

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

All groups meet at the Journey Center unless otherwise noted



Monday, May 16

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.



Wednesday, May 18

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.



Wednesday, May 18

Sebastopol Contemplative Prayer/Meditation Group, Noon–12:45 p.m.

You are invited to come and 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. Facilitators: Linda Albert and Laurie Hartmann. Meets at the Sebastopol United Methodist Church.



Thursday, May 19

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, May 20

A Quiet Place, 1:00-2:00 p.m.

A safe and peaceful space for those who want to slow down, catch their breath and reconnect with their own heart and the heart of God in a quiet and contemplative setting. We offer music, prayer and meditation and healing prayer. Facilitator: Robin Terwilliger-Orton.

The Journey Center 1601 Fourth Street Santa Rosa CA 95404 707-578-2121

www.journeycenter.org