



I have called you by name,  
you are mine. You are  
precious in my sight and  
I love you.

— Isaiah 43:1,4



here are times when life feels full  
of meaning and a sense of divine  
purpose, when one has an abiding  
sense that all is well.

There are also times on the journey when we  
feel there must be something more to life.  
We may experience a feeling of longing. Or a  
lingering sense of hurt or loss. Or perhaps our  
prayer life, once rich and meaningful, now  
seems pointless and dry.

The Julian of Norwich Center is a place to give  
voice to these feelings and longings. It is a place  
to reflect on your daily life, to discover God's  
presence and activity in all the moments of your  
day, to seek the One who seeks you where you  
are each day, to develop a greater awareness of  
God's steadfast acceptance and love.



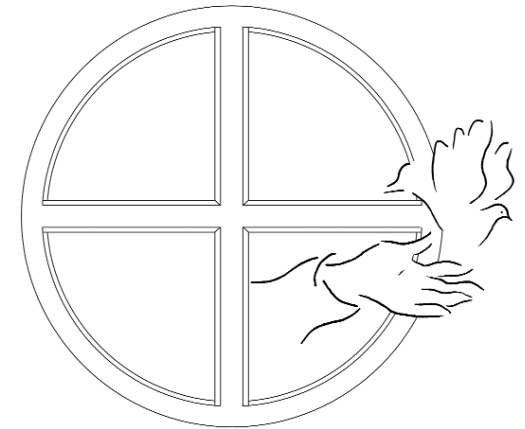
Charitable contributions allow  
The Julian of Norwich Center's  
ministry to continue. Please make your  
tax-deductible gift to St. Bede's  
Episcopal Church for The Julian of  
Norwich Center.



The Julian of  
Norwich Center

St. Bede's Episcopal Church

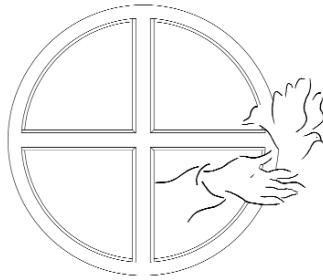
2601 Henderson Mill Road | Atlanta, GA 30345  
770-938-9797 x27



The Julian of  
Norwich Center

St. Bede's Episcopal Church





# The Julian of Norwich Center

St. Bede's Episcopal Church

**T**he mission of the Julian of Norwich Center is to offer a space to grow more deeply in relationship with God. The Center provides spiritual direction to individuals and groups, teaching contemplative prayer and the stages of the spiritual journey.

## A Spiritual Journey With A Companion

A spiritual director does not actually "direct" your journey but helps you recognize God's invitation to move closer to God. The director's role is to listen and to watch with you to help you identify, honor and grow in trust of the particular way in which you experience God.

A spiritual director is a companion on your journey with God, as you grow in learning to discern the gifts, invitations and graces that God is offering you. The director also listens to hear the way in which any emotional pain or wounds may hinder you from receiving God's delight and love for you. The director

accompanies you as your eyes open more and more to see God's movement in your life and in Creation.

## Guides For The Journey

When appropriate, the director may suggest a particular method of prayer, or a passage of scripture with which to pray. It may be a book for you to read, or a movie to watch, an action to try, or an activity from which to refrain.

Each suggestion is made with the hope of guiding you from the place of isolation in which your emotional wounds seem to be the enemy, to a place of growing freedom in which you are learning to befriend every part of yourself. The director is with you each step of the way,

to help you know God's presence that is within you and enfolding you.

## Becoming Whole

Spiritual direction is about accompanying you on the way to union with God. Along the way, there are dark moments: painful, dry, lonely, scary, and maddening ones. There are times when one is faced with discerning and making difficult choices. There are seasons of loss and grief. The director has known these dark moments, also, and will stand with you in the darkness. Other moments are filled with revelations and insights of your unique voice and gifts, calling and true self. At these times, the director celebrates these gifts and graces with you.

Julian of Norwich said, "God is nearer to us than our own soul, for God is the ground on whom our soul stands."

With God's help, you and the director journey together as you deepen your relationship

with God, growing to a place of resting in God's abiding presence.

## Julian Of Norwich

Julian of Norwich served as an anchoress, living in an anchorhold attached to St. Julian's Church in the city of Norwich, England. The cell had a window to the church and altar, and a window to the outside for passersby who came to seek counsel. The Julian of Norwich Center mirrors Julian's relationship to the church. It is a place connected to the church, but on the side of the church to offer a quiet, safe place for those who come.

## The Director

The Reverend Lynnsay A. Buehler, an Episcopal Priest, is the spiritual director of The Julian of Norwich Center.

A graduate of Duke University and Candler School of Theology, Emory University, Lynnsay received her training in spiritual direction and various practices of prayer at The Jesus Center of Atlanta. She received training in Centering Prayer at

Green Bough House of Prayer. Lynnsay has additional training in pastoral counseling, as well as marriage and family therapy, from Georgia Baptist Medical Center. Since 1988, she has served as an Education for Ministry (EfM) mentor. She is an Associate of Green Bough House of Prayer, a Member of the American Association of Pastoral Counselors, and a member of Spiritual Directors International. ☺

"Rest in the goodness of God, for that goodness reaches to the depths of our needs."

—Julian of Norwich

