

## Chapter 1 : safe place – My Mental Health

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Led by the Rev. Bailey, the participants in the class listened and talked about their own journey and the journey of others. The people who journeyed together each learned about prayer, community, death and resurrection. They heard questions and reflections from others, and through them came to a better understanding of their own spiritual growth. We have included an overview of the Journey material here in hopes that some of the ideas may help you on your own Spiritual path. The questions are meant for you to ask yourself and those traveling with you. Use those that are meaningful to you as guideposts, pointing down a road you may not yet have explored. There is not a set starting point, designated route and predetermined destination. The labyrinth, the symbol of the heart of God, is also the symbol for the Journey. The labyrinth is not a maze but a path along which we travel in search of an understanding of life and faith. Movies and music can also help us experience the world around us. And there are examples of journeys taken by those before us. Scripture describes Peter at three different points in his life. A different Peter is seen in Acts 4: This much-changed, empowered Peter healed the lame and boldly proclaimed Jesus before the Jewish authorities. In this scripture, Peter and the other disciples encounter the Risen Lord at the Galilean seashore, the third time Jesus had appeared to the disciples after being crucified. Three times Jesus asks Peter, "Do you love me? For that reason, the presence of others can help us find our way. The church as the community of the forgiven Ask yourself: What is your spiritual background? Yet it is in the sharing of our experiences that we start the process of becoming a community Our experience with the church usually begins with someone caring enough to invite us into the community Niles, a Methodist missionary in India, once said, "Evangelism is one beggar telling another where bread can be found. When asked, "Why are you a Christian? What word or phrase comes to mind when you hear the word church? Is it a place, a feeling, or something else? In reflecting on these questions, try to remain open. Discuss your experiences with others and listen to theirs. A church can be as close as family. Church can offer guidance on your spiritual path and the company of fellow travelers. The Journey with the Human Jesus Jesus is at the center of the community of the forgiven. It is Jesus who offers forgiveness to us all. The human Jesus is God incarnate, God with us. The word incarnation literally means "has human characteristics. Oftentimes, our greater challenge is to see our own holiness God within each of us. Jesus is also the one who asks us to change. The Greek word metanoia is often translated as "repent," but the more correct understanding is probably "deep change. What attracts us to him? What are his compelling characteristics? Honest answers to these questions express our faith. Yet, there is a catch. With faith also comes doubt. If you had the opportunity to speak directly to Jesus, what would you ask? What are the doubts and uncertainties that trouble you in your faith. Why do so many bad things happen? Why do so many people interpret your words so differently? We cannot have faith without some doubts, without questions Journey with the Eternal Christ: Experiencing the post-Easter Jesus In John Thomas is absent then and doubts what the others have seen. A week later the disciples meet in the same place, and Jesus again stands among them. Thomas, now present, is able to touch the wounds of the risen Lord. Sacraments are physical activities that help us experience the spiritual. Thomas touched the risen Jesus and immediately saw Jesus as the Christ. Sacramental moments are not limited to Biblical stories Thin places may be what some call mountaintop experiences. These special moments of closeness to God can happen outdoors as we experience the grandeur of nature, or occur when we, like Thomas, have retreated to a closed room in fear. Can you recall a sacramental moment or a thin place? It may be a moment frozen in your memory. Can you remember the sounds, sights, smells? The key question is how do we experience Christ today? One answer is that we experience Christ in these thin places. Prayer Prayer is food for the journey. Many times we think of prayer as public prayer, and that makes us uncomfortable. Yet prayer can also be a deep and personal conversation with God. There are no experts on prayer, only beginners. It is not something we learn in a book, but something we must learn by doing over and over again Prayer can be expressed in many forms. The starting point for our

