

Inspiration and Insight

The pages of our 2023 calendar have been filed away with the scribbled notes, stars for important events, and maybe some doodles of the boring hours. Each mark is a small snapshot of what we experienced. The days will never be repeated. But they can be recalled, reflected upon, and reinterpreted for what lies ahead. This small book is a part of that wonderful process for growth in wellness.

The Tracks for the Journey Network enhances well-being with insights and inspiration from progressive Christian spirituality, positive psychology, healthy relationships, and just communities. The author combines these resources with decades of experience as a pastor, chaplain, administrator, professional counselor, and pilgrim to address the vital issues of life.

Each chapter grows from an episode of the Tracks for the Journey Network presented on video, audio, or blog. Chapters in Tracks for the Journey 2023 include: Clay Pot Parents, Finding Me, Finding a Climate Comfort Zone, My Bad and God's Good, Myths of Christian Nationalism, Affirming Transgender Care, Crazy Mercy, And More...



Larry Payne, D.Min, M.A. LPC is host of the TRACKS FOR THE JOURNEY Network. He has served as pastor, chaplain, administrator, and professional counselor for more than 50 years.

TRACKS FOR THE JOURNEY 2023

LARRY PAYNE

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Resources for your adventure of life!



2023

Larry Payne, D.Min.