

*Embrace the new year with openness, fun and flexibility!*



# Living With Hope

*A Day Retreat/Workshop with Helen Cepero*

When we live in hope our imagination grows and life flourishes. Using story, reflection and practices, this workshop/retreat will help us identify ways to see our present through the lens of hope. It will invite us to embrace the new year and future with openness, fun and flexibility.

Helen Cepero has been a spiritual director and retreat leader for many years and is the Co-Director of the Journey Center's training program for spiritual directors. She is the author of *Journaling as a Spiritual Practice: Encountering God through Attentive Writing*.

Bring your own lunch or plan to purchase lunch nearby. **Cost: \$25.**

Register at [www.journeycenter.org](http://www.journeycenter.org) or call the Journey Center at (707) 578-2121.

The Journey Center, 1601 Fourth Street  
Santa Rosa, CA 95404.



Christ-centered spirituality,  
healing and wholeness

*Saturday, January 19, 10 a.m. - 4 p.m.*