prayers may be simple one-liners; later we may progress to fuller conversations with God. Other people organize prayers using the ACTS acrostic: Adoration is expressing our love for Jesus. Formulating prayers of adoration can be difficult and unfamiliar. If you have trouble expressing adoration, you might try referring to Psalms and hymns, which often contain the words to express our feelings. While we understand the meaning of confession and thanksgiving, these may not be part of our prayers. When we pray, if we pray, we most likely say words of supplication. These are our petitions or requests to God to address our needs and to intercede on the behalf of others. Incorporating all of the elements of ACTS in our prayers provides a simple way to broaden our conversations with God. Another form of prayer is repetitive prayer. Other repetitive prayers include the Serenity Prayer from Alcoholics Anonymousâ€”God grant me the serenity to accept those things I cannot change, the courage to change the things I can, and the wisdom to know the differenceâ€”and the Jesus Prayerâ€”Lord, Jesus Christ have mercy on me, hasten to help me, rescue me and save me, do your will in my life. Journey with God Who Transforms Death to Resurrection Death is not a subject that we like to talk about, but the journey calls us to ask and wrestle with difficult questions. When asked about death, most of us reflect on the death of someone close to us. Our questions concern the circumstances surrounding their death. Many of us do not have faith communities where we feel safe asking our questions. Fortunately, we are all Easter people, children of the resurrection. Thoughts of death can bring forth our fears of the unknown. But in death, as in life, there is a big difference between a personal faith that declares, "I must be certain," and a faith that declares, "I Trust. As someone once said, "We die the way we live. The Journey goes on forever and ever. Our journey with Christ does not end in a specific destination; it always continues in yet another direction. The spiritual journey is about taking a step, even when we are unsure where that will take us. An Hasid story asks the question, "When did the Red Sea part? The waters parted when Moses put his feet in. Faith is a journey that is often formed in our weakness. So it is right that we seek safe places to ask questions that lead us forward. This concept of journey as an on-going process was beautifully captured in a prayer attributed to Martin Luther sometime in the 16th Century: This life is not one of righteousness, but growth in righteousness. Not health, but becoming. We are not yet what we should be, but we are growing toward it. The process is not yet finished but it is going on.

Chapter 2 : MUMSJOURNEY – A safe place

*Journey to a safe place. by Ian Stuart Black (Author) – Visit Amazon's Ian Stuart Black Page. Find all the books, read about the author, and more. See search.*

Would you be torn between two or more people that fit the bill? Or does one specific friend stand out to you as the one to whom you have given that special place? What is it about them that formed the attachment? Changed Perspective Over the years, my approach to what I look for in a friend has changed quite a bit. At one point, it was simply to have similar interests, enjoy the same activities, or to have been raised in ways that closely resembled one another. Later, as I grew in maturity and my walk with the Lord, it came to be more about common beliefs and spiritual goals. Of course, there were always certain things I continued to value in my friendships throughout the years, like honesty and balancing fun with serious talks. I learned what qualities are the truly important ones. God taught me both how to find and keep good friends, and how to let go of those who are actually causing me harm. More than that, He showed me the areas I personally need to grow in to be a true friend. A Safe Place For me, discovering my friend to be a safe place is a big thing. But I think all of that is wrapped up into being a safe place. What do I mean? Well, where do you feel the safest? Does feeling like you can be yourself have anything to do with it? That is a safe place. Not Always Happy My best friend and I have a very happy relationship. In truth, this particular friendship is mostly made up of long, deep talks about serious things over coffee. The oh-so-refreshing joy that seems to naturally flow in our relationship is founded on Christ, and Christ alone. That makes all the difference. I did not decide she could take that position quickly or lightheartedly. Our friendship had slowly been building over a few years time, and it was how she treated me through the darkest moments of my life that won me over. My previous best friend and I had a rather rocky relationship from the beginning. A lot of it involved often polar opposite beliefs and opinions about how certain life issues should be handled, but it really came down to a few character qualities: The last two years of our friendship were a mess. But I did expect there to be honesty about any and all discord between us, and sincere apologies and forgiveness. Sadly, it reached a point where I had to let go, and trust that God would heal the brokenness left behind in His way and time. We can depend too heavily on our earthly friends, ask too much of them. We can never ask for too much from Jesus. What greater gift, what sacrifice is more beautiful than that?! And as I mentioned above, I learned to become a safe place for my friends, too. When they did open up, I allowed them to be as vulnerable as they needed to be, and did my best to prove they could trust me with it. Finally, I learned I could not be everything to everyone. Happy relationships all around. Help the other person to grow and mature, both in their walk with the Lord and as a person, and you will be a real friend.

