

Journey With Us

Come and share your journey by sharing your journal experiences with other women. We have an opportunity to be creative in journaling and how we share our spiritual journey. We do not critique what you choose to share and all women are welcome.



I like to spend time getting to know myself by organizing my hopes, fears and joy when I journal.

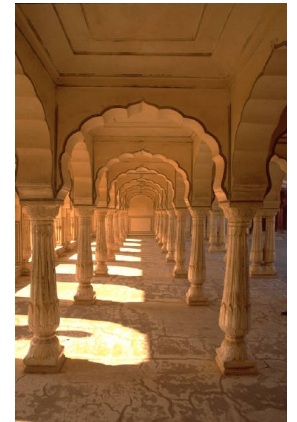
Journey meets on the second Tuesday of each month in people's homes.
For more information contact:
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Journey is a LifeGroup of
Trinity Lutheran Church

JOURNEY

Share Your Journey

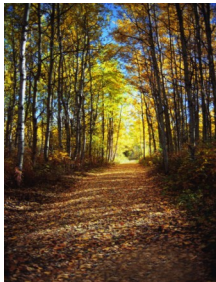
Journey is a group of women (age 12 and up) who get together to share their spiritual journey through life.



Journey

At Journey we share how our heart is by sharing what we may have written or drawn in a journal recently. Journaling is a way towards self discovery as we journey through the emotions, reasons, thoughts, fears, hopes and life experiences that we encounter daily or weekly.

Journaling can be a safe haven from the chaotic universe around us. We are confronted with confusing and disturbing images in everyday life. Journals offer an escape or a way to sort out what we are being bombarded with.



Journaling can be a form of therapy. By transcribing our emotions onto pages, we can gain perspective of events, without being judged. Words on paper tend not to over-whelm us and threaten our sense of well being.

Take time to savor your journey. Engage your senses.

Journaling can be a way to create a history of your life by logging events that are important to you. It can be a way to solve problems or bring organization to our life. We can provide a history of events, hopes, fears, joys, etc. that can be shared with others at some point.

You may choose to keep a record of your spiritual journey, what is God speaking to you about at this time, what did you learn through His creation, how did God speak to you through others, through the Word, through events. You may wish to record thanks and praise. This may be a time where you are full of pain; you are questioning God; where you are angry at God. We are not afraid to share your joy or your pain.

Some of you may choose to share yourself through poetry or drawings, or song or any other creative means.

We encourage everyone who comes to share during our time together. Sharing will be as simple as going around the circle and having an opportunity to speak, read or show what you feel like sharing. It's okay to take a pass on sharing if you want to.

What is shared in the group stays in the group unless permission is granted to share with those outside this group.



Come take a journey on the road of life with us.

As a group of women we wish to extend help to our sisters in need. Periodically we will collect items to be given to Pathways for Women. This is a group that supports women and children by providing a safe haven from abuse. While we will never have face to face contact (for the safety of those supported by this organization) we can help make a difference during a difficult time in these women's lives.