

## **THE ENNEAGRAM JOURNEY LED BY CYNTHIA INSKO**

A new and stimulating 12-week enneagram study will begin Sunday, August 18, 4:00 - 6:00 pm, led by Cynthia Insko (there are some Sundays the group will not meet). The cost is \$50 for the materials. Sign up on the bulletin board or call the church office.

### **Are You New to the Enneagram?**

If you are not familiar with enneagrams and would like to know more about it before participating in the 12-week group, *The Road Back to You: An Enneagram Journey to Self-Discovery*, provides a good and readable introduction (available in the church office for \$15).

### **About The Enneagram Journey**

As we seek to connect to God and others by growing in our love, we often discover God nudging us to explore unhealthy patterns and habits that may be impeding our growth and transformation. The enneagram is a popular tool to help us see ourselves more clearly so we can wholeheartedly surrender to the Spirit's transforming work in us as we desire to love God and others as Jesus did.

Join us for the **Enneagram Journey** group study by **Suzanne Stabile**, an enneagram master teacher for over 25 years. This 12 session DVD and group discussion is designed to ground us in the basics of identifying our enneagram type within the context of a shared experience with the group. We will learn from Suzanne and from each other as God guides.

Interactive group meetings are two hours and each participant will receive his/her own study guide for some journaling and reflection throughout the week.

Whether you are brand new to the enneagram or are seeking to expand your understanding of it, this group is for you! Feel free to invite a friend and partner to join us for the duration of the course. This could be a great opportunity to invite newcomers to FBC as we connect with God and others.