

Registration

Name: _____

Address: _____

Phone: _____

Email: _____

Lunch preference: GF ___ DF ___ Vegan ___

Regular ___

Registration cost: \$130**

Early registration by April 3, \$110

Scholarships available

Mail registration by April 22 to:

Sara Nafziger-Shelly

4585 Rudisill St.

Hickory, NC 28602

828-310-4984 (for more info)

**Special Thanks to Church of the Ascension for making this wonderful space possible. All members of the church receive a discount.

Workshop Schedule

Friday Evening: 6:00 pm to 8:30 pm

Saturday: 9:00 am to 5:00 pm
(Lunch provided)

Sunday: 1:00 pm to 3:00 pm



*Come away with me to a quiet place,
rest your weary souls and you will
recover your life.*

Jesus

Embracing Our Authentic Self



April 28 - 30, 2023

Located at

**Episcopal Church of the
Ascension**

726 1st Ave, NW
Hickory, NC 28601



Jewell Gist, MSW, LCSW, LCAS-A

Jewell cultivates sacred space for herself and those she meets. She leads group discussions on equity and multiplicity among our ethnically diverse populations. Jewell holds a masters in clinical social work from



East Tennessee State University. She is trained in EMDR, Narrative Therapy and SoulCollage© creative process.

Additionally, she completed mindfulness training in Italy. Currently Jewell works in community mental health. She facilitates multiple groups with a focus on art, mindfulness and spirituality. She



The spiritual journey includes finding the mystical in the ordinary.

Retreat Synopsis

Together we'll delve into what it means to define ourselves using our own terms; spiritually, artfully, mindfully. Our focus is learning to reclaim our personal power as we journey through our lives; we do this by utilizing our belief in our endless possibilities. This weekend's exploration includes learning to; see and discard our facades, speak our truths and embrace who we truly are.

In this sacred space we will learn about our authentic selves through the use of various modalities: lectures, spiritual practices, group sharing, reflection opportunities, Soul Collage® and experiential learning. Come join us for a trip into the unknown that can heal.

Katherine Murray BSW, MScIR

Katherine is passionate about an experiential knowing of God and seeks to create sacred spaces where we can become more deeply aware of God's presence within and all around. She is a spiritual director, a retreat and group leader, with a focus on adult spiritual formation and transformation. Spiritually, she is most at home in the contemplative Christian tradition guided by the commitment to both contemplation and action, and the contemplative values of Silence, Solitude, Simplicity and Service.



Sara Nafziger-Shelly, MSW, LCSW, BCD

Sara's intention is to live a balanced life, one in which she is daily integrating spirit, body and mind. She is a licensed clinical social worker with 30



years of experience working in the mental health field. Sara is a trained Spiritual Director, who has been on a contemplative spiritual journey for many years. When Sara discovered her ability to find space for silence; it was a life

changing approach that made her spiritual and human relationships more intimate and life-giving. She has facilitated professional workshops for over 20 years.