

Happiness is an Inside Job



THE BEGINNING EXPERIENCE OF SACRAMENTO

“Happiness is an Inside Job” focuses on that happiness that can be reached by all if direction of reach is inward. Using the book and materials provided, we will learn ten practices that are necessary to be successful in our quest for happiness.

When: October 7, 2011
(For eight Fridays)

Time: 7:00 - 9:00 p.m. (Registration on first night - 6:45 p.m.)

Place: St. John the Evangelist Catholic Church, St. James Hall
5751 Locust Street, Carmichael 95608

Fee: A registration fee of \$10.00
and
a weekly meeting fee of \$5 per week
will be charged or you can pay \$40
for all ten sessions. There is a book
available for \$15.00.

For more information call (916)835-2282, email us at besacramento@yahoo.com or visit our web site at: www.sacramentobe.org

“Happiness is an Inside Job” is open to all those who have completed The Beginning Experience “Coping With Life Alone” and/or The Beginning Experience weekend.

The purpose of *The Beginning Experience of Sacramento* support group is to offer a community for friendship, strength, guidance, and companionship for men and women of all faiths who are now alone due to divorce, separation or the death of a loved one.