### Chapter 3 : Safe Place Week with The Relatives

*Journey To My Safe Place - Part 1. Many individual personal experiences have led them to seek out a safe place. What is a safe place? To a child, it might be that blanket that makes him/her feels secure or in mommy's arms or daddy's arms.*

Recently a travel advisory was issued about Cozumel. But how safe is Cozumel? Safest Place in Mexico. According to Dailene Erickson who has been a resident of the town for the past 17years, the travel advisory is not only unwarranted but taints a false and negative picture of a wonderful town. She first arrived in the town for scuba diving in the year and immediately fell in love with the town. The culture and the scenery were some of her prime attractions. After making Cozumel her home in she has been able to work in various places and has even fortunate enough to raise her daughter. Her view of the town Knowing just basic Spanish when she moved to the town, she has been able to climb the ladder from a single lady looking for a job to a successful entrepreneur in Cozumel. Her previous jobs as a dive master and bartender have made her understand life in the town. This makes her opinion on town safety very reliable. Cozumel is a hub of sporting activities. There are various sports such as windsurfing, paddle boarding, and even triathlons. The climate around the shores makes it very conducive to enjoy these games. The town has a 40mile bike track that snakes its way around the island. This is the prime spot for undertaking sporting activities such as bike riding or even hiking. The town is rich in biodiversity. There is a lot of marine life that one gets to see. If one is lucky you even get to see an Eco-race when swimming in the cool ocean waters along the shore. Being a person who loves running, Dalaine has been able to engage in the hobby at any time may it be day or night. Being a lady, she always takes the necessary precautions every time she hits the road. Over the years, she has however not experienced any form of insecurity. What other people think of the town Her love for sports has made her interact with quite a number of people who are curious about how safe it is for her to run around the town all by her self-considering she is a lady. From her experience, there is nothing to fear. If she has been able to even raise her daughter in Cozumel, there should be nothing stopping anyone else from enjoying a peaceful and fulfilling life in the town. There are various Facebook posts that paint a very positive picture of the town. Very many tourists visit the island each year and have been able to establish how wonderful the place is not only as a tourist destination but a place to start a home. Cozumel is an island that is worth paying a visit. There is a lot in store for you when it comes to sports and beautiful scenery. It is a safe place and you are bound to enjoy the experience.

**Chapter 4 : Visualization Scripts: Free Relaxation Scripts**

*A safe place The only people who change, who are transformed, are people who feel safe, who feel their dignity, and who feel loved. When you feel loved, when you feel safe, and when you know your dignity, you just keep growing!*

Hello friends and Happy New Year! We are alive and well despite our absence. We made it through the holidays though they went by WAY too fast. My big girls who are growing up to be very musical and artsy! I did not get the Sony bloggie but instead took a giant leap from the cheapest cell phone available into the world of the smart phone. Now I wonder how in the world I survived without this thing. Phone, camera, video recorder, internet access, phone book, dictionary, facebook, text messaging, you name it! Those of you who know me well know that this is a huge statement for me! In this time of unexpected change there has been much confusion in my mind. But no, there is no set direction. No one to tell me for sure what is the right or the wrong thing to do. So I have wandered. Really I still do. Two constants have been my family and my faith. Time for which I am forever in debt to her because it has been invaluable. And then there is Church of the Highlands And really this is all that matters. God is good, all the time. I have to believe that. It is a time of self-reflection and on-your-knees type of praying There have been some very positive changes in my life. One such change has been an investment in people. One of my favorite moments like this was with our babysitter. When you get through all of this stuff you are going to have an incredible testimony that will bless so many people who are going through the same thing. Before you can have a TESTimony, though, you have to go through the test. THIS is your test. This is certainly a test I want to pass and it was wonderful to gain this perspective The hardest for me has been being at a starting over point as a year-old mom of three. Now that half of that is missing What do I do? What do I want? Does it even matter what I want? The correct answer is: Yet I am human and my mind, heart and soul seek. This is where we are. This is where I am. This is what is real.

