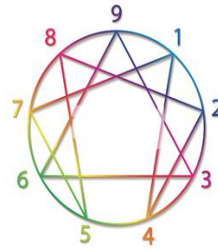


NARRATIVE ENNEAGRAM CLASS



When: Thursday Evenings

September 22nd to October 27th
6 p.m. to 8 p.m.

Where: Blue Framed Classroom

Sign up: The Welcome Center

Facilitator: Heather Lowe

Cost: Participants are encouraged to make a donation to help First Reformed Church of Lancaster feeding the housing insecure. No offering will be taken, but a basket will be provided.

The Enneagram is an ancient and dynamic model of personality structure that describes nine distinct and fundamentally different patterns of thinking, feeling and acting. The Narrative Tradition is an experiential approach that promotes a living exploration of each personality type by witnessing and sharing with individuals of each Enneagram type. By sharing experiences, perceptions and inner worlds, we begin to understand ourselves and others from a compassionate and Christ-centered lens.

Week 1: **What is the Enneagram?** An introduction

Week 2: **Nine Different Journeys** – The Types

Week 3: **Integration/Wholeness** – Who Am I and How was I Made?

Week 4: **Triads: Head/Heart/Body** – Shared Experience

Week 5: **Subtypes:** Three types of Navigation

Week 6: **Defense mechanisms and Spiritual Practices** – Growth for the Journey

All teaching will be set within a biblically-based, contemplative, grace-and-growth context. Safety and sacredness are of key importance. Each participant will share as they are comfortable, and confidentiality will be required of all.

Handouts, poetry, some art, and opportunities for journaling will be offered or encouraged.

A brief individual “typing” conversation with each participant will be scheduled with Heather Lowe prior to class, and she will make herself available for individual conversation before and after class, if needed.

In order to allow time for everyone to participate weekly, the class will be limited to 8 – 10 people.