

Registration - 3-Day "Spirit Streams" Academy for Spiritual Formation® - Sept. 24-27, 2018

Name: _____ Gender: _____ Email: _____ Laity or Clergy? _____
Address: _____
Phone Numbers: _____
Denomination/Local Church _____

Please attach a note indicating any accessibility concerns or any dietary needs or restrictions.

Yes/No - Because I am registering before August 15, I would like a \$35 discount.

Yes/No - Because I am an Iowa United Methodist attending my first Academy, I would like a \$35 discount.

Yes/No - I am enclosing a check for my deposit of \$100; or

Yes/No - I am enclosing a check for my payment in full (amount: enclosed \$ _____) [add \$7.50 for 1.5 CEU]

A letter of welcome with a more detailed information form will be sent to you soon.

Register

Use the attached registration

form or go to www.iaumc.org/spiritualformation to register online or to download the registration form — complete it and send it with your \$100 deposit to:

Spiritual Formation
2301 Rittenhouse St.
Des Moines, IA, 50321

Full cost is \$420. Deduct \$35 if you register by August 15. Deduct another \$35 if you are an Iowa United Methodist attending your first Upper Room academy

Register early, as space is limited; deadline is September 10. The deposit of \$100, due at time of registration, is non-refundable after September 10

Make checks to IA Conference Treasurer, with memo notation "3-Day Academy"

Registration includes tuition, meals, room, bedding (sheets, blanket, pillow) & towels

Continuing Education Units – 1.5 CEU's are available for \$7.50; please include with your registration payment

Financial assistance may be available through your local church, district, or boards of Laity or Ordained Ministry, or through our Spiritual Formation Steering Committee (contact Jerry Oakland: jerry.e.oakland@gmail.com)

Details

Location & Description of Camp Wesley Woods

From Des Moines take SW 9th St exit from south bypass Highway 5. Go south (away from Des Moines) – it becomes County R-63. At the junction of Highways 92 and R-63 at the west edge of Indianola, go south on R-63 for 4.5 miles, then turn east (left) on Nixon Road (a gravel road) and follow it into the camp.

What to Bring

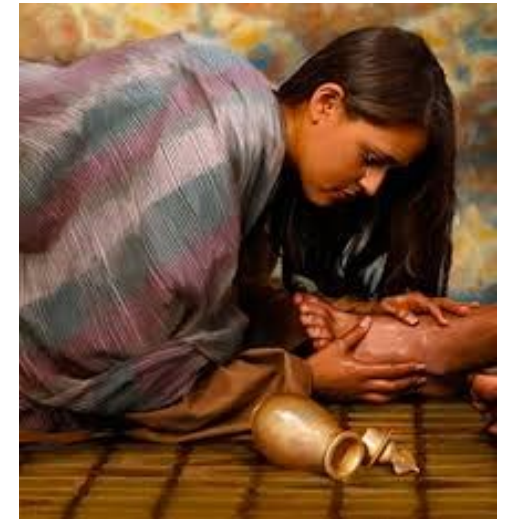
Please bring an open heart and an open mind, a Bible, a journal or notepad, a jacket or coat, comfortable clothes, walking shoes, and any books you may want to read.

Academy Purpose

The 3-Day "Spirit Streams" Academies offer lay and clergy persons a chance to grow spiritually in a disciplined community. Worship, study, rest and renewal are experienced. Silence enhances personal prayer and reflection. Physical, emotional and spiritual healing is allowed to begin or continue. Listening Circles offer a safe place to share and to ask questions. The daily routines are similar to 5-Day and 2-Year Academies.

Living as Vessels of Compassion: A Faithful Response in Troubling Times

A 3-Day "Spirit Streams" Academy for Spiritual Formation®



**September 24-27,
2018**

**Wesley Woods Camp &
Retreat Center**

www.wesleywoodsiowa.org

10896 Nixon St,
Indianola, IA 50125
(515) 961-4523

Theme

Living as Vessels of Compassion: A Faithful Response in Troubling Times

While the call for compassion is widely hailed, seldom is it explored precisely how such compassion is cultivated.

Our time together will explore *practices, techniques, and tools* that deepen our capacities:

- to experience God as a source of love;
- to transform difficult emotions and internal driven-ness into grounded self-compassion; *and*
- to embody genuine compassion toward others, even difficult people, with power, accountability, and empathic care.

Consider preparing for the Academy by reading *Compassion in Practice: The Way of Jesus* by Dr. Rogers.

Theme

Frank Rogers, Jr.



Dr. Rogers is the Muriel Bernice Roberts Professor of Spiritual Formation and Narrative Pedagogy and

the co-director of the Center for Engaged Compassion at the Claremont School of Theology.

His research focuses on how compassion is cultivated—compassion that is contemplatively grounded, personally empowering, and socially restorative.

A trained spiritual director, therapeutic practitioner, and retreat leader, he has worked in North America, Zimbabwe, Great Britain, and Israel/Palestine.

His books include *Practicing Compassion; The Way of Radical Compassion—A Curriculum; The God of Shattered Glass, A Novel*, and *Finding God in the Graffiti: Empowering Teenagers through Stories*.

Schedule

The session begins on Monday, September 24. Check-in begins at 3:30 p.m. with dinner at 5:30 p.m. Retreat ends following lunch on Thursday, Sept. 27

- ⇒ Days begin and end with prayer services
- ⇒ Each morning and afternoon is filled with a presentation, silent reflection, and community sharing
- ⇒ Free time is after lunch
- ⇒ A Eucharist service is held daily
- ⇒ Listening Circles gather each evening
- ⇒ Silence is observed from evening prayers until morning prayers (7:30 a.m.)
- ⇒ Meals are served at 8:00 a.m., noon, and 5:30 p.m.

A program of Upper Room® Ministries,



*sponsored by the
Spiritual Formation
Steering Committee of
the Board of
Discipleship of The Iowa
Annual Conference of
The United Methodist
Church in partnership
with Upper Room®*

Invitation

Come away to this quiet place.

*Empty your mind,
but fill your soul.*

*Go deep,
discovering the "real you"
and the love God has for you.*

*Then turn back outward to share
what you have seen and heard!*

Leadership Team

Retreat Director—Karlene Neal
karleneneal@butler-bremer.com

Worship & Music—Gayle Wilcox

Hospitality—Jerry Oakland

Listening Circles—Rose Blank

