

MARCH 2018



ENCOUNTER GOD • BE RENEWED

Everyone Welcome
Workshops • Retreats • Art Gallery • Spiritual Direction

1601 Fourth Street
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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>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</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 7 pm Ignatian Exercises</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>	10
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 7 pm Ignatian Exercises</p>	<p>15 5:30 pm Centering Prayer</p>	<p>16 12 pm A Quiet Place for Lectio Divina All Day Hiking trip to Pinnacles National Park</p>	<p>17 7 pm Benefit concert with Pam Mark Hall All Day Hiking trip to Pinnacles National Park</p>
18 All Day Hiking trip to Pinnacles National Park	<p>19 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 7 pm Ignatian Exercises</p>	<p>22 5:30 pm Centering Prayer 7 pm Guys group</p>	<p>23 12 pm A Quiet Place for Lectio Divina</p>	24
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 7 pm Ignatian Exercises</p>	<p>29 5:30 pm Centering Prayer</p>	<p>30 12 pm A Quiet Place for Lectio Divina</p>	31

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

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

March 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

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

March 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

Be the Bridge to Racial Unity Small Group

March 8, 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, may be paid in three installments plus \$12 for series booklet.

DONATE
DROP IN

Contemplative Guys Group

March 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

March 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
PRE-PAY

Hiking Trip to Pinnacles National Park

March 16-18

Join spiritual director and Naturalist Julie Miller and Outdoor Enthusiasts Sylvan Eidelman for this unique experience. 23 million years ago multiple volcanoes erupted, flowed, and slid to form what would become Pinnacles National Park. What remains is a landscape unlike any other. **Fee:** \$150 per person + park entrance.

PRE-
REGISTER
PRE-PAY

Benefit Concert with Pam Mark Hall for Foster a Family

March 17, 7:00 pm - 9:00 pm

Join us as we welcome critically acclaimed folk artist Pam Mark Hall to the Journey Center for a benefit concert to partner with Foster a Family. Pam's music covers a wide spectrum of content including the dynamics of human and divine love, pain and struggle, forgiveness, healing and joy. **Tickets** are \$15 and can be purchase on our website or by calling us at (707) 578-2121.