

FEBRUARY 2018



ENCOUNTER GOD • BE RENEWED

Everyone Welcome
Workshops • Retreats • Art Gallery • Spiritual Direction

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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 5:30 pm Centering Prayer 7 pm 12 Step Spirituality</p>	<p>2 12 pm A Quiet Place for Lectio Divina</p>	<p>3 9 am Praying with Icons : God's Storybooks</p>
4	<p>5 12 pm Centering Prayer</p>	<p>6 12 pm Imaginative Prayer 7 pm Group Spiritual Direction for Women</p>	<p>7 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina</p>	<p>8 5:30 pm Centering Prayer 7 pm Be the Bridge to Racial Unity, small group</p>	<p>9 12 pm A Quiet Place for Lectio Divina</p>	<p>10 9:30 am Body Prayer</p>
11	<p>12 12 pm Centering Prayer 6:00 pm Sensible Shoes book group 7 pm Guys group</p>	<p>13 12 pm Imaginative Prayer</p>	<p>14 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina</p>	<p>15 5:30 pm Centering Prayer</p>	<p>16 12 pm A Quiet Place for Lectio Divina</p>	<p>17 10 am Introduction to Spiritual Direction</p>
18	<p>19 Journey Center closed 12 pm Centering Prayer 6:30 pm Group Spiritual Direction for Caregivers</p>	<p>20 12 pm Imaginative Prayer</p>	<p>21 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina</p>	<p>22 5:30 pm Centering Prayer 7 pm Guys group</p>	<p>23 12 pm A Quiet Place for Lectio Divina</p>	<p>24 9 am Companions in Grace... a morning in silence</p>
25	<p>26 12 pm Centering Prayer 5 pm The Attorney Is In 6:00 pm Sensible Shoes book group</p>	<p>27 12 pm Imaginative Prayer</p>	<p>28 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina</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. Register and/or pay for a classes, workshops or events online at www.journeycenter.org/regForm.php or call the Journey Center at (707) 578-2121.</p>		

FREE
DROP IN

Centering Prayer Groups

Mon, Noon - 12:45 pm
Thurs, 5:30 pm - 6:00 pm

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.

FREE
DROP IN

Weekly Contemplative Prayer/ Meditation Group: Centering Prayer/Prayer of the Imagination United Methodist Church, Sebastopol

Wed, Noon - 1:00 pm

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

Tues, Noon - 1:00 pm

Encounter Christ in the stories of His life using the gift of your God-given imagination. This 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

Wed, 6:30 pm - 8:00 pm

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

FREE
DROP IN

A Quiet Place for Lectio Divina

Fri, Noon - 1:00 pm

Following this Christ-centered form of meditation, we embrace the ancient art of praying the Scriptures known as Lectio Divina where we listen with the "ear of the heart" with the aim of nourishing and deepening our relationship with the Holy One.

PRE-
REGISTER
PRE-PAY

12 Step Spirituality for Everyone

February 1, 7:00 pm - 8:30 pm

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.

PRE-
REGISTER
PRE-PAY

Praying with Icons: God's Storybooks

February 3, 9:00 am - Noon

Join Spiritual Director Kateri Carraher to learn about the ancient practice of praying with icons. The use of icons as a visual language started around the fourth century AD. An icon guides the viewer to more than its subject matter; it's a prayer practice where you are visually led to enter God's word. **Suggested donation:** \$20.

PRE-
REGISTER
PRE-PAY

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

February 6, 7:00 pm - 9:00 pm

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).

PRE-
REGISTER
PRE-PAY

Introduction to Body Prayer

February 10, 9:30 am - Noon

Join Spiritual Director Cachy Brister to relax, laugh and explore how our bodies are the temple of the Holy One. We will be discussing, through reflective time, art and music, the beauty of our bodies. How do we bless it or curse it? How do we express our love to God with our bodies? **Suggested donation:** \$20.

DONATE
DROP IN

Contemplative Guys Group

February 12 & 22, 7:00 pm - 8:30 pm

Join Spiritual Director Christopher Huber and other men as we tend to the stirrings of our hearts and minds in pursuit of becoming transformed by the Divine. **Suggested donation:** \$5-\$15.

PRE-
REGISTER
PRE-PAY

Sensible Shoes Book Group: Discovering Spiritual Practices Through Story

February 12 & 26, 6:00 pm - 8:00 pm

Join Spiritual Director Bambi Stranz and the Sensible Shoes Book Group to 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. Come with us as we walk alongside Meg, Mara, Charissa and Hannah on their journey. **Suggested donation:** \$45 for six-part series, may be paid in three installments.

PRE-
REGISTER
FREE

Introduction to Spiritual Direction—FREE Introductory Seminar

February 17, 10:00 am - Noon

A growing number of people from a variety 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.

DONATE
DROP IN

Companions in Grace . . . a morning of silence

February 24, 9:00 am - 11:30 am

Join Carla Holt and Dale Webb for a morning of silent meditation and prayer. All who enjoy silent prayer or meditation are welcome. A brief orientation and instruction in the way of Centering Prayer will be available for those new to a silent spiritual practice. **Suggested donation:** \$10-\$20.