Dear Authorized Ministers Serving our Churches and Communities
You are Enough: An Invitation to Rest
Clergy Renewal Retreat
April 14 - 15, 2026
9 a.m. - noon

You are invited to a Clergy Renewal Retreat beginning at 9am on Tuesday April 14 and ending at noon on Wednesday April 15
San Pedro Retreat Center, 99 Bishop Grady Lane, Winter Park, FL, 32792.

You Are Enough is an invitation to rest. Led by Rev. Nicole Havelka, Burnout Recovery Coach and Yoga Teacher, this lakeside retreat explores the seven types of rest—physical, mental, emotional, spiritual, creative, sensory, and social. Release the fear of "not doing enough" and step into deep renewal alongside clergy who understand the weight you carry. If you're exhausted but don't feel safe enough to truly rest, this space is for you. Come lay down the many hats—caregiver, healer, preacher, activist, administrator—and remember: you are enough.

The cost of the retreat is, $160 for in-state clergy and $210 for out-of-state clergy which includes meals, housing and the program.

Accommodations are available for clergy interested in traveling a day earlier. Email office@uccfla.org for more details.

Rev. Nicole Havelka is a United Church of Christ clergy leader, burnout recovery coach, and founder of *Defy the Trend*. After more than a decade serving as conference and national staff in the UCC—coaching and supporting congregations nationwide—she now helps clergy and other caregivers reclaim Sabbath and create sustainable, life-giving rhythms. Nicole is also a 500-hour Registered Yoga Teacher and trauma-informed movement facilitator, blending embodied practice with practical tools for boundaries, time, and rest. Learn more at defythetrend.com.

Scholarships are available.
Speak to ACM Rev. Michelle Taylor or TCM Rev. Nayiri Karjian.
Registration is Available Here