CLERGY RETREAT 2025-2026

YOUR INVITATION TO BREATHE, REST, AND REDISCOVER JOY IN MINISTRY.

Clergy burnout is real but you don't have to face it alone. Join Rev. Nicole Havelka, RYT-500, for a series of free Zoominars and an optional Overnight Retreat to help you recognize burnout, resist it, and reclaim rest. Each session is unique. Join any or all.

FLORIDA CONFERENCE UCC
CLERGY BURNOUT RECOVERY SERIES
Save the Dates

WED, OCT 8TH

CLERGY DROP-IN ZOOMINAR

- **12pm** — Nicole will join us towards the end of the Zoominar. You're invited to meet Nicole and have an honest conversation about how clergy are feeling right now, with a brief guided meditation. No Charge

WED, NOV 12TH

CLERGY RETREAT | ZOOMINAR 1

- **11-12:30pm** — *Recognizing and Resisting Burnout with Your Calendar* No Charge

WED, JAN 14TH

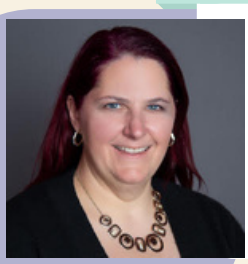
CLERGY RETREAT | ZOOMINAR 2

- **11-12:30pm** — *Recognizing and Resisting Burnout by Getting More Rest* No Charge

APRIL 14TH-15TH

CLERGY OVERNIGHT REST RETREAT

- **April 14–15, Orlando** — *Overnight Rest Retreat*: A time for deep renewal in safe community. The overnight retreat includes lodging and all meals. Registration and check in begins at 9am. Located at San Pedro Retreat Center, Orlando. Cost: $160



Rev. Nicole Havelka (she/her) founder of, Defy the Trend (defythetrend.com)

A burnout recovery coach and sustainability strategist for small businesses and nonprofits and an ordained UCC clergy with 20 years of experience in leadership and transitional ministry, Rev. Nicole Havelka is dedicated to helping people reclaim Sabbath as a way to honor their God given humanity. Nicole is a 500-hour Registered Yoga Instructor, reiki master, and, specializing in trauma-sensitive and restorative practices.