

# 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:

Who am I?  
Where have I been and where am I going?  
Who is God for me?  
Where do I belong?  
How can I be of service?

We will explore these questions through prayer, guided meditation, creative exercises, and interactive sharing.

**February 15-16, 2019**  
**Transfiguration Spirituality Center**  
**495 Albion Ave., Glendale, OH 45246**

**Cost: \$150 (\$125 if register by Jan 1)**

**Register at [www.ctretreats.org](http://www.ctretreats.org) or call 513.771.2171**



**Westina Matthews, Ph.D.** is an adjunct professor for the Center for Christian Spirituality at General Theological Seminary where she has taught contemplative spiritual direction for the past nine years. A graduate of the Spiritual Guidance Program at the Shalem Institute for Spiritual Formation, Westina is an author, public speaker, spiritual director and retreat leader whose practice reflects contemplative living through “holy listening.” She received her doctorate in education from the University of Chicago; completed postdoctoral research fellowships at both Northwestern University and the University of Wisconsin at Madison, and was a Fellow at the Weatherhead Center for International Affairs, Harvard

University. The author of three books in her *Have a Little Faith* series, Westina has contributed to several Forward Movement anthologies of daily meditations (2011, 2014, 2015, 2016) and to *Wisdom Found: Stories of Women Transfigured by Faith* (2011). Her forthcoming book is entitled *Aging with Grace: Reflections from Along the Wilmington River* (New York: Church Publishing, Fall 2019). Before relocating to Savannah, GA where she is a member of St. Peter’s Episcopal Church, she was a member of Trinity Wall Street in New York City, serving on the vestry and co-leading the parish’s annual offering of Commitment to Discipleship.