

The 2020 Fall Adult Forum schedule is designed to take us,  
our thoughts, and our ideas on a “virtual” pilgrimage.

# Journaling

September 16 @ 7pm via Zoom  
(link on St. John's website)



We will begin with a sharing session on journaling -- an ideal way to make sense of new learnings, our current surroundings and circumstances, and your 2020 Adult Forum journey.

***Do you journal? Have you tried to journal? Do you wish you could journal but struggle to get into a rhythm?***

We will discuss the why, how, and when of journaling. It can take so many different forms - written word, art and reflection. Come and hear about some creative approaches that might just inspire you.