

DECEMBER 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>Follow us at www.facebook.com/thejourneycenter to see pictures from past events, news for up-coming events and posts to enrich your journey towards encountering God and being renewed.</p> | | <p>1 9 am Companions in Grace...a morning in silence-FCCSR 10 am The Light is Coming Advent retreat</p> |
| <p>2 7 pm 1st Sunday of Advent Advent Reflections: A Candlelight Contemplative Gathering</p> | <p>3 12 pm Centering Prayer</p> | <p>4</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 10 am Open House: Holiday Art Show and Sale</p> |
| <p>9 7 pm 2nd Sunday of Advent Advent Reflections: A Candlelight Contemplative Gathering</p> | <p>10 12 pm Centering Prayer 6:30 pm Be the Bridge to Racial Unity</p> | <p>11</p> | <p>12 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina</p> | <p>13 5:30 pm Centering Prayer</p> | <p>14 12 pm A Quiet Place for Lectio Divina</p> | <p>15</p> |
| <p>16 7 pm 3rd Sunday of Advent Advent Reflections: A Candlelight Contemplative Gathering</p> | <p>17 12 pm Centering Prayer 6:30 pm Group Spiritual Direction for Caregivers</p> | <p>18</p> | <p>19 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina</p> | <p>20 5:30 pm Centering Prayer</p> | <p>21 12 pm A Quiet Place for Lectio Divina</p> | <p>22</p> |
| <p>23/30 7 pm 4th Sunday of Advent Advent Reflections: A Candlelight Contemplative Gathering</p> | <p>24/31 Journey Center closed for Christmas</p> | <p>25 Journey Center closed for Christmas</p> | <p>26 Journey Center closed for Christmas 6:30 pm Centering Prayer & Lectio Divina</p> | <p>27 Journey Center closed for Christmas</p> | <p>28 Journey Center closed for Christmas 6:30 pm The Examen Through Art Journaling</p> | <p>29</p> |

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

FREE
DROP IN

Centering Prayer Groups

Mondays, Noon - 12:45 pm
Thursdays, 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.

NOT
MEETING
DEC.

Imaginative Prayer: Encountering Christ in the Gospels

Tuesdays, 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

Weekly Contemplative Prayer/ Meditation Group: Centering Prayer/Prayer of the Imagination United Methodist Church, Sebastopol

Wednesdays, 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

Centering Prayer and Lectio Divina

Wednesdays, 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

Fridays, 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

Saturdays, December 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. First Congregational UCC, Friendship Hall, 2000 Humboldt Street, Santa Rosa.

PRE-
REGISTER
PRE-PAY

The Light is Coming: Exploring the Hope of Advent - A

Contemplative Day Retreat

December 1, 10:00 am - 6:00 pm

The Light Is Coming is a contemplative retreat offered by intern spiritual directors in the Journey Center's training program. Through the arts, conversation, guided spiritual practices, times of peaceful solitude, optional spiritual direction sessions and a shared meal, we will explore the hope-filled Christian tradition of Advent. **Fee:** \$50 includes dinner and all materials.

FREE
DROP IN

Advent Reflections: A Candlelight Contemplative Gathering

**Sundays on December 2, 9, 16 & 23,
7:00 pm - 8:00 pm**

During Advent season we will reflect on the themes of waiting, accepting, belonging, and light bearing—as they appeared in the Nativity story and as we experience them today. All are welcome, from all spiritual paths, for this time of seasonal music, contemplative readings, and prayerful meditation.

Suggested donation: Our compliments.

FREE
DROP IN

Wonderful Gifts In Small Packages - Holiday art show

open house and fundraiser

December 8, 10:00 am - 2:00 pm

Meet the artists and enjoy hot cider and cookies. Your purchases support the work of local artists and the mission of the Journey Center. Purchase art at the open house and at the Journey Center Monday - Friday, 10:00 a.m. - 4:00 p.m. through December 20. **Free admission.**

THIS
GROUP IS
CLOSED

Be the Bridge to Racial Unity

December 10, 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.

CALL
FOR
INFO.

Group Spiritual Direction for Professional Caregivers, Clergy and Chaplains

December 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.**

PRE-
REGISTER
PRE-PAY

The Examen Through Art Journaling: A creative way to reflect on the past year through an ancient prayer practice

December 28, 6:30 pm - 8:30 pm

The quiet that follows the holidays is a natural time to reflect on this past year. Join us at the Journey Center as we use the Examen prayer practice to guide a time of art journaling. Imagine a cozy time together with hot cocoa and some treats as we become aware of the Divine's presence, reflect on the year with gratitude, and pay attention to our various experiences then express them through art. **Fee:** \$10 for art supplies.

For more information

Visit our website www.journeycenter.org and click on the "Happenings" tab for more details about each program. All programs take place at the Journey Center Santa Rosa unless noted.

To register for classes, workshops, events

To register and pay for classes, workshops and events, please visit our website www.journeycenter.org and click on and fill out the "event registration form," link on the right side of the page or call us at (707) 578-2121.