



**THE INNER VOICE:**

**ENTERING A DIALOGUE WITH GOD  
THROUGH PERSONAL WRITING**

*Dr. Claudia Sullivan, presenter*

*Sponsored by St. Peter upon the Water:*

*A Center for Spiritual Direction & Formation*

**SATURDAY, FEBRUARY 22— 8:30 a.m.—1 p.m.**



Whether you are a longtime journal keeper or someone who has never kept a record of your thoughts, this Day of Reflection will show you how to go deeper in your life with God. God seeks relationship with us, and keeping a record of your inner voice can demonstrate the intertwining of God's love and mercy in our lives.

At its heart, THE INNER VOICE Day of Reflection will provide guidance in personal writing, writing that is between you and God, for the purpose of opening a daily practice discovering gratitude, healing, solace, and understanding. Personal writing or journaling provides perspective, a way of looking back to see how God has worked in your life. Because journaling involves an active process, it can be beneficial in discernment, gaining insight, and finding beauty in silence and the ordinary.

THE INNER VOICE is not about the art and craft of writing. It is another way to practice your spirituality. God wants to surprise you with the beauty of your own life and THE INNER VOICE is an opportunity to start on that journey. This Day of Reflection is open to those of all faith traditions.

Please join us at St. Peter upon the Water for this exciting day of reflection. A light breakfast and lunch will be served. Some supplies will be provided, but please bring pens or pencils, and your own journal, if you have been keeping one.

**Cost: \$25.00** The registration form can be found online at: [stpeteruponthewater.org](http://stpeteruponthewater.org)  
**Click on the Days of Reflection/Retreats tab to download the form.**

For more information, call 830-367-5959 or contact Claudia Sullivan at [claudia@hctc.net](mailto:claudia@hctc.net) or 830-995-5007.

*Claudia Sullivan is a former university professor of theatre and communication, author of seven books, speaker, and active in ministry at her home church, Notre Dame Catholic Church in Kerrville, Texas. She is leader of the Lector Ministry, and has written and compiled Advent Reflections for Notre Dame Parish for the past ten years.*

