

September 2017

www.journeycenter.org



Journey Center

1601 Fourth Street, Santa Rosa, CA 95404
 (707) 578-2121 www.journeycenter.org
 Email: christopher@journeycenter.org

*Come As You Are.
 Encounter the Holy.
 See What Happens.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Please stop by for a visit if you're looking to give your mind, body and spirit some rest, Monday - Friday 10:00 a.m. - 4:00 p.m. You'll always find warm hospitality and a cup of coffee/tea. And there's always someone to talk and/or pray with. We look forward to welcoming you.			We are a non-profit 501(c)3 and its only by your generous donations that we are able to exist as an oasis for the spiritually thirsty. Register and/or pay for a classes, workshops or events at www.journeycenter.org/regForm.php or call the Journey Center at (707) 578-2121.		1	2
3	4 LABOR DAY JOURNEY CENTER CLOSED	5 12 pm Imaginative Prayer 7 pm Group Spiritual Direction for Women	6 12 pm Contemplative Prayer, UMC, Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Find God In All Things	7 5:30 pm Centering Prayer 7 pm 12 Step Spirituality	8	9 1:30 pm Spiritual Practice Series: Lectio Divina
10	11 12 pm Centering Prayer 6:30 pm Sensible Shoes book group, free meeting 7 pm Guys Group	12 12 pm Imaginative Prayer	13 12 pm Contemplative Prayer, UMC, Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Find God In All Things	14 5:30 pm Centering Prayer 7 pm Be the Bridge to Racial Unity, small group	15 5 pm Artist opening reception, Gerald Huth	16
17	18 12 pm Centering Prayer 6:30 pm Group Spiritual Direction for Caregivers	19 12 pm Imaginative Prayer	20 12 pm Contemplative Prayer, UMC, Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Find God In All Things	21 5:30 pm Centering Prayer 7 pm Spiritual Direction free seminar	22	23
24	25 12 pm Centering Prayer 6:30 pm Sensible Shoes book group 5 pm Attorney Is In	26 12 pm Imaginative Prayer	27 12 pm Contemplative Prayer, UMC, Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Find God In All Things	28 5:30 pm Centering Prayer 7 pm Guys Group	29	30

FREE
DROP IN

Centering Prayer Groups

Mondays, Noon - 12:45 p.m.
Thursdays, 5:30 p.m. - 6:00 p.m.

A time of prayer and contemplation in which we practice a Christ-centered form of meditation. People on all silent meditation paths are welcome, both beginners and experienced practitioners. **Not meeting September 4, Labor Day.**

FREE
DROP IN

Weekly Contemplative Prayer/Meditation Group in Sebastopol...Centering Prayer and the Prayer of the Imagination

Wednesdays, Noon - 1:00 p.m.

United Methodist Church, Sebastopol

You are invited to encounter Christ in silence, in contemplation and in the imagination, as we practice Christ-centered forms of meditation. Beginners and people on all meditation paths welcome.

FREE
DROP IN

Imaginative Prayer: Encountering Christ in the Gospels

Tuesdays, Noon - 1:00 p.m.

You are invited to encounter Christ in the stories of His life using the gift of your God-given imagination. This weekly gathering offers a guided prayer/meditation time in which the events of the life of Christ become present and personal, allowing us a direct experience of the love of God.

FREE
DROP IN

Centering Prayer and Lectio Divina

Wednesdays, 6:30 p.m. - 8:00 p.m.

We gather each week and begin with Centering Prayer, a receptive method of silent prayer that opens and prepares us to experience God's presence and transforming love within us. Both beginners and experienced practitioners will find this time supportive and deepening.

PRE-REGISTER
PRE-PAY

Group Spiritual Direction for Women with the book *Present, Over Perfect* - NEW GROUP

September 5, 7:00 p.m. - 9:00 p.m.

