

Journaling As a Spiritual Practice

Are you interested in a spiritual practice that is guaranteed to enrich your prayer life, increase your gratitude and help you connect with God's deep love for you? Join with us to launch (or enrich) your own Spiritual Journaling practice! We will meet on four Thursdays in April for an hour each week as instructor Anne Samson shares the benefits and blessings of Spiritual Journaling. Using her own experiences, Anne will teach from her book *Abba House and Me: Prayer Changes Everything*, which is both a spiritual memoir of a challenging time in her family's life, and the history of a local house of prayer. (Abba House was founded and operated in Albany for 30 years by two Religious of the Sacred Heart of Jesus.) Bring a blank journal so you can get started!

Anne Samson

Anne Samson is an author and speaker who leads classes on spiritual topics and is a freelance magazine writer, publishing on a variety of subjects. Anne is an energy Healer, doing business as Healing Grace, and has practiced 12 Step Recovery for over 26 years.

Thursdays, April 5, 12, 19 and 26 from 6:30 to 7:30 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$20.00 (Payment after 3/29: \$25.00)

REGISTRATION FORM

Enclosed is my check for \$_____ to cover the fee(s) for the program(s) I have listed below. I understand that the registration fees are nonrefundable unless the program is canceled.

Name of Program(s):

Name _____ **Phone** _____

Address _____

_____ **Zip** _____

Please make check payable and mail to:
Consultation Center, 790 Lancaster Street, Albany, NY 12203