



Spirit Notes:
Journaling For Personal Growth

**a workshop offered by the
Greater Philadelphia
Center for Spiritual Living**

**Suite 112, 16 Industrial Blvd., Paoli PA
www.cslphilly.com ph: 610-695-0375**

**on Sat., Sept. 30th, 1PM to 4PM
Instructor: Frank L. Henninger, M.A.**

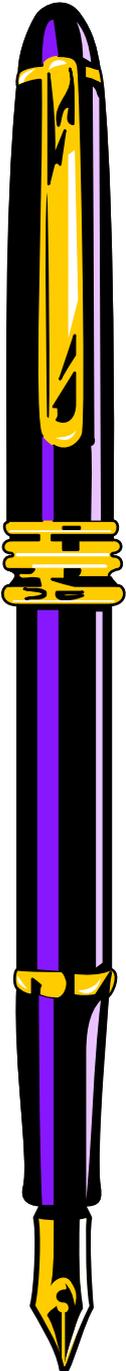
Cost: love offering (Suggested amount \$20 per person)

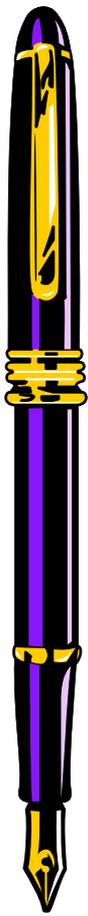
Must be pre-registered. Please sign up at GPCSL.

Questions? Send an email to frankhenninger@yahoo.com

"Journal writing is the ongoing creation of the story of a life, in the littlest and the largest sense. It is a story told to the self, by the self, for the benefit of the self. People are highly adaptable and endlessly creative in their journals, and their writing ranges from the notation of the most mundane details to the most profound thoughts the writer is capable of and everything in between." (from *Storycatcher* by Christina Baldwin)

See course details on reverse side of this flyer.





SpiritNotes: *Journaling For Personal Growth*

**on Sat., Sept. 30th, 1PM to 4PM
at Greater Philadelphia Center for Spiritual Living**

In this workshop participants will explore:
how journaling can enhance personal spiritual practice, types of journaling, media options, barriers, obstacles, anchors and solutions. They will also receive a comprehensive overview of journaling resources. The workshop will be a blend of instruction, class discussion and small group exercises.

Please bring your own writing materials.

Our instructor: Frank L. Henninger, M.A.

Frank is an active member of the Greater Philadelphia Center for Spiritual Living, in Paoli, PA. He is a published author and poet, and a performing musician. His book, *Compass Points: Finding a Mid-Life Bearing on Mount Rainier*, is available locally at the GPCSL Bookstore, at EarthSpeak (in Kimberton), and at Amazon.com. This book is based on journals he kept on two of his climbs of Mount Rainier. He is also a published poet, having had seven poems published in issues of *Creative Thought* magazine. Frank graduated from Saint Francis University in 1976 with a dual B.S. in Biology and Psychology. He received his M.A. in Liberal Studies from Villanova University in 1999. He has been a student of *Science of Mind* for over 20 years and is currently enrolled in the M.A. in Consciousness Studies program at Holmes Institute, from which he will graduate in Fall 2018.

Frank is also an accomplished performer on the Native American style flute and other world instruments, including didgeridoo and several kinds of hand drums. He has had hundreds of performances to date, and has also taught introductory and intermediate level Native American flute lessons to many people. Frank coordinates the gatherings for the Spirit Fire World Music Circle, held quarterly at GPCSL in Paoli, PA. Frank performs as "Rävenwolf" in reverence for totemic experiences he has had in the wilderness with ravens and wolves, and to honor his Germanic & Baltic ancestors. His music is available on CDbaby.com, Amazon.com and iTunes.