

# Christian Spirituality

## A monthly gathering at the Journey Center

The Christ-Centered tradition is rich with people whose stories, practices, art, mystical visions, theology, prayers and service express the various paths to intimate relationship with the Spirit. Join us each month as we explore and experience together different ways to approach and be transformed by the Holy.



### The Life & Writings of Maya Angelou

**Friday, September 19, 7–9 p.m.**

Maya Angelou was an internationally acclaimed writer and wise woman, an African-American woman of faith whose poetry, novels and essays have inspired and encouraged many people in their healing from abuse and oppression. We will learn about her amazing life, hear an interview in which she reflects on her many lessons and blessings, and listen to some of her most moving writing.

*Robin Terwilliger-Orton is a spiritual director and facilitates contemplative book groups at The Journey Center. Cost: \$15.*



*Our contemplative workshops, classes and groups cover various topics related to contemplative spirituality.*

*They are held at the Journey Center unless noted otherwise.*

*Pre-registration is required.*

*Please register online  
[www.journeycenter.org](http://www.journeycenter.org)  
or call the Journey Center at  
707-578-2121.*



### The Spiritual Exercises of Ignatius of Loyola: A Pattern for Prayer & Transformation

**Friday, October 3, 7–9 p.m.**

Born in 1491 in the Basque region of northern Spain, Ignatius, a soldier in the Spanish army, became the founder of the Jesuits. This class will introduce you to his conversion and transformation which form the basic pattern of a method of prayer that has helped individuals over the centuries to seek and find the presence and will of God in their lives.

*Cecilia Tonna is a spiritual director, has an M.A. in Religious Studies from Gonzaga University and has been teaching classes in spirituality for 40 years. Cost: \$15.*

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