

Henri Nouwen, God, and You: Deepening Your Personal Spiritual Life

An online retreat with Westina Matthews

November 6 and 7, 2020

Westina Matthews, Ph.D. is an author, a public speaker, retreat leader, and theologian. An adjunct professor The General Theological Seminary in the Center for Christian Spirituality where she teaches contemplative spiritual direction, Westina has found a way to connect with others through a series of books, essays, reflections, lectures, preaching, and her teaching. A graduate of the spiritual guidance program at the Shalem Institute for Spiritual Formation, her practice reflects contemplative living through “holy listening.”

Henri Nouwen, God, and You: Deepening Your Personal Spiritual Life

Henri Nouwen—beloved and gifted author, priest, and internationally recognized spiritual master, counselor, and guide—offered gentle wisdom for universal questions of the spiritual life. We will explore these questions through prayer, journaling, quiet reflection, and interactive sharing.

In preparation for the retreat, you may wish to consider having available the book *Spiritual Direction: Wisdom for the Long Walk of Faith* by Henri Nouwen et. al., HarperCollins, 2006.

We'll gather for three sessions over Zoom:

Friday, November 6th

7:00pm – 8:30pm EDT Welcome and Introduction
Journey of the Heart

Saturday, November 7th

10:00am – 12 Noon EDT Who am I?
Where have I been and where am I going?
Who is God for me?

12 Noon – 2:30pm EDT Lunch
Becoming the Beloved: Journaling and Reflection

2:30pm – 4:00pm EDT Where do I belong?
How can I be of service?