

"Spiritual Formation and the Psalms" – a 4-Hour Retreat

Invitation

Would you or someone in your congregation host a 4-hour spiritual retreat? A 4-hour retreat entitled "Spiritual Formation and the Psalms" has been prepared by the Spiritual Formation Steering Committee of the IAC Board of Discipleship. The retreat has been offered several times with 15-25 in attendance at each.

The retreat is designed to give a sampling of an Upper Room Academy for Spiritual Formation. It opens and closes with worship. There are two brief presentations, silence for reflection, and group sharing. Host churches provide a snack or a light lunch during the break.

Consider offering this for the church's leadership team, for the adult Sunday school classes, or for a cluster of UM or interdenominational churches in the community or area.

For more information, contact committee chair Jerry Oakland at 712-730-0049 or jerry.e.oakland@gmail.com.

Questions & Answers

What are the goals of the retreat?

The goals are 1) to grow in one's use of the Psalms to come into the presence of God with openness, honesty, and attentiveness, and 2) to sample the Upper Room's Academies for Spiritual Formation.

When can we schedule a retreat?

We can do a retreat anytime throughout the year. We have done it on Sunday afternoon/evenings; on a Thursday beginning at 10 am; and on a Saturday beginning at 8 am - so any 4 hours would work. If we do lunch, we should allow 4 1/2 hours.

What arrangements are needed?

It works to use a room with easy chairs, where we can sit in a circle -- or we can sit at tables. A PowerPoint presentation will be used throughout the time. Using a projector, rather than a DVD/TV, works best. A piano or a keyboard is also needed.

What will it cost?

There is no charge other than the church is asked to pay mileage for the presenters. Total mileage for 3 presenters should be between 100-300 miles @ \$0.14/mile.

What will be the flow of the retreat?

We will use the Upper Room Worshipbooks that are available from the Conference Center. Retreat contents include:

1. Worship
2. What is Spiritual Formation
3. Spiritual practices of Jesus
4. SF and the Psalms

5. How have we engaged the Psalms
6. Engaging the Psalms (personal exercise)
7. Sharing in Large Group
8. Why are the Psalms important to us today
9. Using the Psalms (small group exercise)
10. Sharing in Large Group
11. Worship/Eucharist

Publicity - Sample Announcement

“The Lord is my Shepherd” and “Praise the Lord!” are familiar words from the Psalms. Our retreat entitled “Spiritual Formation and the Psalms” will invite you into a closer relationship with our Creator as we spend time in the Psalms.

The retreat will be led by three clergy or laity from the Iowa Conference. It will include worship, presentations, silent reflection, and group sharing. All are welcome for this quiet “time away.”

Join us at _____ from ____ until ____ on _____. The retreat and lunch (if there is one) will be provided at no cost to the participants. [or, There is no charge for the retreat; a free-will donation will be received for the lunch.] Please RSVP....