

Simple Presence, Simple Joy

Navigating the Changing Landscape

Join us as we co-create a space for respite and renewal in this weary and stressful world of an ever changing landscape. Rebuild and strengthen your ability to hold the tensions of both living in the midst of uncertainty while, at the same time, staying spiritually grounded. Nourish your body, mind and heart. Rest in peace, be awakened in joy, and experience the simple presence of God in our midst.

Goals

- To create a safe and welcoming space to share from your heart, soul, body, and mind;
- To offer support in slowing your pace, resting and reflecting on your inner life;
- To create opportunities to connect with, learn from, and offer wisdom and insights with others;
- To provide practical and spiritual tools to integrate self-care practices into your daily life.



DR. WESTINA MATTHEWS

Dr. Westina Matthews is an author, public speaker, spiritual director, and retreat leader who has found a way to connect with others through her books, essays, lectures, and teaching. For twelve years, she was an Adjunct Professor at The General Theological Seminary in the Center for Christian Spirituality where she taught Contemplative Spiritual Direction.

For more information or to register:



JUNE 6-8, 2025

Transfiguration Spirituality Center, Cincinnati, OH

FEE: \$320
Includes overnight stay and meals