

# APRIL 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
1	2 12 pm Centering Prayer	3 12 pm Imaginative Prayer 7 pm Group Spiritual Direction for Women	4 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Ignatian Exercises	5 5:30 pm Centering Prayer	6 12 pm A Quiet Place for Lectio Divina 5:30 pm Opening reception with local artist Renee Ortiz	7 9 am Companions in Grace...a morning in silence, First Congregational UCC, Santa Rosa
8 7 pm A Torah to Live By: Scripture as a Path to a More Meaningful Life	9 12 pm Centering Prayer 6:00 pm Sensible Shoes book group 7 pm Contemplative Guys group	10 12 pm Imaginative Prayer	11 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Ignatian Exercises	12 5:30 pm Centering Prayer 7 pm Be the Bridge to Racial Unity, small group	13 12 pm A Quiet Place for Lectio Divina	14
15	16 12 pm Centering Prayer 6:30 pm Group Spiritual Direction for Caregivers	17 12 pm Imaginative Prayer	18 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Ignatian Exercises	19 5:30 pm Centering Prayer	20 12 pm A Quiet Place for Lectio Divina	21
22	23 12 pm Centering Prayer 5 pm The Attorney Is In	24 12 pm Imaginative Prayer	25 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Ignatian Exercises	26 5:30 pm Centering Prayer	27 12 pm A Quiet Place for Lectio Divina	28 7:00 am Human Race Breakfast at Quintrell's 8:00 am Human Race 3K or 10K Walk/Run
29	30 12 pm Centering Prayer		<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 <a href="http://www.journeycenter.org/regForm.php">www.journeycenter.org/regForm.php</a> 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**  
**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 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.

FREE  
DROP IN

## Companions in Grace . . .

### a morning of silence

**April 7, 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

**April 3, 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).

FREE  
DROP IN

## Coming Out of Blue opening reception, local artist Renee Ortiz

**Friday, April 6, 5:30 pm - 7:30 pm**

Climbing Out of Blue is an interactive art experience in which the viewer and her/his response is as important as the artist and her statement: Think of this as a conversation in paint. Meet Renee and join us for an evening with complimentary appetizers and wine available to pair with Renee's imaginative work propelled by her love for an interactive, conversational approach to painting. The show runs through May 25.

PRE-REGISTER  
PRE-PAY

## A Torah to Live By: Scripture as a Path to a More Meaningful Life

**April 8, 7:00 - 8:30 pm**

This class taught by the long time spiritual leader of Congregation Shomrei Torah, Rabbi George Gittleman, will focus on a few brief passages in the Hebrew Bible using them and the wisdom they carry as a loadstar for a life well lived. **Suggested donation:** \$10 - \$15 (proceeds benefit the Journey Center and The Living Room).

PRE-REGISTER  
PRE-PAY

## Sensible Shoes Book Group: Discovering Spiritual Practices Through Story—CLOSED GROUP

**April 9, 6:00 pm - 8:00 pm**

Join 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. **Suggested donation:** \$45 for six-part series.

DONATE  
DROP IN

## Contemplative Guys Group

**April 9, 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

## Be the Bridge to Racial Unity Small Group—CLOSED GROUP

**April 12, 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.

EMAIL  
FOR  
INFO.

## The 2018 Sonoma Strong Human Race event and fundraiser

**April 28, breakfast at 7:00 am,**

**race begins at 8:00 am**

Choose one or all options—walk with us, breakfast with us, and/or contribute to our goal of raising \$15,000 through the Human Race. We are celebrating our 10th year as a nonprofit in this community and will begin the day with a Birthday breakfast at the Quintrell's urban farm from 7:00 am–7:45 am. At 8:00 am you can join thousands to walk or run the 3K or 10K route. For details about donating, helping to raise funds, participating in the event and to RSVP for the breakfast, please email Joanna Quintrell at [joanna@journeycenter.org](mailto:joanna@journeycenter.org).