

**MAY
2018**



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

Everyone Welcome
Workshops • Retreats • Art Gallery • Spiritual Direction

| 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 12 pm Imaginative Prayer 7 pm Group Spiritual Direction for Women</p> | <p>2 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Ignatian Exercises</p> | <p>3 5:30 pm Centering Prayer</p> | <p>4 12 pm A Quiet Place for Lectio Divina</p> | <p>5 9 am Companions in Grace...a morning in silence, First Congregational UCC, Santa Rosa</p> |
| 6 | <p>7 12 pm Centering Prayer 6:30 pm Group Spiritual Direction for Caregivers</p> | <p>8 12 pm Imaginative Prayer</p> | <p>9 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Ignatian Exercises</p> | <p>10 5:30 pm Centering Prayer 7 pm Be the Bridge to Racial Unity, small group</p> | <p>11 12 pm A Quiet Place for Lectio Divina 7 pm Texassippi Soul Man' Danny Brooks & Lil Miss Debi concert</p> | 12 |
| 13 | <p>14 12 pm Centering Prayer 7 pm Contemplative Guys group</p> | <p>15 12 pm Imaginative Prayer</p> | <p>16 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina 6:30 pm Nite@Playhouse</p> | <p>17 5:30 pm Centering Prayer</p> | <p>18 12 pm A Quiet Place for Lectio Divina</p> | <p>19 9:30 am Enneagram workshop: The Transformative Power of Conflict with Diana Redmond</p> |
| 20 | <p>21 12 pm Centering Prayer</p> | <p>22 12 pm Imaginative Prayer</p> | <p>23 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina</p> | <p>24 5:30 pm Centering Prayer</p> | 25 | 26 |
| 27 | <p>28 Memorial Day Journey Center closed</p> | <p>29 12 pm Imaginative Prayer</p> | <p>30 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina</p> | 31 | <p>We are a 501 (c) 3 non-profit and its only by your generous donations that we are able to serve our community.</p> <p>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> | |

We exist to offer a Christ-centered haven for spiritual exploration and reflection.

FREE
DROP IN

Centering Prayer Groups

Mon, Noon - 12:45 pm (no meeting May 28)
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 (meets in the sanctuary)
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. Silent prayer is followed by the spiritual practice Lectio Divina and sharing.

FREE
DROP IN

A Quiet Place for Lectio Divina

Fri, Noon - 1:00 pm (no meeting May 25)
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.

FREE
DROP IN

Companions in Grace . . .

a morning of silence

Sat, May 5, 9:00 am - 11:15 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. First Congregational UCC, Friendship Hall, 2000 Humboldt Street, Santa Rosa.

PRE-
REGISTER
PRE-PAY

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

May 1, 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).

CALL
FOR
INFO.

Group Spiritual Direction for Professional Caregivers, Clergy and Chaplains

May 7, 6:30 pm - 8:00 pm

Do you have a profession where you counsel, care for or serve others in crisis, trauma or under stress? We currently have a group formed and sometimes spots open with this group. **Please call (707) 578-2121 for more information.**

PRE-
REGISTER
PRE-PAY

Be the Bridge to Racial Unity Small Group—CLOSED GROUP

May 10, 7:00 pm - 9:00 pm

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 plus \$12 for booklet.

PRE-
REGISTER
PRE-PAY

Texasippi Soul Man' Danny

Brooks and Lil' Miss Debi

May 11, 7:00 pm - 9:30 pm

Join us for another stellar show with this original duo as they bring their own brand of rockin' soulful blues complete with complimentary appetizers and beverages available. **Tickets are \$15 per person and can be purchased on our website or by calling the Journey Center at (707) 578-2121.**

DONATE
DROP IN

Contemplative Guys Group

May 14, 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-
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PRE-PAY

A Night at the Playhouse FUNdraiser with silent auction and live theater: *The Compleat Wrks of Willm Shkspr (Abridged)*

May 16, 6:30 pm doors open for silent auction and appetizers and the show begins at 7:30 pm
Join us for this hilarious theatrical extravaganza and enjoy appetizers and a fantastic silent auction. "If you like Shakespeare, you'll like this show. If you hate Shakespeare, you'll LOVE this show!" Welcome to the RSC... The REDUCED Shakespeare Company, that is! All 37 plays in 97 minutes. **Tickets: \$25 per person.**

PRE-
REGISTER
PRE-PAY

The Transformative Power of Conflict

May 19, 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.