Group spiritual direction provides a safe space to meet God in the presence of others and explore the ways God moves in our lives. We long to honor the Holy among us in both silence and group sharing through responses to the readings from the book *Present, Over Perfect*. **Suggested donation:** \$90 for 10-session series, may be paid in three installments (buy the book at the first meeting, \$15).

PRE-REGISTER
PRE-PAY

Finding God in All Things: An Introduction to the Spiritual Exercises of St. Ignatius of Loyola

September 6, 13, 20, 27, 7:00 p.m. - 9:00 p.m.

What are The Spiritual Exercises of St. Ignatius of Loyola? How might they deepen my relationship with God? Ignatian Spirituality is grounded in the conviction that God is active in our world and not remote from us. **Suggested donation:** \$75 for seven-week series (Aug. 30 – Oct. 11), may be paid in three installments.

PRE-REGISTER
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12 Step Spirituality for Everyone

September 7, 7:00 p.m. - 8:30 p.m.

The 12 Steps associated with Alcoholics Anonymous contain a spirituality that transcends faith & secular traditions. Join us for a fresh look at these transformative 12 steps, one per month (May 4 – April 5). **Suggested donation:** \$10 per session.

DONATE
DROP IN

Spiritual Practice Series: Lectio Divina

September 9, 1:30 p.m. - 4:00 p.m.

Delve into this ancient practice of meditating on a gospel passage (Lectio Divina means divine reading). You'll learn about this Benedictine spiritual discipline, how to use it and you'll have an opportunity to practice it in the workshop. **Suggested donation:** \$10 - \$20.

PRE-REGISTER
FREE

Sensible Shoes Book Group

September 11 & 25, 6:30 p.m. - 8:30 p.m.

Join spiritual director Bambi Stranz on Sept. 11 for a free informational meeting. The Sensible Shoes Book Group will read and discuss the novel, *Sensible Shoes*, which teaches contemplative spiritual practices through the realistic struggles and joys of four women who meet in a spiritual formation class. **Suggested donation:** \$45 for 6-part series, may be paid in three installments, buy book in advance, Amazon: \$10.

PRE-REGISTER
PRE-PAY

Be the Bridge to Racial Unity Small Group

September 14, 7:00 p.m. - 9:00 p.m.

Mindy Braun and Christopher Huber will facilitate a small group aiming to engage in a dialogue of racial justice and reconciliation. **Suggested donation:** \$60 for 9-month series, may be paid in 3 installments plus \$12 for series booklet.

FREE
DROP IN

Imaginary Voyage, Artist Opening Reception with Gerald Huth

September 15, 5:00 p.m. - 7:00 p.m.

Meet Gerald and join us for a complimentary evening to experience his fine art. We'll have appetizers and wine available to pair with Gerald's intriguing work influenced by his extensive travel all over the world. You can join in the raffle (\$5 per ticket) to get a chance to own one of his pieces; the show runs through Nov. 10.

PRE-REGISTER
FREE

Introduction to Spiritual Direction—FREE Intro Seminar

September 21, 7:00 p.m. - 9:00 p.m.

A growing number of people from a variety of spiritual paths are discovering the benefits of meeting regularly with a spiritual director to grow in their awareness of the presence and movement of God in their lives. Please join us to learn how this practice can be a blessing in your life.

October 2017

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15	16 12 pm Centering Prayer 6:30 pm Group Spiritual Direction for Caregivers 7 pm Nourishment for Activists	17 12 pm Imaginative Prayer 12 pm Clergy Appreciation Lunch	18 12 pm Contemplative Prayer, UMC, Sebastopol 6:30 pm Centering Prayer & Lectio Divina	19 5:30 pm Centering Prayer	20	21 9:30 am The Transformative Power of Conflict (Enneagram guest teacher workshop)
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29	30 12 pm Centering Prayer	31 12 pm Imaginative Prayer	<p>Please stop by for a visit if you're looking to give your mind, body and spirit some rest, Monday - Friday 10:00 a.m. - 4:00 p.m.</p> <p>You'll always find warm hospitality and a cup of coffee/tea. And there's always someone to talk and/or pray with. We look forward to welcoming you.</p>		<p>We are a non-profit 501(c)3 and its only by your generous donations that we are able to exist as an oasis for the spiritually thirsty.</p> <p>Register and/or pay for a classes, workshops or events at www.journeycenter.org/regForm.php or call the Journey Center at (707) 578-2121.</p>	