### Chapter 5 : The Journey Begins – A Safe Place

*If a friendship is dependent upon me to be the safe place, I'm going to fail at being all that friend needs. But if Jesus is the focus and foundation, if I recognize He is all my friend truly needs, all I truly need, that I become free to share my friend's burdens in a way that is biblical and most effective.*

A long journey to a safe place to call home IMAGINE the relief – when after days, months, years of fearfulness, fleeing and fretting, you finally find sanctuary. Your family, your son, daughter, mother, father, brother and sister are safe. You have lost everything. The horrors of bloody conflict and the terrors of terrorism are momentarily expunged, yet hauntingly return again, especially at night, especially in the quiet time, the time of peace. It is a time of arrival. Imagine the frustration – when time expands and space shrinks, as your universe collapses into this one tiny space on the planet. There is no movement out, very little in. This is the camp. This is your home away from your home. This is where you temporarily come for relief, but where you will now stay for years. It is all that you have. Boredom and rage, illness and trauma: Imagine the resilience – when you realise that for you to survive you, too, must change. The soul needs to spread its wings, wherever and whenever it is entrapped. And education and learning is precisely one such release. You learn some more. Permanence and transience are momentarily forgotten as dialogue fills the air, as you soak up the new knowledge, new ideas, new vistas and new ways of comprehending. Learning is itself a form of salvation. Imagine the relief – when after years and years of time-wait, a government official from another country tells you that you have the right papers and the right to leave. You and your family are going on a journey, to a place far away, a place unknown to you before now. You gaze at the human residue around you. They are safe, too. But they will remain, for now, for longer. But most of all, you are eager to begin a new chapter and to forge a new life. It is a time for departure. Imagine the frustration – when you try to learn a new language, but the words do not always mean what they say. The humour is weird but wonderful, the people welcoming if somewhat reserved. Some do not like your presence here; most smile and accept your silence as the words of the newcomer. The world smells differently here. The birds and animals are different. Even the sky is different. The food is not what you are used to, but you are grateful for its abundance. You are forced to learn new things. For this is the basis of your survival, here. Learning will set you free in your new land of freedom. Imagine the resilience – when the day of the ceremony arrives. Your family is safe. You have a new home. You are you and yet you are me, too. You came here by plane. You came here with government approval. But it was not smooth sailing. Being a refugee is a long and lengthy process, and carries with it its own traumas and tribulations. It changes you, and it changes me. Nothing is forgotten and far too much is remembered. But Australia is now what the camp could never be – your home. You are here to stay. And for this you are grateful. Yet, it is your neighbours who say the same back to you. Such things continue to surprise you in this now familiar land. The more established you become, the more you understand. For the next group of newcomers, it will be your shout. Worldwide, two-thirds of all refugees now live in protracted refugee situations, defined by the United Nations as where 25, persons or more have been in exile for five or more years in developing countries. This has been termed the warehousing of refugees. Some refugees from Burma have lived confined to the camps in Thailand for 30 years. Is higher education possible in protracted refugee settings?

### Chapter 6 : My Friend, A Safe Place | Journey to Light

*Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.*

### Chapter 7 : victoriaramseycounseling – A safe place on your journey

## DOWNLOAD PDF JOURNEY TO A SAFE PLACE

*The Mission of In My Shoes is to provide a safe, welcoming community for pregnant women who are homeless or at risk of homelessness. We empower women to learn and develop the life, job and parenting skills necessary to live a healthy and complete life - for the good of themselves and for their babies.*

### Chapter 8 : Our Journey to Adopt

*I offer my clients the space to look into life's deep hurts in a safe, nonjudgmental environment. I welcome clients of all (or no) faith backgrounds. My desire is to provide a safe place on your journey in whatever season of life you find yourself.*

### Chapter 9 : Safe place. " My Mental Health

*The Relatives is the Safe Place agency for Mecklenburg County and began partnering with National Safe Place in to create a local network of businesses, churches, schools, transportation services, and community locations that were willing to post Safe Place signs and identify as a place for youth in crisis to get help.*