



# 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.

**Date: To be determined**  
**ST. MARK'S CHURCH**  
**Room 102**

**\$15 – includes book and materials**

**REGISTRATION: To be determined**

CONTACT:

Diane Carter at [dhcarter13@gmail.com](mailto:dhcarter13@gmail.com) or  
603-434-4762

## 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.



**WITHIN**  
MINISTRIES  
[www.withinministries.org](http://www.withinministries.org)