

# JOURNALING WORKSHOP

## JOURNALING AS A SPIRITUAL PRACTICE

Presented by Nancy Burchett  
Saturday, April 1, 2017

Do you journal regularly? Occasionally? Think it's a good idea you never got around to? Come for a relaxing and inspiring day offering ways to deepen your spiritual journey through journaling. Get to know yourself better and increase God-intimacy. Writing exercises and discussion will expand your imagination and thought. Bring your own journal or a notepad.

**PRESENTER:**



Nancy Burchett practices and has taught Centering Prayer and the Breath Prayer. A former nurse, and Nancy have been directing for 20 years. She has experience with dying and ill people, grieving, and journaling as a spiritual practice.



**SAN DAMIANO RETREAT**  
DANVILLE • CALIFORNIA

**A FRANCISCAN PRESENCE IN  
NORTHERN CALIFORNIA**

**REGISTRATION:**

Registration begins at 9:00 am. Program is from 9:30 am - 2:00 pm. Lunch included.

Registration online is available at [www.sandamiano.org](http://www.sandamiano.org) or call us at (925) 837-9141 to make your reservation by phone.

**TO MAKE A RESERVATION:**

Please send a check of \$30 to:  
San Damiano Retreat  
P. O. Box 767  
710 Highland Drive  
Danville, California  
94526-0767  
Phone: (925) 837-9141  
Fax: (925) 837-0522

Deposits or payment are non-refundable, but transferable to a future retreat within one year providing cancellation is received at least 7 days prior to the retreat.

**SPECIAL NEEDS:**

Please call us after you make your reservation for any retreats.

**COST:**  
\$30 per person

**RESERVATION FORM**

**JOURNALING AS A SPIRITUAL PRACTICE • SATURDAY, APRIL 1, 2017**

NAME(S): \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
STREET CITY STATE ZIP

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ Phone: \_\_\_\_\_

**\$30 • LUNCH INCLUDED**

CREDIT CARD #: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_

NAME ON CREDIT CARD: \_\_\_\_\_

CHARGE ALL  DEPOSIT ONLY