breakfast	8:00 am
Conference	9:30 am to 12:00 pm
Lunch	12:00 pm