



# Blue Christmas Contemplative Gathering

This contemplative gathering allows for a quiet time of reflection in word, song and prayer—focusing on God’s presence and comfort for the sense of grief and loss many of us experience more acutely at this time of year.



## Friday, December 4, 6–8 p.m.

Why is it that the Holiday Season, a time of joy and celebration, can be a time of grief and sorrow for so many of us? Please join us for a gentle, contemplative Blue Christmas gathering, where we will create a safe space for grief- to speak our sorrow, to share in simple comforting music, to receive a healing Imaginative Prayer experience- so that we might enter the Holiday Season feeling our losses acknowledged and honored, and our hearts thus more peaceful.



*Facilitators: Journey Center spiritual directors Linda Albert and Laurie Hartmann, with Kalia Mussetter of Living Bridges, who serves people at their most vulnerable in our community. Cost: Free; tea and snacks will be served.*

*Journey Center, 1601 Fourth Street Santa Rosa, 707-578-2121, [www.journeycenter.org](http://www.journeycenter.org)*