

Flow, Spirit, Flow

PSWD Pastor/Spouse & Family Retreat

June 3-7, 2024

Monday Dinner-Friday Breakfast

Redwood Glen, Loma Mar, CA

Cost: \$125 per adult, \$75 per child

Registrations must be received by April 30

*A time of rest, connection, nature,
and worship in the redwoods*



Program: *Flow, Spirit, Flow* - The Spirit is always flowing, freely, full of Life. What are the practices that help move us into and keep us in that flow? Come feel and explore the flow personally and in community, experience spiritual renewal and recharge toward an even greater spiritual wellness. Experiences with worship, prayer, music, scripture, poetry, sharing, creating prayer collages and more will infuse our time with a fresh awareness of God, aliveness in the Spirit, and a better sense of what we need to maintain spiritual wellness.



Retreat Leader: *Erin Matteson* completed training as a spiritual director through the Art and Practice of Spiritual Direction program at Mercy Center in Burlingame, CA in May of 2016. She has been working as a spiritual director and retreat facilitator since. She had practiced the art of spiritual formation and spiritual leadership prior as a pastor in the Church of the Brethren for nearly twenty-five years. Erin is also a musician, having a Bachelor's of Music degree in vocal performance from Millikin University.

Erin lives in Modesto, CA, with her life partner of nearly 35 years. She has two young adult daughters, each with life partners, and is currently savoring time with her first grandchild. She finds great beauty in flowers and people unfolding, the sound and vastness of the ocean, the depth and breadth of art, the movement and invitations of music, the holy nourishment that comes from being around table with others.

Families are welcome! The 2024 retreat will be family-friendly, those with infants through teens are welcome! Mornings will have time for pastors, spouses, and older children who wish to participate in sessions led by our retreat leader. During these times, children will be in the care of Karen and Gary Pierson, giving parents time for spiritual renewal. There will also be opportunities for some all-group, kid-friendly excursions, as well as free afternoons for families to explore the redwoods or the nearby beaches. The cost for children will be \$75 each and they do need to be included on the registration form.

Location! Nestled in the scenic coastal redwoods of the Santa Cruz Mountains between San Francisco and Santa Cruz, **Redwood Glen** is the perfect place to find quiet space and enjoy the beauty of God's creation. And the central California coast and beaches are just a short drive down the mountains.



Situated on 165 acres and bordered by Pescadero Creek, Redwood Glen offers (for those with limited time and ability) short accessible trails that connect with more extensive trail systems for those who are looking for longer and more challenging adventures. Redwood Glen shares borders with **San Mateo Memorial Park** and **Pescadero Creek Park**, and is connected with **Portola State Park** via Old Haul Road, with **Big Basin State Park** an ambitious but doable 9 miles for trail runners and well-seasoned day hikers.



The Siden Conference Center will be our home for the week. Surrounded by the beauty of the redwoods, it has hotel-style guest rooms, spacious meeting rooms, complimentary amenities, and restaurant quality food served buffet-style.

Learn more about our retreat location at redwoodglen.com

Getting there: Redwood Glen is about a seven-hour drive from the Los Angeles area, and two to four hours from different locations in the Central Valley. For those flying in either SFO or San Jose airports will work, but you may find it easier from SFO. It is about an hour's drive from either airport. Their website has good directions for finding them, and you may lose cell service in the mountains on your way to the camp (we encourage you to print a map).

Scholarships: The District Ministry Commission wants all of our pastors to be able to participate in the retreat. If finances are keeping you from attending, please contact Russ Matteson to explore options for assistance with either travel costs or registration.

Register for the retreat at: <https://www.pswdcob.org/events/pastors/>