

Journey Home Week

Step out of the busyness of your life to experience the presence and love of your Creator in a deep and life-transforming way . . . without spending the night away from home or taking time off work!

Prayer & Meditation Gatherings

Monday, September 28: Centering Prayer Group, Noon-12:45 p.m.

A time of prayer and contemplation in which we practice a Christ-centered form of meditation. Beginners and people on all silent meditation paths are welcome. Facilitator: Barbara Tracy.

Tuesday, September 29: Morning Meditations, 7:30-8:30 a.m.

Enjoy a time of silence and guided prayer known as lectio divina, an ancient spiritual practice that helps us listen to the voice of the Spirit speaking into our lives today. Facilitator: Joanna Quintrell.

Tuesday, September 29: Imaginative Prayer: Encountering Christ in the Gospels, 12:30-1:30 p.m.

This is 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. Facilitator: Linda Albert.

Wednesday, September 30: A Quiet Place, Noon-1:00 p.m.

Slow down and reconnect with your heart and the heart of God in a quiet and contemplative setting with music, prayer and meditation. Healing prayer is available. Facilitator: Journey Center spiritual directors.

Wednesday, September 30: Sebastopol Contemplative Prayer/Meditation Group, Noon-12:45 p.m.

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. Meets at the Sebastopol United Methodist Church in partnership with the Journey Center. Facilitators: Laurie Hartmann and Linda Albert.

Thursday, October 1: Centering Prayer Group, 5:30-6:30 p.m.

A time of prayer and contemplation in which we practice a Christ-centered form of meditation. Beginners and people on all silent meditation paths are welcome. Facilitator: Dick Meyer.

Friday, October 2: Morning Meditations, 7:30-8:30 a.m.

Enjoy a time of silence and guided prayer known as lectio divina, an ancient spiritual practice that helps us listen to the voice of the Spirit speaking into our lives today. Facilitator: Joanna Quintrell.

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