

10 AM - 3 PM

**12 OCTOBER**

# THE ART OF SPIRITUAL *Journaling*

Spiritual Journaling as a practice to invite God, explore possibilities, and begin again.

**Hosted by:**

**Chantel Zimmerman -**

Spiritual Director, Inspirational Speaker,  
Facilitator Trainer for SoulCollage®



Begin anew. A journaling practice brings with it a clean slate. Each time you sit down to write, you enlist beginner's mind and are offered a fresh start on the blank page. Regardless of what lays behind, you can remember that God writes your life and offers new opportunities, insights, and meaningful reflection.

Spiritual Journaling invites spiritual awakening, a respite for weary times, and a place to hold wishes and dreams. Putting pen to paper your thoughts glide out of you and onto the page. Slowing down to write, you connect with yourself, with God, and with something deep within you.

**PLEASE BRING A JOURNAL AND PEN**

**SATURDAY, OCTOBER 12 | 10:00 AM - 3:00 PM**

**\$75 Per Person / Lunch Included**

**REGISTER  
ONLINE**



Register online or contact José at 310-377-4867 ext. 250, [jsalas@maryjoseph.org](mailto:jsalas@maryjoseph.org)

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