

# TRAVEL SOBER

## INVITES YOU



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Canada & New England  
with Herb K.

On Norwegian Cruise Lines "Escape"

Join Us for a 7-Day Recovery Conference at Sea  
Round Trip from New York September 8-15, 2019

Speaker: Herb K.

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**TRAVEL  
SOBER**  
The Journey Begins

Exclusive Booking Arrangements made by: IN THIS LIFE TRAVEL, LLC

**Great Prices Start at and include port charges & tax, govt. fees**

Prices are per person, based on double occupancy. Single rates are available.

Not included are tips, items of a personal nature and admin/conference registration fee

<b>Interior</b>	<b>\$972.00 per person dbl/occ</b>
<b>Oceanview</b>	<b>\$1,222.00 per person dbl/occ</b>
<b>Balcony</b>	<b>\$1,382.00 per person dbl/occ</b>
<b>Mini-Suite</b>	<b>\$1,572.00 per person dbl/occ</b>

A cruise deposit of \$250 pp plus conference fee starting at \$195 is required to hold your space  
Mention code EB1 to get value added extras, including ship board credit and free in category upgrades

**About The Speaker:**

**Herbert Kaighan, B.A.**

As the result of working the Twelve Steps, Herb experienced a profound spiritual awakening in 1988. Since then he has been very involved in sponsorship, facilitating workshops and leading retreats. He has authored "Twelve Step Guide to Using the Alcoholics Anonymous Book" and "Twelve Steps to Spiritual Awakening". Many have found them helpful. Herb's personal journey includes seven years in seminary, a graduate education in psychology, and a 40 year career in human resources consulting (from which he retired in November, 2006). Herb is an adjunct professor at Loyola-Marymount University (Los Angeles) conducting workshops on a variety of topics in their Center for Spirituality.

<u>Day</u>		<u>Cruise Ports</u>	<u>Arrive</u>	<u>Depart</u>
Sun	08	New York, New York	(EMBARK)	4:00PM
Mon	09	At Sea		
Tue	10	Bar Harbor, Maine	8:00AM	5:00PM
Wed	11	Portland, Maine	7:00AM	1:00PM
Thu	12	Halifax, Nova Scotia	9:00AM	5:00PM
Fri	13	Saint John, Bay of Fundy, New Brunswick	10:00AM	6:00PM
Sat	14	At Sea		
Sun	15	New York, New York	(DISEMBARK)	7:00AM

**About InThisLife/TravelSober.com:**

We have been privileged to provide sober travelers a safe place to enjoy each others company, experience great speakers and workshop leaders while enjoying, all the benefits of cruise and land vacations with like minded people. You will have the advantage of 27+ years of world wide travel relationships, preferred pricing and guided experiences. Let us help you have the richest, highest quality and most memorable journey. And above all lots of fun and spiritual growth.

**Before the Cruise:** Great hotel rates available for the Big Apple and a private exclusion tour to Stepping Stones, home of Founder Bill W. and his wife Lois. Includes lunch.

**About the Cruise Itinerary:** Breath in the brisk New England air in Bar Harbor as you stroll along the quaint streets to visit Abbe Museum and learn about the native Wabanaki people. Then head to Thunder Hole see the seas serve up some sonic booms. In Halifax, scale Nova Scotia's Citadel Hill for a stroll through history before taking a walking tour through the Public Gardens. When in New York, see why this city never sleeps by sipping an espresso at Café Abraço or catching a Broadway show in the Theater District.

**About the Ship:** Get ready to sail one of the most exciting ships on the seas! Norwegian Escape is ready to whisk you away to Canada & New England. Indulging in every whim is what unforgettable vacations are made of. Get ready to chase sunsets on The Waterfront. Get closer to paradise with two quintessential Jimmy Buffett venues. Be dazzled by Broadway hits like After Midnight. Discover a new world of Freestyle Cruising on Norwegian Escape.

**While on the cruise, In This Life's hospitality desk will provide information on "doing your own thing" adventures. Select from a variety of cruise shore excursions. Ask us about other options such as great dining and fun-filled onboard activities.**

Reservations: 805 927-6910 or Email: [inthislife@aol.com](mailto:inthislife@aol.com)

Payments can be made by credit card, (call please) or by check to:

In This Life Travel - 895 Napa Ave. Ste. A 4, Morro Bay, CA 93442