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PRE-PAY

Group Spiritual Direction for Women with the book *Present, Over Perfect* - NEW GROUP

October 3, 7:00 p.m. - 9:00 p.m.

Group spiritual direction provides a safe space to meet God in the presence of others and explore the ways God moves in our lives. We'll respond to readings from the book *Present, Over Perfect* in both silence and group sharing. **Suggested donation:** \$90 for 10-session series, may be paid in three installments (plus book, \$15).

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Finding God in All Things: An Introduction to the Spiritual Exercises of St. Ignatius of Loyola

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DONATE
DROP IN

Spiritual Practice Workshop: Centering Prayer

October 7, 1:30 p.m. - 4:00 p.m.

Centering prayer is a contemplative prayer practice in which you use a sacred word/phrase (of your choice) to return to God's presence when your mind begins to wander. The focus of Centering Prayer is the deepening of our relationship with the living Christ. **Suggested donation:** \$10 - \$20.

PRE-REGISTER
PRE-PAY

Sensible Shoes Book Group

October 9 & 23, 7:00 p.m. - 9:00 p.m.

Join spiritual director Bambi Stranz on Sept. 11 for a free informational meeting. The Sensible Shoes Book Group will read and discuss the novel, *Sensible Shoes*, which teaches contemplative spiritual practices through the realistic struggles and joys of four women who meet in a spiritual formation class. **Suggested donation:** \$45 for 6-part series, may be paid in three installments, buy book in advance, Amazon: \$10.

PRE-REGISTER
PRE-PAY

Oasis: A Place of Rest and Nourishment for Activists - FREE Informational Meeting

October 16, 7:00 p.m. - 9:00 p.m.

A growing number of compassionate people are sensing the call to find their voice, stand up for justice and work towards a safer and more loving world. Spiritual director Joanna Quintrell hosts this first gathering to explore the importance of slowing down and finding nourishment for our hearts and minds through finding the balance between action and contemplation.

FREE
RSVP

Clergy Appreciation Lunch with Our Compliments

October 17, Noon - 2:00 p.m.

October is Clergy Appreciation month and we want to bless our partners in ministry. Please join us to step out of the busyness of life and ministry for a peaceful lunch together. **Kindly RSVP to robin@journeycenter.org or call (707) 578-2121 by Oct. 12.**

PRE-REGISTER
PRE-PAY

The Transformative Power of Conflict

October 21, 9:30 a.m. - 4:00 p.m.

Join Diana Redmond, certified Enneagram teacher, for an experiential session to discover how the Enneagram and some guiding principles of conflict transformation will assist us in engaging conflict more consciously, creatively, and compassionately. **Workshop fee:** \$50.

