

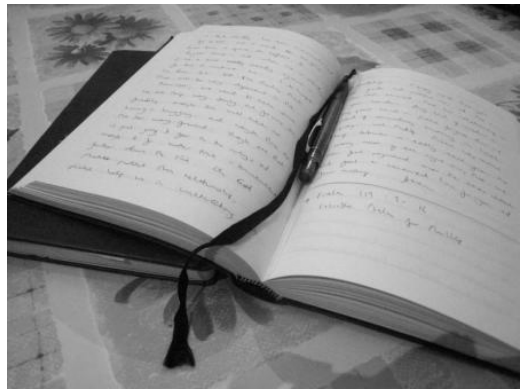
Spiritual Journaling

Wanting to refresh your spiritual life? Why not come and join a day's retreat focused on journaling?

Saturday 21 September 2013

10:00 – 15:30

The Mission Hall, North Kessock IV1 3XN



Journaling is an old and rich practice that charts our journey towards God. It helps us to gain from the past, embrace the present and move with faith into the future. It is a tool for learning and discovery, and for helping to hear God's voice. No special skills are needed.

This retreat is for anyone who wants to deepen their devotional life.

The day will be led by Merryn Glover (Author) and Steve Aisthorpe (Mission Development Worker).

There is a charge of £15 to cover costs, and pre-registration is required. Tea/coffee will be provided, and people are asked to bring their own lunch. Online booking will be available in due course, but please register your interest in the first instance, either by sending an email to mandd@cofscotland.org.uk or by calling 0131 225 5722 and asking to speak to an Administrator in the Mission & Discipleship department.



The Church of Scotland
Mission and Discipleship Council

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