JOURNALLING WORKSHOPS

WHAT ARE THEY?

Keeping a journal as a means to personal and spiritual growth is what we mean by journalling.

The desire to record and reflect upon one's life seems to be an almost instinctive human need, yet how many of us succeed in giving ourselves the time and space to do so?

A journalling workshop affords a protected space where we can be led to explore the road we have travelled, and be guided to recall aspects of ourselves long-forgotten or hitherto not recognised or appreciated.

Workshops are conducted in a quiet and relaxed atmosphere under the guidance of a leader, and the group provides a place of security where each can work privately without fear of intrusion. No writing skills are required as what is written is for the writer's eye alone. All that is needed is an openness to oneself and a readiness to trust one's inner wisdom.

The workshop method is structured but provides the participant with experience in ways of drawing together and integrating every aspect of life.

Once they have become familiar, these techniques are always available for ongoing use, as need arises or as inclination may prompt.

The methods used in the course of a Journalling Workshop are particularly useful for spiritual and retreat directors and for those whose work involves counselling others.

Details of Journalling Workshops are given in *Retreats*.

For further information contact the Retreat Association at the address overleaf.

The Retreat Association comprises these Christian retreat groups:

- Affiliates of the Retreat Association (AFF)

- Association for Promoting Retreats (APR)
  (mainly Anglican)

- Baptist Union Retreat Group (BURG)

- Catholic Spirituality Network (CSN)

- Reflect – Methodist Spirituality

The Retreat Association aims to foster the growth of the spiritual life by the practice of retreats. For information contact:

The Retreat Association   Tel: 01494 569056
PO Box 1130
Princes Risborough   info@retreats.org.uk
Bucks   HP22 9RP   www.retreats.org.uk

Journalling workshops