

PROSPECTUS:

#42 TX Oblate Renewal Center
San Antonio, TX

THE ACADEMY FOR SPIRITUAL FORMATION®

Upper Room® Ministries

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You are invited to consider this Prospectus for Academy #42 and to make application for the two-year Academy. The dates and locations for the Academy are listed below. Qualities of Applicants are listed on page 3. You may apply online at <http://academy.upperroom.org/apply> by selecting the Two-Year Academy in which you wish to participate. **Please note that the application calls for a two-page essay response and three letters of reference.** For questions, call 615-340-7233.

The Academy for Spiritual Formation® is ecumenical and inclusive. It is open to ALL persons who are seeking God and wish to grow in Christian community with other seekers. Persons with disabilities are encouraged to apply as every effort is made to find host retreat centers that are fully ADA compliant.¹

ACADEMY #42 Texas at Oblate Renewal Center San Antonio, TX		Application fee (non-refundable)	\$50.00*
		Acceptance deposit	\$300.00**
Session 1	August 10 – 15, 2020	Monday - Saturday	\$961.88
Session 2	November 9 – 14, 2020	Monday - Saturday	\$961.88
Session 3	January 25 – 30, 2021	Monday - Saturday	\$961.88
Session 4	April 19 – 24, 2021	Monday - Saturday	\$961.88
Session 5	August 8 – 13, 2021	Sunday - Friday	\$961.88
Session 6	November 14 – 19, 2021	Sunday - Friday	\$961.88
Session 7	January 24 – 29, 2022	Monday - Saturday	\$961.88
Session 8	May 2 – 7, 2022	Monday - Saturday	\$961.88
Total Cost: (based on single occupancy):			\$ 7,995
Tuition:			\$ 2,900
Room & Board:			\$ 5,095

Dates have been selected to allow for rotating arrival and departure schedules, where possible, under the assumption that ending on Saturday afternoons may be better for clergy and ending on Sunday afternoons may be better for laity. This is not possible in all cases due to retreat center constraints. **Please note carefully the dates for the Academy you select.** Participants should make every effort to be present for the entirety of each session. Please plan to arrive by 4:30 p.m. on the first afternoon of each session of the Academy. Departure should be scheduled after lunch on the last day.

*The application fee covers the administrative cost of processing application; it is not included in the cost of the Academy for which you are applying.

**The Acceptance deposit is due after your application has been accepted; it insures that a place in the Academy has been reserved for you and goes toward your total cost. Travel and books are extra. (Books cost approximately \$500 for the full two years)

¹ Conditions vary at each location. Contact the retreat center directly if you have questions.

QUALITIES OF APPLICANTS

(please provide this page to your recommenders)

THE ACADEMY FOR SPIRITUAL FORMATION

Before completing the ****online application** at <http://academy.upperroom.org/apply>, we suggest that you look at your situation in relation to the following ideal qualifications. It is not anticipated that to be selected for this program every one of the following criteria must be met. However, persons whose experience includes a significant combination of these will find higher compatibility with the program and intention of the Academy.

****If you are unable to apply online, you may contact The Academy Office for assistance at 615-340-7233, toll free 877-899-2780 ext. 7233, or email at academy@upperroom.org.**

CRITERIA

Individuals who:

1. Sense a call to a spiritually focused personal ministry (lay or clergy).
2. Have had this call affirmed by others who can vouch for his/her spiritually helpful gifts, and/or the earnest desire for the same.
3. Desire to give significant priority to personal spiritual growth and to be involved with the spiritual formation of others.
4. Have significant life experience and maturity.
5. Desire a serious, experientially and academically oriented, exploratory two-year program with an ecumenical mix of peers and staff.
6. Are open to a variety of Christian spiritual traditions.
7. Have a willingness to engage in a program of study that involves considerable reading.
8. Are affirmed or sponsored for the program by a local church, judicatory, religious community, seminary, counseling center, or other suitable sponsor that will help encourage their work.
9. Have a capacity to enter into and contribute to an intense spiritual community even when it may include struggle or conflict.
10. Have openness for racial ethnic and cultural diversity within the Body of Christ.

