

Walk slowly, & bow often

An Eco-spirituality Retreat

with William Thiele, PhD

October 4, 2025

St. Thomas Episcopal Church

Sponsors: St. Thomas and Church of the
Nativity Centering Prayer Groups



Register
now!



Description

This experiential retreat is open to all from 9 am to 1 pm, on Saturday, 10.4.25, (check-in open at 8:30 am). Suggested donation: \$25. Rain date is Saturday, 10.11.25.

We will practice Mary Oliver's poem "When I am Among the Trees" in real time and learn truths of contemplative living from the nature beings all around us after an experience of entering the inner sanctuary through centering prayer. Practices include periods of guided walking meditation in nature and sacred circle sharing of what we experience. Bring a sack lunch and walking shoes for the Aldridge Creek Greenway.

Themes

A theme will be presented for each of the four hours including:

Session 1: *Jesus As a Model Walker on a Contemplative Path*

Session 2: *Walk Slowly*: Engaging in a Contemplative Walk

Session 3: *Bow Often*: The Gifts of Living in Reverence

Session 4: *Trust*: Following Spirit Nudges as *hints of gladness*

Resources

Participants will receive a variety of nature-based poems, videos, photos and resources for further exploration.

Familiarity with a centering prayer practice and other contemplative practices will be helpful but not necessary.

Presenter Bio:

Dr. Thiele is a spiritual director, licensed professional counselor, retreat leader, and author of *Monks in the World* and *The Gate of Heaven is Everywhere: The Quest to Find the Home of Wild Divinity*.