

Discovering the Treasure Within

FIVE LENTEN WORKSHOPS

[SAMPLE, REVISE FOR PUBLICITY]

Five sessions drawn from the book by the same title by The Rev. R. Carroll Travis.

The series involves inner explorations into the sources of meaning, wisdom and joy.

Discovering the Treasure Within provides a way to grow from within using journaling, dream-work, imaginative reflection, guided meditations, scripture exposition and small group sharing and exploration, with techniques from classical Christian spirituality from a Jungian psychological perspective.

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1. Exploring Inner Space - Journaling and Sharing
2. Dream Work
3. Phases of
4. God's Power to Hold and Lead
5. Encounter With Jesus the Savior

Short readings from the book will be provided each week. Please take a copy of the first reading (*Introduction*) after [the Ash Wednesday services or the 1st Sunday of Lent] in the Narthex, or pick one up at the church office.