Recommenders may email their letter to academy@upperroom.org or they may mail it to:

Johnny Sears
The Academy for Spiritual Formation®
P. O. Box 340004
Nashville, TN 37203-0004
academy@upperroom.org

THE ACADEMY FOR SPIRITUAL FORMATION®
THE UPPER ROOM®

RATIONALE

The Academy (a center for specialized learning and experience) recognizes that the Holy Spirit is the enabling power in all Christian spiritual formation. It is designed to provide a setting for a spiritually disciplined community where lay and clergy can open their lives to receive God's love and grace to the end that they increasingly become spiritual leaven within the Body of Christ.

AUDIENCE

Lay and clergy persons who want to be a part of a community of seekers in order to learn the spiritual traditions of the church, to be open to God's spirit in new ways and to be further formed for Christian living and ministry.

PURPOSE

The purpose of The Academy is to provide an in-depth and comprehensive experience in spiritual formation for lay and clergy persons who are highly motivated in their sense of call to follow Christ and serve the church and the world. The sixteen courses offered over the two year period, combined with the recovery of the use of Psalms in worship and the ongoing participation in personal and group spiritual guidance, are efforts to help prepare persons to live out that call.

CURRICULUM ESSENTIALS

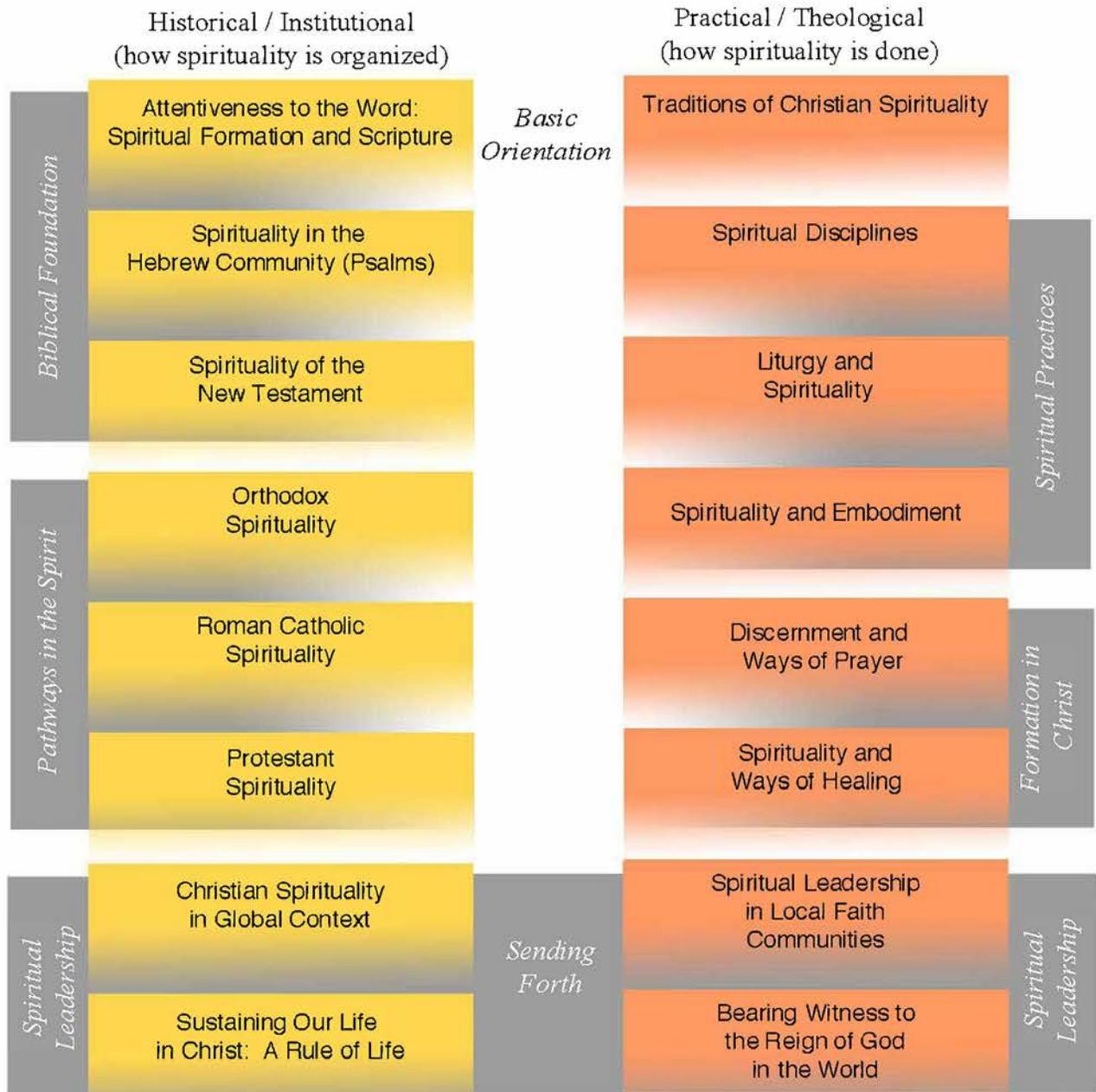
The following major areas will be addressed by specific courses in the curriculum:

