

Journey Center Prayer and Meditation Gatherings



Morning Meditations

Mondays, 7:30-8:30 am

(During the fall months, this group meets on Sept 10; Sept 24; Oct 8, November 5, 12, 26).

Begin the week in quiet prayer and meditation. Feel free to arrive and depart as your morning schedule allows. We enjoy times of silence as well as a guided prayer time known as lectio divina. This is a lovely experience of being in God's presence together in a peaceful, supportive setting.

Centering Prayer Groups

Mondays, 12:00-12:45 pm (Not meeting Sept 3)

Thursdays, 5:30-6:45 pm (Not meeting Nov 22)

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.

A Quiet Place

Wednesdays, Noon to 1pm

A mid-week 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. Healing prayer is available for those who desire it. Arrive and depart as your schedule allows.

Weekly Contemplative Prayer/

Meditation Group in Sebastopol

Centering Prayer and the Prayer of the Imagination

Wednesdays, 12-12:45 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. Held at Sebastopol United Methodist Church in partnership with the Journey Center.

(Not meeting November 21.)

Imaginative Prayer: Encountering Christ in the Gospels

Fridays, 1:00-2:00 p.m.

You are invited to encounter Christ in the stories of His life using the gift of your God-given imagination.

This weekly gathering offers 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.

(Not meeting November 23)

Journey Center

These prayer and meditation gatherings are held at the Journey Center (unless noted otherwise) at 1601 4th St. in Santa Rosa. They do not require pre-registration. Feel free to drop in at any time.

Please see our website (www.journeycenter.org) or call the Journey Center at 707-578-2121 for more information.