

OCTOBER 2018



Everyone Welcome
Workshops • Retreats • Art Gallery • Spiritual Direction

1601 Fourth Street
Santa Rosa, CA 95404
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 12 pm Centering Prayer	2 12 pm Imaginative Prayer	3 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Ignatian Exercises	4 5:30 pm Centering Prayer	5 12 pm A Quiet Place for Lectio Divina	6 9 am Companions in Grace...a morning in silence-FCCSR
7	8 12 pm Centering Prayer 6:30 pm A Year After Fires Healing Service 7 pm Contemplative Guys group	9 12 pm Imaginative Prayer	10 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Ignatian Exercises	11 5:30 pm Centering Prayer	12 12 pm A Quiet Place for Lectio Divina	13 10 am Fall Season Detox, part 1 11 am Fall Season Detox, part 2
14	15 12 pm Centering Prayer 6:30 pm Group Spiritual Direction for Caregivers	16 12 pm Imaginative Prayer	17 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Ignatian Exercises	18 5:30 pm Centering Prayer	19 12 pm A Quiet Place for Lectio Divina	20
21	22 12 pm Centering Prayer 5 pm The Attorney Is In 6:30 pm Be the Bridge to Racial Unity	23 12 pm Imaginative Prayer	24 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina 7 pm Ignatian Exercises	25 5:30 pm Centering Prayer	26 12 pm A Quiet Place for Lectio Divina	27
28	29 12 pm Centering Prayer	30 12 pm Imaginative Prayer	31 12 pm Contemplative Prayer UMC Sebastopol 6:30 pm Centering Prayer & Lectio Divina	Visit 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 and pay for classes, workshops and events, please visit www.journeycenter.org and click on and fill out the "event registration form," link on the right side of the page or call the Journey Center at (707) 578-2121.		

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, October 6, 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.

FREE DROP IN

Sonoma County Strong Quilt Art Show
Monday - Friday, 10:00 am - 4:00 pm
 Quilters were asked to submit textiles that interpret how the quilter has experienced or seen transformation in themselves, others and the community due to the fires experienced in the fall of 2017. **The show runs through November 2.**

THIS GROUP IS CLOSED

Finding God in All Things: An Introduction to the Spiritual Exercises of St. Ignatius of Loyola
October 3, 10, 17, 24, 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).**

FREE DROP IN

A Year After the Fires Healing Service
October 8, 6:30 pm - 8:00 pm
 We have all been on a journey of remembrance and healing since the fires of 2017. Come and join us for a prayerful evening of singing (Taize), silence, ritual and blessing.

DONATE DROP IN

Contemplative Guys Group
October 8, 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

Fall Season – It's Time to Detox!
Part 1: October 13, 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: October 13, 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.**

CALL FOR INFO.

Group Spiritual Direction for Professional Caregivers, Clergy and Chaplains
October 15, 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.**

THIS GROUP IS CLOSED

Be the Bridge to Racial Unity
October 22, 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.**

PRE-REGISTER FREE

The Attorney is In
October 22, 5:00, 5:45 & 6:30 p.m.
 Meet with attorney Roy Johnston at the Journey Center for a no-cost 30-minute consultation. Roy is a specialist in estate planning, probate, trust administration, mortgages, real estate and business. **Call the Journey Center (707) 578-2121 to schedule an appointment.**