



## Contemplative Photography Seeking Connection With God

Saturday, October 14, 2023

9:00 - 3:30 pm

Starrette Farm Retreat, Statesville, NC

Cost \$50 per person

Facilitated by Julie Westhofen

*“Contemplation is the root of awareness and creativity”- Sandra Chantry*

Contemplative photography is a practice for seeing and photographing the world in fresh ways, to reveal richness and beauty that is normally hidden from view. Instead of emphasizing subject matter or the technical aspects of photography, the contemplative approach teaches you to see clearly, and make images based on fresh perceptions.

Contemplative photography is not a hike through the woods but a meandering, open to moments of discovery and connection. The camera is a tool. The goal is the process, not the product. This is a visual meditative practice.

All skill levels are encouraged to attend. Bring a camera and a phone or just the camera in your phone.

Julie Westhofen has practiced contemplative photography for over ten years. Her first experience was a surprise when she noticed the amazing patterns on a bird's wings at the Carolina Raptor Center through the lens of her camera. She encourages other spiritual seekers to explore new ways of relating to God, to stretch outside of our usual habits of reading and prayer.

### **How to Register & Pay**

You are registered when payment is received. Please include your name, phone number and email address with your payment. Pay by Zelle or Venmo to [Julie.Westhofen@gmail.com](mailto:Julie.Westhofen@gmail.com) or mail a check to Julie Westhofen at 12317 Cape Cedar Court, Huntersville, NC 28078

**For more information**, contact Julie at her email address above or call her at 704-351-7045

Retreat details and directions to Starrette Farm will be given with receipt of registration.