

SPIRITUAL PRACTICE SERIES

A lit candle with a bright flame sits on an open book. The book's pages are visible, showing some text. The background is a warm, golden-brown color, suggesting a peaceful and contemplative atmosphere.

LECTIO DIVINA

**SATURDAY, SEPTEMBER 9,
1:30–4:00 P.M.**

JOIN SPIRITUAL DIRECTOR CHRISTOPHER HUBER TO DELVE INTO THIS ANCIENT PRACTICE OF MEDITATING ON A GOSPEL PASSAGE BY LISTENING WITH YOUR HEART. LECTIO DIVINA (OR DIVINE READING) HAS BEEN AROUND SINCE THE SIXTH CENTURY AND IS WIDELY USED TODAY IN CONTEMPLATIVE AND MONASTIC SETTINGS. YOU'LL LEARN ABOUT THIS SPIRITUAL HABIT, HOW TO USE IT IN YOUR LIFE AND HAVE AN OPPORTUNITY TO PRACTICE IT IN THIS WORKSHOP.

SUGGESTED DONATION: \$10-\$20

PRE-REGISTRATION AND PRE-PAYMENT ARE REQUIRED. PAY AND REGISTER WITH OUR ONLINE REGISTRATION FORM OR CALL THE JOURNEY CENTER AT (707) 578–2121.

JOURNEY CENTER, 1601 FOURTH STREET, SANTA ROSA, CA
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