

A Day Apart

“Writing as a Spiritual Practice”

With

Dana Trent

Distinguished Author & Instructor



Saturday February 20, 2016
St. Francis United Methodist Church
2965 Kildaire Farm Rd., Cary, NC

The Rev. J. Dana Trent is an author, instructor, and ordained Baptist minister. She holds an undergraduate degree from Salem College and a Master of Divinity degree from Duke University Divinity School. Dana has worked with nonprofit organizations, faith-based organizations, educational institutions, and hospitals-holding positions at Duke University, UNC Health Care, and the Olin T. Binkley Memorial Baptist Church. Dana is currently an adjunct faculty member at the Art Institute of Raleigh-Durham where she teaches English, Public Speaking, and Student Success. Dana specializes in writing and spiritual direction surrounding interfaith topics, spiritual practices and grief. She has published articles with *Sojourners*, *DIVINITY*, and *Saathee* magazines, is a blog contributor for Upper Room® Ministries and her book *Saffron Cross: The Unlikely Story of How a Christian Minister Married a Hindu Monk* was an award-winning finalist in the 2014 USA Book Awards in the Religion: Christianity category.

During this Day Apart, Dana will help us understand how to use “Writing as a Spiritual Practice”. We will also enjoy the rhythm of the Academy for Spiritual Formation (based on Benedictine practices), balancing our learning sessions with Prayer, Silence, Plenary sessions, Fellowship/Community Time and the Service of Word and Table.

Registration: \$35 per person Time: 9:15 am-4:30 pm Bring: journal or notebook & pen

Sponsored by The North Carolina Academy for Spiritual Formation
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REGISTRATION FORM

A Day Apart: • February 20, 2016 • St. Francis UMC, Cary, NC

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To register online and pay by credit card, visit: <http://nccumc.org/spiritual-formation/> and go to the “A Day Apart” page