

Journaling and Meditation

Spiritual meditation can be a challenge for many of us as we fly through our busy lives every day. But, there are many forms of spiritual mediation, and this fall we will offer one-hour sessions where you can experience different forms of spiritual meditation. These sessions will take place on the 4th Wednesday of every month.

This six-session series will be led by Stephanie Suggs, as well as sessions led by guests who will introduce new forms of mediation and spiritual practice. The session will be held once a month, on the 4th Wednesday, at 8pm, either in the social hall or in the chapel.

Session 2, February 29, 8pm in the social hall:

Journaling and Meditation with Stephanie Suggs: Journal-Making and Journal-Keeping as Spiritual Practice. This is an opportunity to raid your unused collection of stationary and other art/office supplies, accumulations of take-out menus and leftover house paint, remnants of knitting, embroidery and crochet skeins; as well as other random items in that “junk” drawer. Bring a few of these items with you (if you have them) as well as the following: scissors, sewing needles, glue and paint brushes. During each session, you will learn a simple book structure and receive some instruction on how to use an art medium before embarking on the spiritual journey that is journal-keeping.