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<p>Please stop by for a visit if you're looking to give your mind, body and spirit some rest, Monday - Friday 10:00 a.m. - 4:00 p.m.</p> <p>You'll always find warm hospitality and a cup of coffee/tea. And there's always someone to talk and/or pray with. We look forward to welcoming you.</p>			<p>1</p> <p>12 pm Contemplative Prayer, UMC, Sebastopol</p> <p>6:30 pm Centering Prayer & Lectio Divina</p>	<p>2</p> <p>5:30 pm Centering Prayer</p> <p>7 pm 12 Step Spirituality</p>	<p>3</p>	<p>4</p> <p>9 am A Lament Towards Hope</p>
<p>5</p>	<p>6</p> <p>12 pm Centering Prayer</p> <p>6:30 pm Sensible Shoes book group</p>	<p>7</p> <p>12 pm Imaginative Prayer</p> <p>7 pm Group spiritual direction for women</p>	<p>8</p> <p>12 pm Contemplative Prayer, UMC, Sebastopol</p> <p>6:30 pm Centering Prayer & Lectio Divina</p>	<p>9</p> <p>5:30 pm Centering Prayer</p> <p>7 pm Be the Bridge to Racial Unity, small group</p>	<p>10</p> <p>6 pm Gratitude gathering</p>	<p>11</p> <p>1:30 pm Spiritual Practice Workshop: Imaginative Prayer</p>
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<p>19</p>	<p>20</p> <p>12 pm Centering Prayer</p> <p>6:30 pm Group Spiritual Direction for Caregivers</p> <p>6:30 pm Sensible Shoes book group</p>	<p>21</p> <p>12 pm Imaginative Prayer</p>	<p>22</p> <p>12 pm Contemplative Prayer, UMC, Sebastopol</p> <p>6:30 pm Centering Prayer & Lectio Divina</p>	<p>23</p> <p>Journey Center closed</p> <p>THANKSGIVING</p>	<p>24</p> <p>Journey Center closed</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>12 pm Centering Prayer</p>	<p>28</p> <p>12 pm Imaginative Prayer</p>	<p>29</p> <p>12 pm Contemplative Prayer, UMC, Sebastopol</p> <p>6 pm Pursuit of Wholeness</p> <p>6:30 pm Centering Prayer & Lectio Divina</p>	<p>30</p> <p>5:30 pm Centering Prayer</p>	<p>We are a non-profit 501(c)3 and its only by your generous donations that we are able to exist as an oasis for the spiritually thirsty.</p> <p>Register and/or pay for a classes, workshops or events at www.journeycenter.org/regForm.php or call the Journey Center at (707) 578-2121.</p>	

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PRE-REGISTER
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A Lament Towards Hope

November 4, 9:00 a.m. - 4:00 p.m.

How do we make space for personal loss, societal injustice or unexpected crisis in life? How do we companion another experiencing grief? This workshop is for those who desire to explore Biblical models to support our movement from lament towards hope. **Suggested donation:** \$45 per session.

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PRE-REGISTER
PRE-PAY

Be the Bridge to Racial

Unity Small Group

November 9, 7:00 p.m. - 9:00 p.m.

Mindy Braun and Christopher Huber will facilitate a small group aiming to engage in a dialogue of racial justice and reconciliation. **Suggested donation:** \$60 for 9-month series, may be paid in three installments plus \$12 for series booklet.

PRE-REGISTER
PRE-PAY

Spiritual Practice Workshop: Imaginative Prayer

November 11, 1:30 p.m. - 4:00 p.m.

Using the gift of your imagination come and experience an encounter with Christ through a guided meditation called imaginative prayer. Linda Albert will provide an introduction to this Ignatian-style of prayer and leave time for discussion and sharing after the meditation. **Suggested donation:** \$10 - \$20.

FREE
DROP IN

Wonderful Gifts In Small Packages

Holiday art show and fundraiser

Art show receptions: November 15, 5:00 - 7:00 p.m., December 9, 2:00 - 4:00 p.m.

View and purchase: Mon. - Fri., 10:00 a.m. - 4:00 p.m. Meet the artists; appetizers and beverages will be served. Your purchases support the work of local artists and the mission of the Journey Center. Artwork may be purchased through December 15. **Free admission.**

PRE-REGISTER
PRE-PAY

In Pursuit of Wholeness: Exploring the Four Jungian Masculine Archetypes

November 29, 6:00 p.m. - 9:00 p.m.

This introductory workshop is for men desiring to understand the four male "archetypes" (King, Warrior, Magician and Lover). Discover how, in combination with your faith, these archetypes help call us forth in our spiritual journey and create wholeness. **Suggested donation:** \$25.