



St. Andrew's Cathedral Journey Series
11 May 2024

Tools for the Journey:
Expanding Awareness through Meditation and Mottoes

It is wise in your own life to be able to recognize and acknowledge the key thresholds
To take your time; to feel all the varieties of presence that accrue there;
To listen inward with complete attention
Until you hear the inner voice calling you forward.
The time has come to cross.

--John O'Donohue

9:00 – 9:30	Registration	
9:30 – 10:00	Welcome, Introduction to the Journey Series The Power of Mottoes <i>Music Interlude</i> Welcoming Prayer of Centering Prayer Practice <i>Music Interlude</i>	- Bill Nation - Kelly Butler - Kathy Woodliff
10:00 – 10:45	The Meaning of Mottoes: Origin and Use Motto 1 Storyteller <i>Music Interlude</i>	- John Allin - Dan Woodliff
10:45 – 11:30	Motto 2 Storyteller <i>Music Interlude</i>	- John - Bob Blacklock
11:30 – 12:00	Motto 3 Storyteller <i>Music Interlude</i>	- John
12:00 – 12:45	Lunch with Optional Activities <i>Music Interlude</i>	
12:45 – 1:30	Motto 4 Storyteller <i>Music Interlude</i>	- John - Keith Mansel
1:30 – 2:15	Motto 5 Homily <i>Music Interlude</i>	- John - Buddy Stallings
2:15 – 2:30	Benediction	