



LISTENING WITH THE EXAMEN

When: First Thursday of Each Month — September 5th-May 7th — 10am-12pm

Where: 117 Yorktown Drive, Franklin, TN 37064

Cost: \$60/month — Payment is required if a person misses the group. Commitment to being present each month, when possible, is very valuable to the group.

What: Each month we will use the Examen, a prayer practice offered by Ignatius, to listen for God's direction in our lives. Examen is a brief period (5-10 minutes) where you gather up your day by reflecting on your awareness of God in the happenings of your day. In reflecting on your responses throughout the day, you tell the truth about yourself and God, and draw grace into your awareness. Each member of the group will have an opportunity to share where they are experiencing God. There is a commitment to spend 5-10 minutes per day using the Examen as a prayer practice outside of the group meetings.

Who: The group is open to 4 individuals who want to see God more in their daily lives and/or want to learn more about discernment.

THE ENNEAGRAM: EXPLORING CONNECTION WITH GOD, SELF, AND OTHERS

When: Second Tuesday of Each Month — September 10th-May 12th — 10am-12pm

Where: 117 Yorktown Drive, Franklin, TN 37064

Cost: \$60/month — Payment is required if a person misses the group. Commitment to being present each month, when possible, is very valuable to the group.

What: Each month we will meet to learn more about the Enneagram using Suzanne Stabile's curriculum *The Enneagram Journey*. We will use Suzanne's teachings, and other supplemental information, to explore our own connections with God, self, and others. Jesus summed up the law by telling his followers to love God and love others as we love ourselves. In inextricably linking all three, Jesus invites us to consider how our relationship with ourself impacts love of God and others. The Enneagram offers a unique and compassionate way to know yourself—good and bad—and a path towards growth and health. Our group time will involve time for instruction, individual sharing, and group discussion.

Who: The group is open to 6 individuals who know nothing, a little bit, or a lot about the Enneagram and who hope to deepen their relationship with themselves, God, and others.



LISTENING WITH THE EXAMEN

When: First Thursday of Each Month — September 5th-May 7th — 7-9pm

Where: 117 Yorktown Drive, Franklin, TN 37064

Cost: \$60/month — Payment is required if a person misses the group. Commitment to being present each month, when possible, is very valuable to the group.

What: Each month we will use the Examen, a prayer practice offered by Ignatius, to listen for God's direction in our lives. Examen is a brief period (5-10 minutes) where you gather up your day by reflecting on your awareness of God in the happenings of your day. In reflecting on your responses throughout the day, you tell the truth about yourself and God, and draw grace into your awareness. Each member of the group will have an opportunity to share where they are experiencing God. There is a commitment to spend 5-10 minutes per day using the Examen as a prayer practice outside of the group meetings.

Who: The group is open to 4 individuals who want to see God more in their daily lives and/or want to learn more about discernment.

THE ENNEAGRAM: EXPLORING CONNECTION WITH GOD, SELF, AND OTHERS

When: First Tuesday of Each Month — September 3rd-May 5th — 7-9pm

Where: 117 Yorktown Drive, Franklin, TN 37064

Cost: \$60/month — Payment is required if a person misses the group. Commitment to being present each month, when possible, is very valuable to the group.

What: Each month we will meet to learn more about the Enneagram using Suzanne Stabile's curriculum *The Enneagram Journey*. We will use Suzanne's teachings, and other supplemental information, to explore our own connections with God, self, and others. Jesus summed up the law by telling his followers to love God and love others as we love ourselves. In inextricably linking all three, Jesus invites us to consider how our relationship with ourself impacts love of God and others. The Enneagram offers a unique and compassionate way to know yourself—good and bad—and a path towards growth and health. Our group time will involve time for instruction, individual sharing, and group discussion.

Who: The group is open to 6 individuals who know nothing, a little bit, or a lot about the Enneagram and who hope to deepen their relationship with themselves, God, and others.

NOURISHING YOUR WHOLE BEING

When: Mondays in October (7th, 14th, 21st, 28th) **OR**

Mondays in November (4th, 11th, 18th, 25th)

8:30-10am

Where: 117 Yorktown Road, Franklin, TN 37064

Cost: \$50/week — Payment is required if a person misses the group. Commitment to being present each month, when possible, is very valuable to the group.

What: "Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others." – Parker Palmer Each week we will explore an aspect of self-care—mind, body, soul, and heart. We will over the course of the month create a self-care plan and identify the obstacles (both mental and physical) to practicing self-care. We will consider what Jesus meant when he said, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself." Luke 10:27

Who: The group is open to 6 individuals who want to learn more about and begin thoughtfully practicing self-care.



KATIE HASELTINE

HAVEN

615.708.6550

havendirection@gmail.com

www.havendirection.com