



Spiritual Autobiography Course

CFIT Presentation: LifeFit

Provider: Rev. Bets Wienecke, CFIT's Spiritual Counselor

*"External facts about a life can be researched generations later,
but the inner life is irrevocably lost unless written during one's lifetime."
- Nan Pfifer -*

- ♥ A Spiritual Autobiography is a non-fiction life story told by the person who lived it.
- ♥ Learn a step by step approach for exploring the fabric of your life and how best to reflect on those turning points, resources, values, friends, mentors and guides who have influenced the directions you've taken on your life journey.

The Spiritual Autobiography courses will meet 1 time, per month, for the next 5 months. By signing up for the course we ask that you commit to all five sessions in order for all members to maximize everyone's experience.

Dates & Topics

Tuesday, February 16th, 2010 @2pm
(Childhood)

Tuesday, March 16th, 2010 @2pm
(Adolescence)

Tuesday, April 13th, 2010 @2pm
(Mentors, Friends & Guides)

Tuesday, May 18th, 2010 @2pm
(Drawing the Roadmap & Putting it all Together)

Tuesday, June 15th, 2010 @2pm
(Celebration of course completion & opportunity to share your Spiritual Autobiography)

**Free to CFIT clients, \$5 donation per class for all others participants.
Please RSVP to 899-7777 or kendra@sbcfit.org**

Yes, I agree to attend the 5 session Spiritual Autobiography course.

Name: _____

Date: _____