



# Sensible Shoes

## Discovering Spiritual Practices Through Story

**Mondays**, January 8 & 22, February 12 & 26,  
March 12 & 26, April 9, **6:00 – 8:00 pm**

The **book group** will read and discuss the novel, *Sensible Shoes*, which teaches contemplative spiritual practices (e.g., the labyrinth, Lectio Divina, the Examen, wilderness prayer, praying with imagination, Rule of Life) through the realistic struggles and joys of four women who meet in a spiritual formation class.

Meetings will include spiritual practices and group spiritual direction.

Led by Bambi Stranz, Spiritual Director. **Suggested donation:** \$45 for the seven-part series, may be paid in three installments (books available at first meeting).

Pre-registration and pre-payment are required. Pay and register with our online registration form or call the Journey Center at (707) 578-2121.

Group Size is limited to the first eight registrants.

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

