

**In our world of stress and chaos, call 9-1-1**

**Psalm 91:1**

**A Secret Shelter in Times of Stress**

## **A Contemplative Day Retreat**

Set a day apart to explore the shelter described  
by the ancient Hebrew text, Psalm 91:1.

Discover a deeper ability to live from an inner place of safety  
through spiritual practices, in both community and solitude.

This retreat is designed for those in high stress positions.

Meets in Bodega Bay (directions provided with registration).

Cost: \$50. A simple lunch and dinner are provided.

Register by calling 707-578-2121 or register online at  
[www.journeycenter.org/regForm.php](http://www.journeycenter.org/regForm.php).

Facilitated by Interns in the Spiritual Direction training program.

**Saturday, August 20, 9 a.m.-8 p.m.**

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