1. The place and use of scripture in spiritual formation: the Bible as the word of God.
2. Models/types of spirituality reflected in Christian biography and devotional literature.
3. Guidance in spiritual disciplines.
4. Spirituality, psychology, and inner healing.
5. Historical framework for spiritual formation.
6. The relation of the interior life to the needs of the world (justice and servanthood).
7. The role of the corporate religious community (the church) in spiritual formation.



The Academy for spiritual formation

Course Information



ACADEMY FOR SPIRITUAL FORMATION Overview

Year One		<u>DAILY WORSHIP THEMES</u>	
	<u>Curriculum 1</u>	<u>Communion Celebrations</u>	<u>Curriculum II</u>
Session I	Attentiveness to the Word: Spiritual Formation and Scripture	Invitation Praise Forgiveness Healing Grace Joy	Traditions of Christian Spirituality
Session II	Spirituality in the Hebrew Community (Psalms)	Creation Call Covenant Exile Promise Hope	Spiritual Disciplines
Session III	Spirituality of the New Testament	Anticipation (or Advent) Incarnation (or Christmas) Wilderness (or Epiphany) Attentiveness (or Lent) Resurrection (or Easter) Community (or Pentecost)	Liturgy and Spirituality
Session IV	Pathways in the Spirit (I): Orthodox Spirituality	Hospitality Mystery Humility Detachment Friendship Perfection	Spiritual Guidance

ACADEMY FOR SPIRITUAL FORMATION Overview

Year Two		<u>DAILY WORSHIP THEMES</u>	
	<u>Morning Curriculum</u>	<u>Communion Celebrations</u>	<u>Afternoon Curriculum</u>
Session V	Pathways in the Spirit (II): Roman Catholic Spirituality	Thanksgiving Confession Petition Intercession Contemplation Adoration	Formation in Christ (I): Discernment and Ways of Prayer
Session VI	Pathways in the Spirit (III): Protestant Spirituality	Blessedness Wisdom Darkness Compassion Patience Commitment	Formation in Christ (II): Spirituality and Ways of Healing
Session VII	Christian Spirituality in the Global Context	Stewardship Obedience Discernment Poverty Abandonment Pilgrimage	Spiritual Leadership in Local Faith Communities
Session VIII	Sustaining Our Life in Christ: A Rule of Life	Faith Solitude Peace Justice Vigilance Bearing Witness	Bearing Witness to the Reign of God in the World

ACADEMY FOR SPIRITUAL FORMATION

Overview

THE SPIRITUALITY WE SEEK

The Academy for Spiritual Formation® seeks a spirituality that is deeply rooted in the Christian faith and tradition, yet open and free to the movement of God in our lives and in our world. Other words to describe the spirituality we seek include:

- Incarnational
- Contemplative
- Communal
- Responsive to justice issues
- Sacramental
- Healing and integrative
- Reflecting good stewardship of earth's resources and our financial resources

We seek a spirituality that integrates body, mind, and spirit. Since spiritual formation involves the total person, all dimensions of the person are of concern. The Academy's emphasis upon holistic spirituality will, therefore, value development in all three areas.

BODY

A physical wellness emphasis, including fitness and nutrition guidance will be offered each Academy.

