**A Path to Inner Peace: Freeing the Mind and Heart through Spiritual Sobriety**

**Friday – Sunday, April 10-12, 2015**

Christine E. Lynn College of Nursing Auditorium, FAU Boca Raton

---

**Hotel Accommodations**

**The Wyndham Hotel**

1950 Glades Road, Boca Raton

Special rate of $129 per day for conference participants. This includes complimentary shuttle to campus and nearby shopping. To make reservations by phone, please call 561-368-5200 and refer to the Finley Conference at FAU room block and your date of arrival.

**Directions:**

- **I-95 North/ South:** Exit on Glades Road (Exit #45) and head west to second light (Renaissance Way). Make a U-Turn and take the first right, the hotel is on your left.

---

**Conference with**

**Thomas Merton Scholar**

**JAMES FINLEY**

**Peaceful Mind Peaceful Life**

Barb Schmidt, Founder

Peaceful Mind Peaceful Life was founded in 2011 by Barb Schmidt as a way to spread the mission worldwide that “outer peace begins with inner peace.” Barb has been a partner with FAU Peace Studies Program since 2001, and this year she became an international bestselling author with the launch of her book, “The Practice: Simple Tools For Managing Stress, Finding Inner Peace and Uncovering Happiness.” For more information, please visit [www.peacefulmindpeacefullife.org](http://www.peacefulmindpeacefullife.org).

---

**Directions**

Christine E. Lynn College of Nursing Auditorium

Florida Atlantic University, Boca Raton

*From I-95:* Exit Glades Road eastbound; turn left onto East University Drive/NW 13th St. Turn left onto Arts Avenue, park toward the north end of Lot 1 on your right. The Christine E. Lynn College of Nursing (Bldg. 64) is just west of Lot 1.

*From Florida Turnpike:* Exit at Glades Road eastbound; follow the directions above.

---

**FAU's Peace, Justice and Human Rights Initiative**

FAU's Peace Studies Program, established in 1999 within the Dorothy F. Schmidt College of Arts and Letters, has brought together students, faculty and community members to explore pathways to peace and the process of peacebuilding. Building on the College's success of the Peace Studies Program, which is generously funded by the Schmidt Family Foundation, and supported by the Lynn-Wold-Schmidt Peace Studies Endowment, the FAU Peace, Justice and Human Rights Initiative seeks to bring together the various entities at FAU invested in the themes of Human Rights, Peace and Social Justice. For more information about FAU's Peace, Justice and Human Rights Initiative, visit [fau.edu/pjhr](http://fau.edu/pjhr).
Conference Description

The 12 steps of Alcoholics Anonymous are not just for addicts. In this retreat, James Finley will help us discover that the 12 steps of Alcoholics Anonymous can help all of us to be set free from habits of the mind and heart that perpetuate suffering. Each of the 12 steps will be explored, as it were, from the inside, as providing intimate passage into the mysterious process in which we learn to release our cherished and dreaded illusions that hinder us from experiencing inner peace and fulfillment. Taken together, the 12 steps will be seen to mark out a path, a way of life, that leads to the wondrous state of inner peace and fulfillment. Methods of meditation will be introduced to experience the transformative power of the 12 steps. Both those in recovery as well as everyone who wants to deepen their ability to live in inner peace and clarity will benefit from attending this one-day retreat experience.

Themes to be covered include:

- Ways to understand and heal from the powerful grip that addiction, in all its forms, has in our lives.
- How to understand and heal from our addictive tendency to skim over the depths of the gift and miracle of our own life.
- How admitting that our life has become unmanageable is a way of experiencing humility and self knowledge that leads to a deep feeling of oneness within us in each breath and heartbeat, in each passing moment of our lives.
- How prayer and meditation lay bare our true nature; pure and free in our fragility and limitations.
- Practical ways to extend our conscious contact with God, as we understand him or her, in meditation and prayer, into an habitual state of inner peace and clarity that allows us to be a healing presence in the midst of today’s world.

This Conference is for:

- Those in 12 step recovery programs who want to explore the interior, depth dimensions of the healing path marked out in the 12 steps of Alcoholics Anonymous.
- Anyone who would benefit from finding in the 12 steps of Alcoholics Anonymous universal principles of spiritual transformation that can help all of us to heal from addictive habits of the mind and heart that perpetuate suffering.
- Anyone who would benefit from finding in the 12 steps of Alcoholics Anonymous universal principles of awakening and transformation that lead to serenity, clarity and fulfillment in the midst of life as it is.
- Anyone seeking guidance in the gentle art of meditation in which we learn to ground ourselves on the gift and miracle of each passing moment of our lives.
- All who are seeking ways to pass on to others the inner peace and freedom we seek to find in our own lives.

Christine E. Lynn College of Nursing Auditorium, FAU Boca Raton

– Conference Schedule –

- **Friday, April 10**
  - 7-9 pm, Opening Keynote Lecture

- **Saturday, April 11**
  - 8 am – Arrival and Coffee
  - 9 am – Conference Program Begins
  - 12 pm – Lunch
  - 1 pm – Afternoon Program Resumes
  - 4 pm – Day Concludes

- **Sunday, April 12 (Optional)**
  - 8 am – Arrival and Coffee
  - 9 am – Final Thoughts and Discussion
  - 12 pm – Conference Ends

Tickets* $75, $50 FAU Faculty and Staff
(Continuing Education credits may be available)
*Includes all programs and lunch

– Registration Required –

Register online at:
fauf.fau.edu/compassion

Register by phone at:
561-297-2337