



Registration

Visit www.pendlehill.org,
or call Ext. 137 at 610-566 4507
or 800-742-3150 (toll-free in US)

Accommodations

Private room \$ 495
Shared room \$ 435
Commute \$ 300

If you need financial assistance to participate,
please complete our online application.

Travel

Pendle Hill is just 15 minutes
from Philadelphia International Airport,
and 30 minutes outside the city.
The campus is near the Wallingford
train station. Take the SEPTA
Media/Elwyn line from Philadelphia,
and call for a pick-up.

338 Plush Mill Road
Wallingford, Pennsylvania
610-566-4507, ext. 137
www.pendlehill.org

JULY 26-28, 2019 (Friday evening—Sunday lunch)

The Spiritual Practice of Letting Go

A weekend with Stephanie Gretchen

How many times in your life have you realized it was better to let go of something—a job, habit, or person—rather than keep it in your life? Release what no longer serves you. Make room for Spirit to work more freely and deeply in your life. Whether you pull your hands off the controls or take out the trash, you arrive lighter and freer for it. Experience various practices, including guided meditation, prayer/personal reflection time, and group discussions.



Stephanie Gretchen is a certified Spiritual Director, Life Coach, and retreat leader working with clients around the country through Stephanie Gretchen Coaching and Retreats. She earned a bachelor's degree in English from Ithaca College, a master's degree in journalism from the E.W. Scripps School of Journalism at Ohio University, and is a graduate of the Hesychia School of Spiritual Direction. Stephanie serves on the faculty of Shalem's Personal Spiritual

Deepening Program. Stephanie currently lives in Albuquerque, NM, where she attends Albuquerque Friends Meeting. She has served on the Pendle Hill Board since 2014 and served on the Board of Trustees of Sandy Springs Friends School from 2007-2010. Stephanie does volunteer accompaniment for those in Sanctuary and mothers two adult-ish kids, who rock her world. Read more at www.pendlehill.org.



PENDLE HILL

A Quaker Study, Retreat, and Conference Center