



The Academy for Spiritual Formation is:

- A disciplined Christian Community emphasizing holistic spirituality – nurturing body, mind, and spirit. Intended for both clergy and laypersons who hunger for rich spiritual experiences.
- A retreat following the rhythm of study, prayer, rest, and community.
- A setting where morning and evening prayer and Holy Communion frame each day.
- A place to rediscover Christianity's rich, spiritual heritage through worship, learning, and fellowship.
- A time and space for learning, discerning, and sharing our spiritual journeys with others.
- A time of learning new ways to deepen our relationship with God and learning how to live as faithful witnesses of God's love in this world.

THE LOCATION:

TRINITY CENTER *at the beach and on the sound!*

The Trinity Center is the perfect location for retreat, situated in a 62-acre pristine maritime forest, with incomparable views and access to both the Bogue Sound and Atlantic Ocean. Take leisurely walks, rock on the large porch, or rest in comfortable individual hotel-style rooms with private baths and adjacent lounge area. Delicious home-cooked meals (served buffet style), comfortable and handsome meeting and worship spaces, large live-oak trees, marshes, and the beauty of ocean waves and the sound make this the ideal setting for a transforming journey. Ask anyone who has attended Academy at The Trinity Center or visit their web site at www.trinityctr.com.



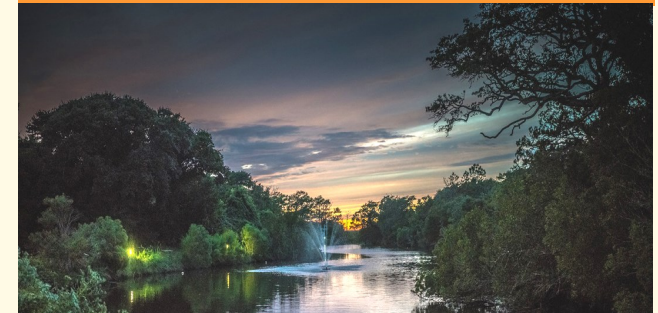
Sponsored jointly by the Upper Room and the North Carolina Conference of the United Methodist Church

North Carolina 5-Day Academy Team:

Jeanette Cooper
Claire Cox-Woodlief
Debora Murphy
Reverend Jon Strother
Reverend Hal Melton
Reverend Jim Jones



2021 North Carolina 5-Day Academy for Spiritual Formation



October 3-8, 2021

Trinity Center

Pine Knoll Shores, NC



nccumc.org/spiritual-formation/



The North Carolina Academy
for Spiritual Formation

Amy Oden

*Right Here, Right Now:
Christian Mindfulness*



Dr. Amy Oden is Visiting Professor of Early Church History and Spirituality at Saint Paul School of Theology. She has served on the faculties of Oklahoma City University and Wesley Theological Seminary where she also served as Dean. Her scholarship illuminates ancient wisdom for contemporary life, including books on women's writings, welcoming the stranger and most recently, *Right Here, Right Now: The Practice of Christian Mindfulness* (Abingdon Press, 2017). Her passion is to introduce spiritual practices that can ground and nourish lives for justice in the world. We will explore mindfulness practice in the Christian tradition and its application today.



Jerry Webber

"The Parables as Spiritual Guides."

Jerry Webber is a teacher, spiritual guide, writer, and retreat leader. After 16 years as a Senior Pastor, he founded The Center for Christian Spirituality at Chapelwood United Methodist Church in Houston, TX,

as an intentional ministry of spiritual formation and contemplative life. He served as lead pastor and spiritual guide of The Center for 18 years. In 2018, he transitioned into the next season of life, continuing to companion people who desire a deepening connection with God that makes a difference in the world. He now offers guidance to congregations and persons in contemplative life through spiritual direction, speaking, writing, and consulting.

Jerry now resides with Paula, his wife, in Bella Vista, Arkansas, where he enjoys spending time outdoors, reading and writing poetry, and hanging out with his grandchildren.

DAILY RHYTHM

- ◆ BEGINS Sunday, October 3, 2021
Registration will begin at 4:00pm
Dinner and orientation at 6:00pm

◆ EACH DAY MONDAY - THURSDAY

The rhythm of the day is embraced by morning and night prayer, and enriched with daily Eucharist. Faculty presentations are given each morning, and afternoon, followed by silence for individual reflection, and then group response time. Covenant groups offer time for sharing our spiritual journeys. Ample free time for rest and recreation is also provided.

◆ CONCLUDES FRIDAY AFTER LUNCH

THE COST

Registration fee includes meals, lodging, lectures, and materials. Registration fee for double occupancy is \$690 per person. Single occupancy registration is \$800 per person. After May 1 rates are \$705 per person double, \$825 per person single occupancy.

Please indicate if you have a preference for roommate for double occupancy.

Registration must be accompanied by a \$150 per person **non-refundable** deposit. One-third of total registration fees are due by June 15th, one-third due by July 15th, and final payment due by August 15th. **After June 15th no refunds will be made.**

For Answers or to Register

Call Ani Simpkins at 800-849-4433 or email ani.simpkins@nccumc.org OR register online at <http://nccumc.org/spiritual-formation/register>

REGISTRATION FORM
North Carolina Five Day Academy for Spiritual Formation October 3-8, 2021

PLEASE PRINT

Name: _____ Phone () _____

Address: _____ City _____ St. _____ Zip _____

Gender (M/F) _____ Laity or Clergy _____ Church Name _____ Denomination _____

Name on name tag _____ E-Mail _____

Special housing or dietary needs _____

Single or Double room _____ Academy Experience _____

For credit card payments, register online at <http://nccumc.org/spiritual-formation/register>
If paying by check, make check payable to "NC 5 Day Academy" and mail to:
Please return this form with a \$150.00 non-refundable deposit fee or payment-in-full

Ani Simpkins, Registrar
c/o NC Conference UMC
700 Waterfield Ridge Place
Garner, NC 27529

For conference use only: 309-0-042100