



## 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](http://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:

Claire Cox-Woodlief  
Debora Murphy  
Rev. Jon Strother  
Rev. Hal Melton  
Rev. Jim Jones  
Jay Locklear  
Kris Ford



## 2022 North Carolina 5-Day Academy for Spiritual Formation



*September 25-30, 2022*

*Trinity Center*

*Pine Knoll Shores, NC*



[nccumc.org/spiritual-formation/](http://nccumc.org/spiritual-formation/)



The North Carolina Academy  
for Spiritual Formation



**Rev. Dr. Velda Love**

***Radical Spirituality and Radical Self Care: Caring  
for and Healing Black and Brown Bodies***



**Rev. Jeremy Troxler**

***The Widow's Way: Pursuing  
Justice and Peace Through Persistent Prayer  
and Direct Relationship***

For more information, please go to  
[https://nccumc.org/spiritual-formation/the-  
facultypresenters/](https://nccumc.org/spiritual-formation/the-facultypresenters/)

## DAILY RHYTHM

- ◆ **BEGINS Sunday, September 25, 2022**

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. Virtual registration is \$400 per person.

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 24th, one-third due by July 22nd and final payment due by August 26th, **After June 24<sup>th</sup> no refunds will be made.**

## For Answers or to Register

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

## REGISTRATION FORM

North Carolina Five Day Academy for Spiritual Formation September 25-30, 2022

### 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 \_\_\_\_\_ or Virtual \_\_\_\_\_ 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: 309-0-0-42100