

# Spa for the Soul

## Quiet Meditation Series

### Serenity and Peace in Times of Uncertainty

**Date:** Saturday, November 15, 2008

**Time:** 10:00 AM - 3:00 PM

**Location:** Trinity Church / 74 Trinity Place, New York City

**Facilitators:** William Dietrich, Executive Director, Shalem Institute for Spiritual Formation and Westina Matthews, Ph.D., graduate of Shalem Institute

#### **Description**

We are invited to make a positive difference at work, at home, in the community, and in the church. Staying grounded in God may at times feel challenging. Join us as we nourish our souls to find courage, clarity, serenity, and inner peace during these times of uncertainty.

#### **About Spa for the Soul**

**Spa for the Soul** is a meditation series presented by Trinity Wall Street exploring the many varieties of peaceful contemplation engaging heart, imagination, and body in relationship with God. All who seek peace and stillness are welcome, from any religious tradition or none, and with experience in meditation or not.

#### **Registration & Fees**

\$25 single workshop

Workshop fees include lunch

To register or for more information call 212.602.0800

For more information on Trinity Wall Street, visit [www.trinitywallstreet.org](http://www.trinitywallstreet.org)