

# *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!*

## *A Contemplative Gathering: An Introduction to Personal Meditation/Contemplation*

*Wednesday, September 30, 7-8 p.m.*

*Join Alexandra Montoya, spiritual director, for this introductory experience of personal quiet and contemplation in the presence of others.*

*Three simple practices are offered to give participants a taste of a few methods of quiet meditation/contemplation.*

*Led by Alexandra Montoya, spiritual director.*

*This is a free event, however, registration is required.*

*The Journey Center 1601 Fourth Street Santa Rosa CA 95404 707-578-2121  
[www.journeycenter.org](http://www.journeycenter.org)*