

Journal Writing as a Spiritual Practice

Church of St. Peter
Heritage Center
1405 Highway 13
Mendota

Tuesdays, April 8 & 15
6:30-8:30pm



Keeping a spiritual journal is a wonderful way to do grow spiritually. You are warmly invited to explore a variety of journaling techniques to gain personal and spiritual insights. Gabriel Ross will use excerpts from spiritual writers, reflection questions and visual aids to initiate journaling. The workshop is appropriate for both experienced journal writers and beginners. Come join us as we celebrate the new life of resurrection and spring through journal writing.

Registration is required.

\$25/session or \$40 for both evenings.

To register, please contact Lisa Amos at

lamos@stpetersmendota.org or 651-905-4304.

You will need to bring a pen/pencil and a journal

Blank sketchbooks size 8.5 x 11 inches work best.

The facilitator will have a few of these available for purchase.

Gabriel Ross has a MA from the University of Thomas in Catechetics and Liturgy, she is the director of Creative Spirit and she leads adult education courses and spirituality groups throughout the area.

