



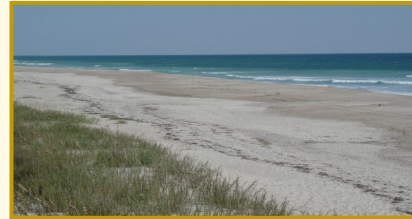
The Academy for Spiritual Formation is:

- 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 disciplined Christian Community emphasizing holistic spirituality – nurturing body, mind, and spirit. Intended for both clergy and laypersons who hunger for rich spiritual experiences.
- 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.



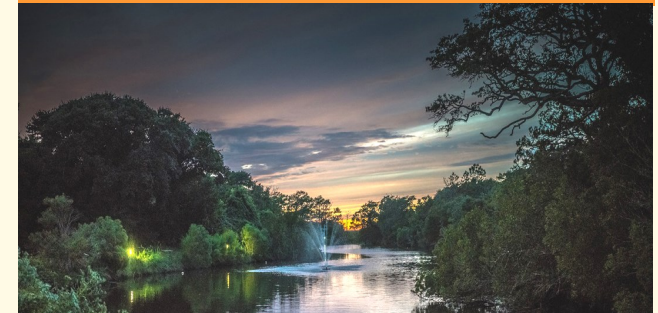
Sponsored jointly by the Upper Room and the North Carolina Conference of The United Methodist Church

North Carolina 5-Day Academy Team:

Claire Cox-Woodlief
 Khris Ford
 Rev. Jim Jones
 Jay Locklear
 Rev. Hal Melton
 Debora Murphy
 Rev. James Weaver



2025 North Carolina 5-Day Academy for Spiritual Formation



September 28-October 3

Trinity Center

Pine Knoll Shores, NC



nccumc.org/academy



The North Carolina Academy
 for Spiritual Formation



Cindy S. Lee
*Our Unforming:
 De-Westernizing
 Spiritual Formation*



Daniel Wolpert
Creation and Spiritual Practice

For more information, please go to
nccumc.org/academy

DAILY RHYTHM

◆ **BEGINS** Sunday, September 28, 2025

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 \$775 per person. Single occupancy registration is \$880 per person. Early Bird Discount of \$25 will be applied if registration is received by March 1, 2025. 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 23rd, one-third due by July 21st and final payment due by August 25th, **After June 23th no refunds will be made.**

Questions? E-mail:
nc5dayacademy@gmail.com

Register online at nccumc.org/academy

REGISTRATION FORM

North Carolina Five Day Academy for Spiritual Formation Sept 28-Oct. 3, 2025

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 nccumc.org/academy
 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

5-Day Academy Registrar c/o
 NC Conference UMC
 700 Waterfield Ridge Place
 Garner, NC 27529

For conference use only: 309-0-0-42100