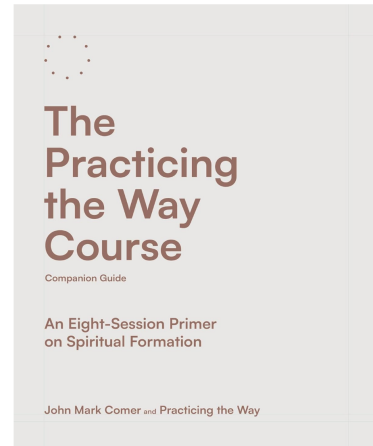


The Practicing the Way Course by John Mark Comer



The Practicing the Way Course is an introduction to spiritual formation. The Course features eight sessions of teaching, guided conversation and spiritual exercises designed to lay a foundation for lifelong apprenticeship to Jesus. The Course is the on-ramp to the Spiritual Practices, which include Sabbath, Prayer, Fasting, Solitude, Generosity, Scripture, Community, Service, and Witness.

Group members can purchase the guide using this link: [Practicing the Way Course Companion Guide](#), or download a PDF version by signing up on the [Practicing the Way](#) site.

Start Date: All Journey Groups will start this Course the week of September 28, 2025!

Sign Up: You can sign up for a Journey Group at Group Link at Harbor of Hope on Sunday, September 21 or 28, or on our website (see below).

Check out our Journey Group options below and find one that works for you!

There is a link to email the leader of the group if you have questions.

If you need help finding the right group for you, email our Journey Group Ministry Director, Sheree Norquist, at groups@harborofhope.org

- **Mixed Group**, meets **Sunday** at 11:45-1 pm, in-person at Harbor. Co-leaders - David Tassi, Barbara Meyer, Tom Poirier
- **Men's Group**, meets **Monday** at 7:30-9 pm, hybrid - in-person and by Zoom. Leader - Jon Hughes
- **Mixed Group**, meets **Monday** at 7:00-8:30 pm, Co-leaders – Don Norquist and James McGrath
- **Mixed Group**, meets **Wednesday** at 9:45-11:30 am, in-person at Harbor. Co-leaders – Stephen & Donna Kincaid
- **Mixed Group**, meets **Wednesday** at 6:30-8:00 pm, in-person at Harbor. Leader – Bob Jeffers
- **Women's Group**, meets **Thursday** at 9:30-11:30 am, in-person only, in Harbor's Living Room. Leader/assistant leader – Laurel Hansen/Lou Ann Franke
- **Mixed Group**, meets **Thursday** at 5:30-8 pm (includes dinner), meets at the leaders' home in Chelmsford.– Matt and Kaytie Longo
- **Women's Group**, meets **Saturday** at 9:45-11:30 am, in-person at Harbor. Co-leaders – Sheree Norquist and Diane Dunn
- **Young Adult Group**, meets **Saturday** at 10-11:30 am, in-person at Harbor. Leader – Kaytie Longo

Additionally, a Life Recovery Journey Group meets at Harbor of Hope each week:

Mixed Group, meets **Thursday** at 7:15-8:15 pm. This is a step study using the Life Recovery Journey study guide; leader – James McGrath