

CREATIVE JOURNALLING: FIVE SESSIONS DURING LENT WITH DENIS CROSBY



**ENNIS PASTORAL CENTRE, (NEAR CATHEDRAL)
THURS. 15TH FEBRUARY TO THURS. 15TH MARCH
7.30 P.M TO 9.30 P.M, EACH EVENING
COST: €25 FOR THE 5 SESSIONS**

*You can't remake the world without remaking
yourself; Each new era begins within;
Ben Okri*

Focus of the 5 Evenings
Over five Thursdays in Lent, Fr Denis Crosby will facilitate an exploration of the richness of our inner world through the process of creative journaling. Participants are asked to commit themselves to the five evenings so as to benefit from the process. Pen and paper necessary.

TO BOOK CONTACT:

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**NB. Booking essential before
9th February. Places limited.**

"The inner world is as real as the outer world. One ought to be conscious of that. It, too, has its landscape, contours, possibilities, its boundless regions." (*Etty Hillesum, died in Auschwitz on November 30th, 1942, aged 29*).



Denis Crosby, is parish priest of Liscannor, Co Clare. Denis has a deep interest in inner work. In December 2017, he facilitated a day on *Finding Freedom: Contemplation & Exploration* in Carrigoran Health and Wellness Centre.

In these five sessions during Lent, Denis introduces us to the practice of journaling as a way of attending to and exploring the inner journey. Early booking advised as places are limited.