


SEPTEMBER 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>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>		<p>Visit our website www.journeycenter.org and click on the "Happenings" tab for more details about each program.</p> <p>All programs take place at the Journey Center Santa Rosa unless noted.</p>		<p>1 9 am Companions in Grace...a morning in silence-Journey Center</p>
2	<p>3 Journey Center closed for Labor Day</p>	<p>4 12 pm Imaginative Prayer</p>	<p>5 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina</p>	<p>6 5:30 pm Centering Prayer</p>	<p>7 12 pm A Quiet Place for Lectio Divina</p>	<p>8 9 am Finding Health Through Self Care</p>
9	<p>10 12 pm Centering Prayer 7 pm Contemplative Guys group</p>	<p>11 12 pm Imaginative Prayer</p>	<p>12 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Ignatian Exercises</p>	<p>13 5:30 pm Centering Prayer</p>	<p>14 12 pm A Quiet Place for Lectio Divina</p>	15
<p>16 4 pm Journey Center Birthday Celebration at Bishop's Ranch, Healdsburg </p>	<p>17 12 pm Centering Prayer 6:30 pm Group Spiritual Direction for Caregivers</p>	<p>18 12 pm Imaginative Prayer</p>	<p>19 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Ignatian Exercises</p>	<p>20 5:30 pm Centering Prayer</p>	<p>21 12 pm A Quiet Place for Lectio Divina 5:30 pm Art opening reception: Sonoma County Strong Quilts</p>	<p>22 10 am Fall Equinox detox, part 1 11 am Fall Equinox detox, part 2</p>
23/30	<p>24 12 pm Centering Prayer 5 pm The Attorney Is In 6:30 pm Be the Bridge to Racial Unity</p>	<p>25 12 pm Imaginative Prayer</p>	<p>26 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Ignatian Exercises</p>	<p>27 5:30 pm Centering Prayer</p>	<p>28 12 pm A Quiet Place for Lectio Divina</p>	29

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

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 (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

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, September 1, 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. Journey Center, 1601 Fourth St.

PRE-REGISTER
PRE-PAY

Finding God in All Things: An Introduction to the Spiritual Exercises of St. Ignatius of Loyola September 12, 19, 26, 7:00 p.m. - 8:30 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 (7-weeks, Sep. 12-Oct. 24).

PRE-REGISTER
PRE-PAY

Finding Health Through Self-Care September 8, 9:00 am - Noon

Join Mindy Braun—the Wholehearted Health Coach—and enjoy the morning taking care of all aspects of yourself—body, mind, and spirit. We'll discuss what good self-care looks like and what gets in the way of making it a practice in our lives. **Donate any amount to the Journey Center.**

DONATE
DROP IN

Contemplative Guys Group

September 10, 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

Journey Center Birthday Celebration

September 16, 4:00 pm - 8:00 pm

Joins us at The Bishop's Ranch to celebrate the Journey Center's 10th birthday in a fantastic family-friendly setting with homemade dinner and dessert, live music, games, a gift-basket raffle, fire pit and a decade of stories. **Tickets:** \$20 (25 & under); \$30 (26 & older); \$75 (family up to 6, parents & children).

CALL
FOR
INFO.

Group Spiritual Direction for Professional Caregivers, Clergy and Chaplains

September 17, 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 have a group formed and sometimes spots open with this group. **Call (707) 578-2121 for more information.**

FREE
DROP IN

Art opening reception: Sonoma County Strong Quilt Show

September 21, 5:30 p.m. - 7:30 p.m.

Meet local quilt artists while enjoying an evening of complimentary appetizers and wine. You can view these beautiful quilts at the Journey Center gallery, Monday - Friday, 10:00 a.m. - 4:00 p.m. The show runs through November 2.

PRE-REGISTER
PRE-PAY

Fall Equinox is here and it's time to detox!

Part 1: September 22, 10:00 am - 11:00 am

This introduction overviews key nutrition and lifestyle principles from both Western, evidence-based nutrition research and Ayurvedic medical knowledge for a gentle, effective and nourishing detoxification process. **Suggested donation:** \$10.

Part 2: September 22, 11:00 am - 12:30 pm

This course covers the practical steps for an at-home detoxification process using food, culinary herbs and lifestyle modifications. Participants will enjoy a one-pot dish called kicharee at the end of class. The Ayurvedic model presented in the introduction class is a prerequisite of this course. **Suggested donation:** \$20.

PRE-REGISTER
PRE-PAY

Be the Bridge to Racial Unity September 24, 6:30 pm - 8:30 pm

This small group will engage in a dialogue of racial justice and reconciliation as we go through the *Be the Bridge* guidebook. We will also view videos and have discussion. After the third meeting (Oct. 22) the group will be closed. This group requires a 9-month commitment. **Cost:** \$12 for the series booklet.