



# SAUNTERING INTO CONNECTION A JOURNEY TOWARD WHOLENESS VALLE CRUCIS, NC



*Thomas Merton knew that the true mentor of the soul was nature itself.*

*The fields, sun, mud, clay, wind, forests, sky, earth, and water  
are all companions on our own inner journey. Christine Painter, Earth, our original monastery*

**Fri. April 21-Sun. April 23, 2023**

A retreat to re-connect with ourselves, others, & the Holy led by the original spiritual director the earth. The retreat will be held at the Valle Crucis Conference Center and facilitated by The Rev. Karla Woggon, and Dr. Beth Lamb. We will gather on Friday for dinner and create a sacred circle and space for holy conversation. Saturday we will have group & individual soul sauntering hikes to choose from, as well as time to walk the labyrinth, and explore our interior lives using art, writing, silence, and other contemplative practices. In the evening we will reflect on our day in small groups. Sunday we will have an optional early morning sunrise hike, followed by Breakfast, Reflection & Holy Eucharist. We will end with lunch on Sunday.

## Cost of the Retreat:

Single Room and meals: \$355 (7 available)

Double Room and meals: \$295 per person (13 available)

Bring a tent and camp in the field by the river: \$210

Commuter Rate \$195 (includes meals)

**Go to Valle Crucis Conference Center to register <https://vcconferences.org/programs#saunter>**

**Valle Crucis Conference Center, <https://vcconferences.org/>**

The Valle Crucis Conference Center located in Valle Crucis NC, about two hours from the Charlotte Airport, sits on over 450 acres of mountain woodland and verdant farming valley. Buildings dating from the late 19th Century and early 20th Century, nearly all of which are on

## RETREAT LEADERS



The Rev. Karla Woggon, Rector of Ascension Episcopal Church in Hickory, NC & Director of Soul Sauntering is an avid backpacker & sea kayaker. She has served as a parish priest for over 25 years., worked as a spiritual guide for Soul Sauntering Pilgrimages in the mtns of WNC, the Rocky Mtns, the Camino de Santiago, Jerusalem, and France.



Dr. Beth Lamb, a Licensed Clinical Social Worker, is a psychotherapist in private practice in Nashville, TN, and adjunct faculty at U.T. and Boise State. She has worked with individuals and groups for over fifteen years and has specialty training in eating disorders. Through recent research at U.T., Dr. Lamb has become interested in how heightening our awareness within and without the body can lead to re-connection to ourselves, others and God. She is member of Trinity Episcopal Church in Asheville, NC.