

“Having Had a Spiritual Awakening” Deep Dive into Steps 1 thru 7 April 5 - 7, 2019

Breakwater School, Portland, Maine

Facilitator: Herb K. - Rancho Palos Verdes, CA
www.herbk.com

Who should attend?

ALL persons in **any** 12 Step Fellowship who are interested in improving the quality of their life; especially improving and enhancing their spiritual life.

Alcoholics Anonymous developed a Spirituality derived from a Twelve Step process as a solution to alcohol addiction. Carl Jung had suggested “The Spirit is the antidote to spirits.” Bill Wilson states in the Big Book “...our way of living has its advantages for **All**.” This weekend will be a deep dive into Steps 1-4 and a review of Steps 5-7. The presenter will describe the purpose of each Step as the effective means of personal transformation. Participants will experience the precise application of each of these Steps to their own personal life. Each attendee will learn the practical use of these Steps in fostering their spiritual life.

About the Speaker:

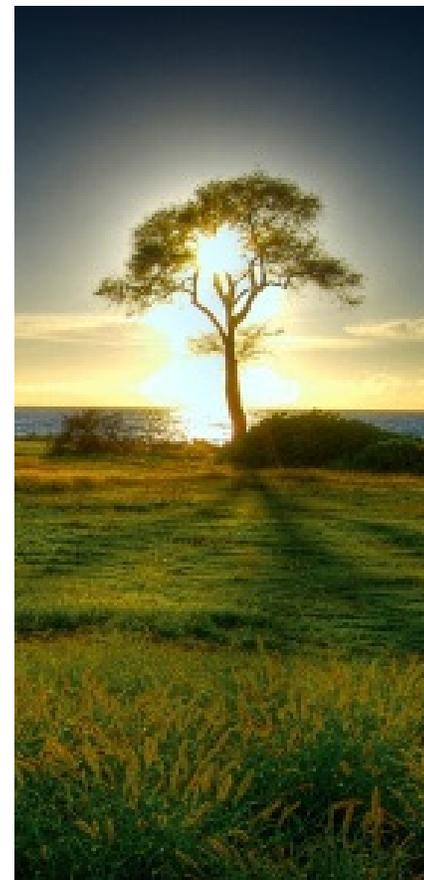
Herb Kaighan is an author, provides spiritual direction, and leads Twelve Step workshops and retreats throughout the world. In his books, “Twelve Steps to a Spiritual Awakening” and “Practicing the Here and Now”, Herb shares his insights using his own experience of traditional spirituality and also 12 Step Spirituality. His books speak of lighting a path from the dark world of addiction and brokenness to a life of purpose and light.

For more information visit www.herbk.com.

Cost for workshop: Friday Meeting - pass the basket.

Saturday & Sunday - \$75 (for administrative costs, presenter’s expenses, processing fees, etc). Please plan to attend the entire weekend to benefit from the full experience.

Box lunch on Saturday: Optional - \$15



Schedule:

Friday	7:00 pm - 9:00 pm
Saturday	9:00 am - Noon
	Noon - 1:00 pm
	1:00 pm - 5:00 pm
	5:00 pm - 7:00 pm
	7:00 pm - 9:00 pm
Sunday	8:00 am - 9:45 am
	10:00 am - Noon

No Cost: Speaker Meeting: “Herb’s Journey”
Steps 1-3: No Choice - Powerless; My Choice - Power!
Lunch Break
Step 4: Resentments: 4 column analysis
Dinner Break
Column 3 & 4 Discussion of Process
Step 4: Fear, Sex, Dishonesty, and Secrets
Steps 5, 6, 7: Removing Obstacles to Power

Registration: information and signup - kim.portlandmaineworkshop@yahoo.com

Information: daniellegormanyogatherapy@gmail.com

Location: Breakwater School
856 Brighton Ave., Portland, ME 04102