

# Generation Bridge



## Spiritual Walk

*Seminar Series*

**Saturday**

**March 23rd  
2019**

**open hours between:  
10:00 AM - 12:00 PM**

Do you need a little time to think about your life?

To contemplate why? How?

Then you will appreciate this opportunity to try something new to help bring you closer to the fullness of God and knowing the Trinity. On Saturday March 23 from 10:00 am to 12:00 pm, Janice Allen will be introducing us to the concept of the "spiritual walk". She will transform the sanctuary into a setting to walk quietly through multiple stations, all in a process to help you navigate some of your questions in a peaceful and individual way. Come, pray, meditate and learn some new techniques that will help you get closer to God."

# SHARE

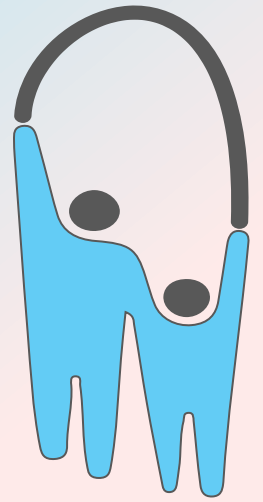
Where?

United Methodist Church of Monroe  
515 Cutler's Farm Road  
Monroe, CT 06468  
(203) 570 - 4150

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# Generation Bridge Prayer Walk

*Seminar Series*



## Details

Janice Allen  
Masters in Theological Studies

Janice has a Masters degree in Theological studies from Drew University. She has been an active member of several United Methodist churches, with special involvement in music, education and mission - leading bell choirs, a contemporary praise band called Saved by Grace, teaching Sunday school and VBS, leading adult study, assisting in homeless ministries, serving in food pantries, and helping needy families in central Appalachia rebuild their homes. Janice and her husband Mark live in Monroe, CT.

Come anytime between 10:00 AM and 12:00 PM

There will be multiple stations where you can invoke the senses.

This is informal, but there will be guidance from Janice and her husband Mark in the event you should want some help.

*Generation Bridge believes that emotional health is as important as physical health. One of the many ways to work on emotional health is through faith (in all its forms). For this seminar, this will be a Christian form of prayer, but should you have any ideas to help us explore emotional well being, we are open to hear them.*