

# Strengthen Your Spiritual Core

## How to Grow Spiritually Strong in Today's Secular Age

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Four Saturday Sessions, 9am – Noon: September 12 - October 24, 2015  
9/12, 9/26, 10/10 & 10/24



ST. PAUL'S  
EPISCOPAL CHURCH

**St. Paul's Episcopal Church** - Duncan Hall  
1123 Court St. San Rafael, CA 94901  
415.456.4842 • [stpaulssanrafael.org](http://stpaulssanrafael.org)

Seven out of ten people in Marin County have no affiliation with any religious community. There is little context or support for this type of community. So when we feel a nudge from God or yearn for a higher sense of purpose in life beyond self-satisfaction in the over plugged-in world, we need extra help.

This four-part series provides that help. It will give you the tools you need to grow spiritually strong. Similar to coaching from a physical trainer, these three-hour sessions offer coaching from a spiritual trainer. **\$20 suggested donation per session**



Over the course of four Saturday sessions you will receive:

- A timeline and a map that orients you so you know where we are in this secular age, how we got here and where we're going.
- A proven, time-tested way of being in a small group that offers just the right mix of support and challenge to help you grow spiritually strong.
- A four-stage spiritual itinerary that lays out a lifelong path for you. It's an ancient way, developed and lived by some of the greatest saints in history.
- Stories and experiences of friendship with the poor, one of the ways we each can heal some of the broken places in our communities.

**For questions or more information, please email [stpauls94901@gmail.com](mailto:stpauls94901@gmail.com) or call 415.456.4842**



Building your Spiritual Core is led by **Christopher H. Martin**, a rector, a reformer and a writer. For the last 11 years he has been the rector, or head priest, of St. Paul's, San Rafael, a thriving multigenerational community with a strong tradition of friendship with the poor in Marin. He is the founder of **The Restoration Project**, a national reform movement to restore effective spiritual practices. He is the author of *The Restoration Project: A Benedictine Path to Wisdom, Strength and Love*, recently published by Forward Movement. He was educated at Yale University and lives with his wife and two sons in San Anselmo, CA.



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