

**JANUARY
2018**



ENCOUNTER GOD • BE RENEWED

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Journey Center closed New Year's Day	2 Journey Center closed 12 pm Imaginative Prayer 7 pm Group spiritual direction for women	3 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina	4 5:30 pm Centering Prayer 7 pm 12 Step Spirituality	5 12 pm A Quiet Place for Lectio Divina 5:30 pm Art opening Sally Baker	6
7	8 12 pm Centering Prayer 6:00 pm Sensible Shoes book group 7 pm Guys group	9 12 pm Imaginative Prayer	10 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina	11 5:30 pm Centering Prayer 7 pm Be the Bridge to Racial Unity, small group	12 12 pm A Quiet Place for Lectio Divina	13 9 am Companions in Grace... a morning in silence
14	15 Journey Center closed 12 pm Centering Prayer 6:30 pm Group Spiritual Direction for Caregivers	16 12 pm Imaginative Prayer	17 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina	18 5:30 pm Centering Prayer	19 12 pm A Quiet Place for Lectio Divina	20 9:30 am Prayer Collage/Vision Board
21	22 12 pm Centering Prayer 5 pm The Attorney Is In	23 12 pm Imaginative Prayer	24 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina	25 5:30 pm Centering Prayer 7 pm Guys group	26 12 pm A Quiet Place for Lectio Divina 5:30 pm Open House A Taste of the Journey Center	27 10:00 am Open House - A Taste of the Journey Center
28	29 12 pm Centering Prayer	30 12 pm Imaginative Prayer	31 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina	Please stop by 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, a cup of coffee/tea and someone to talk and/or pray with. 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/pay for classes, workshops or events at www.journeycenter.org or call the Journey Center at (707) 578-2121.		

FREE
DROP IN

Centering Prayer Groups

Mon, Noon - 12:45 pm
Not meeting January 1, 15
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

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

January 2, 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

12 Step Spirituality for Everyone

January 4, 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.

FREE
DROP IN

Artist Opening Reception, Sally Baker

January 5, 5:30 p.m. - 7:30 p.m.

Join us for an open house style reception featuring local artist, Sally Baker. Meet Sally and discover the inspiration behind her lovely watercolor paintings. We'll be serving complimentary appetizers and beverages. The show runs through February 9.

PRE-
REGISTER
PRE-PAY

Sensible Shoes Book Group: Discovering Spiritual Practices Through Story

January 8 & 22, 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.

DONATE
DROP IN

Contemplative Guys Group

January 8 & 25, 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.

DONATE
DROP IN

Companions in Grace . . . a morning of silence

January 13, 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.

PRE-
REGISTER
PRE-PAY

Prayer Collage/Vision Board Class

January 20, 9:30 am - Noon

Create a visual picture of your hopes and dreams for the new year using magazines, words, and other art mediums. Let it serve as a visual reminder of your Creator's goodness and the wonderful plans in store for you in 2018. **Suggested Donation:** \$20.

PRE-
REGISTER
FREE

A Taste of the Journey Center

January 26, 5:30 pm - 9:00 pm

Join us to celebrate the Journey Center 2.0! We'll be sharing a tasty meal together and spend some time exploring what's new at the Journey Center. We'll begin this celebratory evening with Hors d'Oeuvres followed by breaking bread together and conclude with a concert. **This evening is complimentary to attend.**

PRE-
REGISTER
FREE

A Taste of the Journey Center

January 27, 10:00 am - 4:00 pm

This day includes opportunities to hear about what's new at the Journey Center, participate in a variety spiritual practices and meet with our spiritual directors to learn how the Journey Center may nourish you on your spiritual journey. **Lunch will be served and this day is with our compliments.**