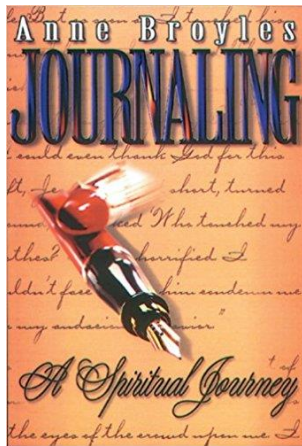


Spiritual Journaling

An Online Course on the BeADisciple website



Join us this Lent for a six week course in which participants will explore the practice of spiritual journaling as they share their experiences with others involved in the practice. The course is based on the Upper Room book *Journaling: A Spiritual Journey* by Anne Broyles who is featured in an introductory video to the course.



Each week we will practice one of the methods of journaling from the book. These include: journaling from the events of daily life, journaling in response to scripture, journaling with guided meditations, journaling from dreams, journaling in response to reading, and journaling conversations or dialogues. The spiritual practice of journaling helps us record our journey with God, be more aware of God's presence in our lives, and grow spiritually.

The course fee of \$75 includes a copy of the book signed by the author which will be mailed to participants. Please enroll early so that you will have enough time to receive your book prior to the course start date.

The course runs from February 12 through March 26, 2018. Participants will access the course at their own convenience.

To register, visit the Course Schedule Page of the BeADisciple website at www.BeADisciple.com or [click here](#). For more information, contact Practical Resources for Churches by phone at 631-821-2255 or e-mail info@prcli.org.

Course leader Debbie Kolacki is a Certified Christian Educator and Certified Lay Servant in the New York Annual Conference of the United Methodist Church. She has a BA in English from Wagner College and completed the courses for her certification as a Christian educator through Columbia College in South Carolina. She has taught children, youth, and adults and served in many areas in her local church for over twenty years. Debbie is the senior consultant and webinar administrator for Practical Resources for Churches where she works with people in all areas of ministry and leads webinars, workshops, and retreats. Her blogs include [Faith Geeks](#) and [Practical Resources for Churches](#).