



Our workshops involve in-depth teaching and practice designed to both enrich your spiritual growth and enhance your quest to become more of the person you were created to be. This journey will enable you to experience greater authenticity, wholeness and Christ-likeness in all areas of your life.

Other topics in the BEING REAL series include:

- Discovering Your Unique Spiritual Gifting
- Growing Your Manhood or Womanhood
- Living in the Fullness of Your Spiritual Nature
- Discovering Redeemer, Living in Redemption
- Meeting Jesus Together



This workshop will be taught by **Dr Peter Holmes** and **Dr Susan Williams**, sharing from their own personal experience and from many others they have taught and supported. It will include practical steps for you to follow during and after the workshop to help you become more of who you were created to be.



Peter and Susan are experienced speakers, pastoral counsellors and authors from UK, where the Rapha Journey originated. The Rapha Journey is a step-by-step Biblical process of growing into greater wholeness and (when you are ready) a deeper relationship with God.

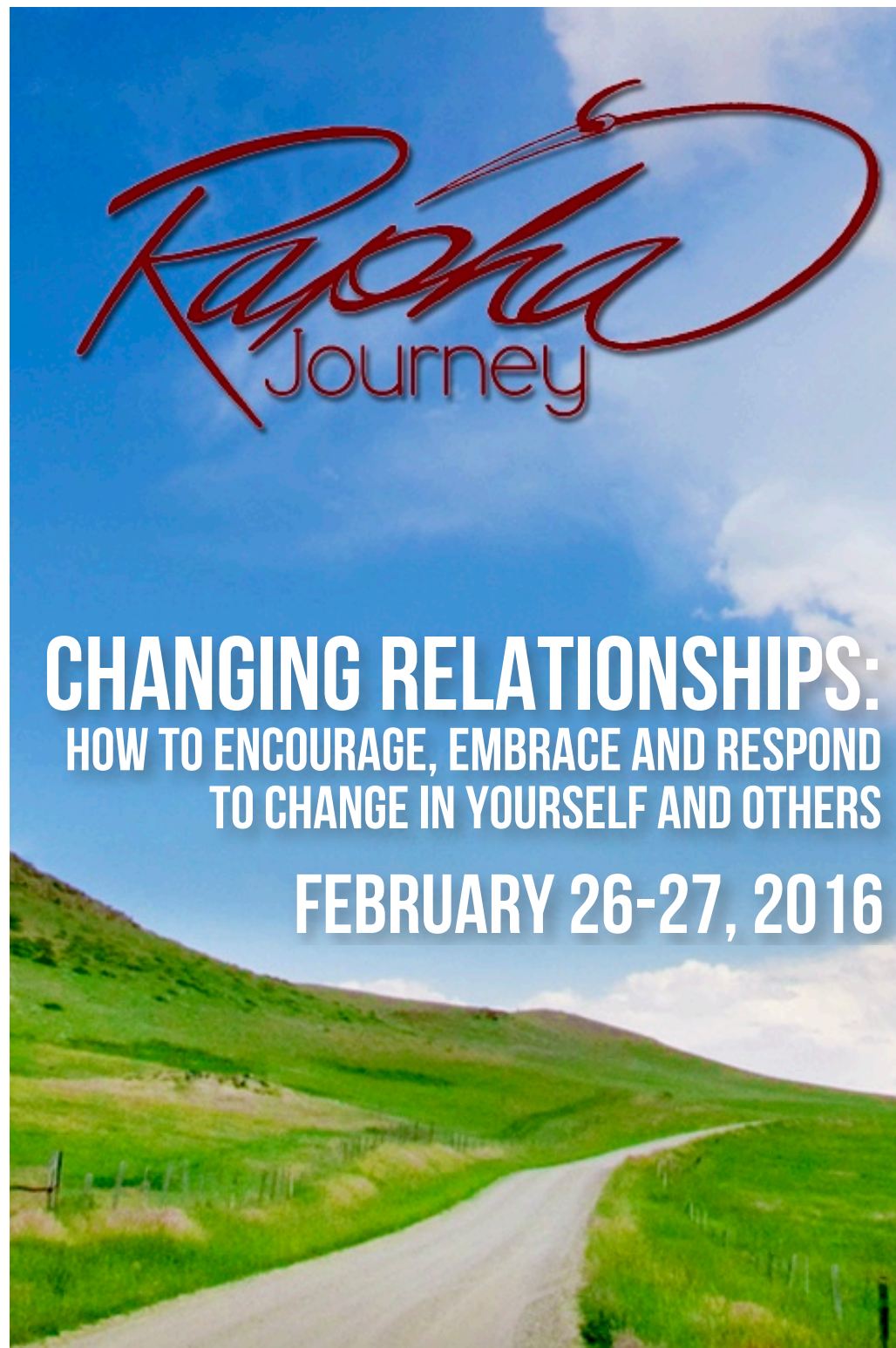
For more information, see our website [www.RaphaJourney.com](http://www.RaphaJourney.com).

For our latest news, see [www.Facebook.com/RaphaJourney](http://www.Facebook.com/RaphaJourney)

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## What is the workshop about?

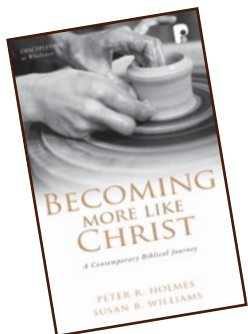
*Change in relationships is guaranteed. Some is welcome - perhaps a new career opportunity, finding some healing or growing in faith. Some is more difficult, for example a child leaving home, moving house, or death of a loved one.*

*Do you cope well with change? Do you find yourself resisting it because of fear or denial. Or are you angry, triggering unhelpful reactions in others. Perhaps you set up unrealistic expectations for yourself and those you love. How can we really respond positively and help others to do the same?*

*In this workshop we will consider change from God's perspective. We will explore the resources God gives us to deal with changing relationships and circumstances, as well as looking at the tools of social psychology to help us respond with anointing and maturity.*

## Themes & examples will include:

- ✦ Does God change?
- ✦ The secret of living in a changing world
- ✦ Tools to help others when I've found healing
- ✦ Healthy ways to change boundaries
- ✦ Dealing with loss & trauma
- ✦ Help! My child is growing up
- ✦ A gender perspective on relational change
- ✦ How to encourage growth without manipulating



## Who is the workshop for?

- ✦ Those wanting to learn to live in God's perspective
- ✦ Anyone who is facing a season of change
- ✦ Those wanting tools to bless others as they change
- ✦ Someone needing to let go of unhealthy responses to change
- ✦ Those wanting to welcome more wholeness and maturity with Christ
- ✦ Those who have had a painful change in their past that still needs healing

**Times** Friday, February 26th, 6:30-9:00pm (Registration @ 6pm)  
Saturday, February 27th, 9am-6:30pm (Lunch Provided)

**Location** The Commons, at the corner of Baxter & Love Lane

**Price\*** Free!\*

*\*There will be a freewill offering taken during the workshop to cover costs and to make a gift to Peter & Susan*

**Registration & Info** Sign Up Online at [www.journeyweb.net/rapha](http://www.journeyweb.net/rapha)  
Email: [rapha@journeyweb.net](mailto:rapha@journeyweb.net)  
Call: 406-922-0190 ext. 132 (Journey Church office)

*There will be an optional 'Rapha newcomers' session at 6:30pm Friday to welcome those who have not attended our workshops before.*

*Although our workshops are taught from a Biblical perspective and can help deepen your relationship with God, we are also pleased to welcome you if you are not attending a local church or are not even considering a relationship with God. The workshop will help you on your journey of personal growth.*

