



Grace Within

An Empowering Journey to Your Inner Self

AWAKENING THE
SPIRIT WITHIN

TRANSFORMING
LIVES

A small group spiritual formation process for women
utilizing personal journals and led by peers.

An invitation to understand how you can grow spiritually; to seek and know
your inner spark of divinity; and to become who God created you to be.

Developed for women based on a twenty year proven spiritual process.

START & END DATE

START & END TIME

LOCATION

COST (and what is included)

COMMUNITY SPECIFIC DETAILS

FOR MORE INFORMATION AND TO REGISTER

CONTACT (contact name) at (contact email)
or (contact phone)

REGISTRATION ENDS (DATE)

Include any additional details here.

THE SESSIONS

Self-Esteem and Self-Acceptance

"You are called to become."

Stress, Worries, and Anxiety

*"Your strength comes from God's
mighty power within you."*

Everyday Spirituality

*"God's beauty revealed
in our own daily life."*

Feelings

*"Feelings are a powerful
gift from God."*

Personal Growth

*"Called by God, fueled by grace,
we are ever-growing, ever-changing."*

Expressing Values in Friendships

*"Through our relationships,
we are united."*

Discernment of Gifts

"What your heart deeply desires."

Celebration of New Beginnings

*"Celebrate the graces.
Be inspired and motivated."*

VISION—To awaken the Spirit within to create a culture that ignites women's passion
to use their voices and share their gifts for the transformation of society.

MISSION—Within Ministries brings women of all ages and life experiences together
to engage in a spiritual process that illuminates and affirms their sacred dignity.

