

## The Practicing the Way Course by John Mark Comer

The Practicing the Way Course is an introduction to spiritual formation. It 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. For more information, email Sheree at [groups@harborofhope.org](mailto:groups@harborofhope.org).

Sign up at any time on our website for one of the following Journey Groups using The Practicing the Way Course this fall:

- **Mixed Group**, follows the sermon series on Practicing the Way, meets **Sunday** at 11:45-1 pm, in-person at Harbor. Co-leaders - David Tassi, Barbara Meyer, Tom Poirier
- **Young Adult Group**, meets Sunday at 12-2 pm, in-person at Harbor. Leader – Kaytie Longo
- **Men's Group**, meets **Monday** at 7:30-9 pm, hybrid - in-person and by Zoom. Leader - Jon Hughes
- **Mixed Group**, meets **Wednesday** at 9:45-11:30 am, in-person at Harbor. Co-leaders – Stephen and Donna Kincaid
- **Women's Group**, meets **Thursday** at 9:30-11:30 am, in-person only, in Harbor's Living Room. Leader – Laurel Hansen
- **Mixed Group**, meets **Thursday** at 5:30-8 pm (includes dinner), meets at the leaders' home in Chelmsford – Matt and Kaytie Longo
- **Mixed Group**, meets **Thursday** at 6:30-8:00 pm, in-person at Harbor. Co-leaders – James McGrath and Don Norquist
- **Women's Group**, meets **Saturday** at 10:00 -11:30 am, in-person at Harbor. Co-leaders – Diane Dunn and Sheree Norquist