

FOR IMMEDIATE RELEASE
Contact: Anita Manbodh
amanbodh@cpg.org, 212-592-9447

***Dancing from the Inside Out: Grace-Filled Reflections on Growing Older Candidly*
Explores “A Certain Stage of Life”**

NEW YORK: September 2019 -- According to a recent study by the Population Reference Bureau, the number of Americans ages 65 and older is projected to reach 95 million by 2060. In addition, the older population is becoming more racially and ethnically diverse than ever before. With more and more people living longer and living well, conversations about getting older are likely to evolve while becoming more commonplace.

As many Americans are discovering --- or will soon--- aging is both ordinary and a deeply personal experience. Author Westina Matthews explores the nuances and everyday marvels of maturing in her new book, *Dancing from the Inside Out: Grace-Filled Reflections on Growing Older*. Through thoughtful, poignant, humorous, and authentic reflections shared from her journal and blog, Matthews invites readers to redefine themselves throughout retirement.

Matthews, an adjunct professor for the Center for Christian Spirituality at General Theological Seminary, offers a personal and authentic voice that resonates with a wide audience, particularly women, in an easily accessible manner. These timely reflections are in keeping with the Most Rev. Michael B. Curry’s call to “live into being the Jesus Movement by committing to evangelism and the work of reconciliation—beginning with racial reconciliation . . . across the borders and boundaries that divide the human family of God.”

A graduate of the Shalem Institute for Spiritual Formation, Matthews is an author, public speaker, spiritual director, and retreat leader whose practice reflects contemplative living through “holy listening.” The fruits of her personal practices and faith journey as a woman of color enhance the storytelling in her book.

Letty Cottin Pogrebin, co-founding editor of *Ms. Magazine*, praised *Dancing from the Inside Out*: “I gleaned many gifts from this book, not just inspiring advice about aging wisely but the pure pleasure of a story well told.” Former New York City mayor, David Dinkins, added “Westina Matthews provides a candidly honest outline of life’s lessons in these reflections as she lovingly weaves her engaged readers from beginning to end.”

A wonderful gift for readers of any age, *Dancing from the Inside Out* offers grace and insight as we face a more mature future.

Dancing from the Inside Out: Grace-Filled Reflections on Growing Older

ISBN-13: 9781640651586

\$18.95

Paper, 5.5" x 8.5"

224 Pages

Review copies, interviews, and excerpts available on request.

Please provide tear sheets and/or advance notice of publication or broadcast.

Dancing from the Inside Out: Grace-Filled Reflections on Growing Older can be pre-ordered through Church Publishing Incorporated at <https://www.churchpublishing.org/dancingfromtheinsideout>, at any Episcopal, religious, or secular bookstore, or through any online bookseller.

Founded in 1918 and headquartered in New York City, Church Publishing Incorporated is the publisher of official worship materials, books, music, and digital ministry resources for the Episcopal Church, in addition to being a multifaceted publisher and supplier to the broader ecumenical marketplace.

###