



Finding Your Inner Monk In Everyday Life

Saturday, June 17
9:30 am – 12:30 pm

Bede Healey, OSB Cam. is a Camaldolese monk living in Berkeley at the order's Incarnation Monastery and he's also a clinical psychologist. He has a keen interest in the relationship between Christian spirituality and psychology and is passionate about exploring the contemplative and monastic dimensions in everyday life.

In every age, and today perhaps more especially, we need to follow the moving center of the Holy One in us. St. Benedict and his Rule is a sure guide.

Suggested donation of \$25, proceeds split with Incarnation Monastery.

Journey Center, 1601 Fourth Street, Santa Rosa, 578-2121 www.journeycenter.org