

### Journaling as a Spiritual Practice: Encountering God Through Attentive Writing

Helen Cepero

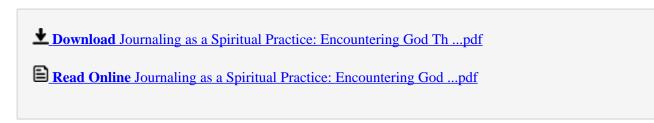
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# Journaling as a Spiritual Practice: Encountering God Through Attentive Writing

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