

Journal Writing as a Spiritual Practice



Mondays

April 19, 26 & May 3

7 – 8:45 PM

Keeping a spiritual journal is a wonderful way to do soul work. Participants will explore a variety of journaling techniques to gain personal and spiritual insights. Excerpts from spiritual writers, reflection questions and visual aids will be used to initiate journaling. The workshop is appropriate for experienced journal writers and beginners. Come join us as we celebrate the new life of resurrection and spring with journal writing.

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). Cost \$45 – includes all 3 sessions

The group will be led by Gabriel Ross. Gabriel has a MA from the University of Thomas in Catechetics and Liturgy, she is the director of Performing Arts Ministry plus she leads adult education courses and spirituality groups throughout the area.

Call (763) 425-9801

to register

Deadline - April 12th

