

Class: Meeting at the Crossroads
Registration Deadline: Oct. 28, 2013
When: Monday, November 4, 2013
Cost: \$20 in advance, \$30 at the door

Name _____

Address _____

Phone _____

Email _____



Register online at
www.BreadofLife.org or send
the completed form with your
check made out to:

Bread of Life
650 El Camino Avenue
Sacramento, CA 95815

OFFICE HOURS

Monday - Thursday, 9 am - 4 pm
Friday, 9 am - 3 pm

LOCATION

Bread of Life is in the buildings of the North Sacramento United Methodist Church on the corner of El Camino Avenue and Cantalier Street, one block from Del Paso Boulevard. Our entrance is in the parking lot, by the garden.



BREAD OF LIFE REGISTRATION POLICY:

To honor the commitment of registrants and presenters we have a two-week registration deadline for all events unless otherwise noted. If the minimum number of registrants is not reached two weeks prior to an event, Bread of Life reserves the right to cancel the event. For events cancelled by Bread of Life, 100% of monies paid by registrant will be refunded.

You may cancel your registration for an event by its registration deadline and be refunded all but a 10% processing fee or \$5 minimum. For cancellations after the registration deadline we regret we cannot offer refunds as the monies are already committed.

Meeting At The Crossroads



Meeting At The Crossroads
*The Place of Creation, Connection,
Shadow & Revelation*

Monday, November 4, 2013
6 pm - 9 pm

Facilitators: Mark Simon &
Jane Rabin



Meeting at the Crossroads

Monday, November 4, 2013

6 pm - 9 pm

Bread of Life downstairs

\$20 In Advance, \$30 At The Door

This workshop will be an evening inviting people to slowly and deeply explore the process of coming to a crossroads. Coming to a crossroads signifies that there is some combination of opportunity, uncertainty, decision-making and/or danger present in our lives. It is a quintessential and universal spiritual moment. Stories of arriving at a crossroads are found in every spiritual tradition and are prevalent across popular culture.

We will utilize a combination of poetry, story, contemplative exercises and imagery to identify the elements and circumstances that color and shape the recent, current or anticipated crossroads faced by each participant.

We will emphasize four distinct areas of experience:

- **Creation**
- **Connection**
- **Shadow**
- **Revelation**

Participants will participate in individual and shared storytelling. We will explore the words and language that arise in relation to each our journeys.

Mark Simon is an educator, consultant, writer and storyteller with more than 20 years of experience in social service, government, education, and faith-based organizations. Since establishing Storywalkers, Mark has helped small grassroots non-profits as well as large public agencies raise money, clarify vision and articulate key pieces of their story. Mark utilizes story as a dynamic tool for insight, community development, project planning, fund development, entertainment and deep learning. Mark lives in Davis, California with his wife and their three boys. For more on Mark's work, visit www.storywalkers.com.



Me

Jane Rabin has been practicing spiritual direction in Davis for over twelve years, working with individuals and small groups. She completed her training as a director at the Bread of Life internship program and as a supervisor for spiritual directors at the Burlingame Mercy Center. She was certified as a Jewish meditation teacher by Chochmat HaLev in Berkeley and has facilitated short contemplative retreats and taught meditation groups in the Davis/ Sacramento area for many years. She has also served as a chaplain at the UCD Medical Center. She works with people of all traditions as well as with those who feel drawn to spirit but don't find a spiritual connection in any particular tradition.



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