An effort will be made to offer nutritious meals at the Academy as negotiated with the retreat center.

Participants will be encouraged to pursue physical wellness as part of their growth in wholeness. A physical examination is suggested at the beginning of the Academy, particularly if one has not been taken for a period of time. A physical examination is required if the participant seeks to make major lifestyle changes while they are in the Academy. Personal wellness goals may be included as part of the first year covenant commitment.

MIND

Each Academy five-day session will include a Morning Curriculum and an Afternoon Curriculum as described on previous pages. A total of four books will be assigned as preparatory reading for each session (two books for each course). Faculty presenters will offer lecture and reflection material for each topic.

Engagement with books and faculty represents the core of the Academy's emphasis upon the mind.

SPIRIT

The participants will be nurtured in the Spirit through silence, contemplative opportunities, personal prayer, and corporate worship.

Beginning with the first session, spiritual guidance, including journal keeping, will be introduced, and will be a continuing discipline for ministry and spiritual growth.

ACADEMY FOR SPIRITUAL FORMATION

Overview

ACADEMY EMPHASES

1. Definition and development of a personal devotional lifestyle, including keeping a spiritual journal.
2. Daily community prayer times with encouragement to further develop one's personal daily prayer life.
3. Frequent emphases upon silence, meditation, and devotional reading.
4. Disciplines of the community.
5. Spiritual guidance given and received (see below).
6. Inner healing, content and experiences.

DYNAMICS OF SPIRITUAL GUIDANCE EMPHASIS

The Academy for Spiritual Formation® offers spiritual guidance through worship, lectures, silence and covenant groups. Faculty presenters and leadership team members are also often available for one-on-one guidance during the Academy sessions.

In the fifth session (half-way through), a course on Spiritual Guidance is included in the Academy curriculum. Emphasis will be placed upon the history and practice of spiritual guidance. Suggestions for finding a spiritual director (or guide) will also be offered. If participants have not already located a spiritual director by this time, they will be encouraged to do so as they enter into the second year of the Academy.

Covenant Groups meet each evening. These groups will meet to process the day, share their journeys, and to provide a setting for group spiritual guidance.

Spiritual guidance through journaling and scripture meditation will be introduced in session one. Myers-Briggs Personality Type Indicator will also be introduced in session one as a tool for community building and spiritual formation.

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CHRISTIAN SERVANTHOOD

Our Lord reminds us that, "Whoever serves me must follow me; and where I am, my servant will also be." (John 12:26, NIV).

Servanthood is the calling of every Christian. The Academy provides a place for participants to rest and be renewed, so that they may be sustained and empowered in their ministry (lay or clergy). Often a new freedom in Christ is received so that the life of service is more freely chosen, rather than compulsively enacted.

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ACADEMY FOR SPIRITUAL FORMATION

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COMPONENTS OF DAILY SCHEDULE

1. Daily Prayer Services

- (A) Morning Prayer
(7:30 a.m. to 8:00 a.m.) Singing Psalms, Canticles, and Prayer in the Daily Office
- (B) Silence Silence will be a continuing emphasis throughout the Academy. From Night Prayer to close each day until Morning Prayer, community silence will be observed.
- (C) Evening Prayer and Eucharistic Celebrations Featuring daily themes
Eucharist will be a daily celebration featuring daily themes, such as:
- Praise
- Forgiveness
- Healing
- Joy
- Celebration
- Grace
- (D) Night Prayer
(9:30 p.m. to 9:45 p.m.) Singing Psalms, Canticles, and Prayer in the Daily Office

2. Midday Prayer or Devotional Reading at Lunch

A midday prayer or brief selection of corporate spiritual reading may be offered before or during the noon meal.

3. Covenant Group Meetings (7:45 p.m. to 9:15 p.m.)

Participants will meet each evening in Covenant Groups to process the day as they share what has been happening to the way they are perceiving their own life and ministry. The Covenant Group is an arena for deepening relationships, and provides an opportunity to experience mutual spiritual guidance.

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ACADEMY FOR SPIRITUAL FORMATION

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TYPICAL SCHEDULE

Schedules vary slightly at each Academy, in part because of meal times and the needs of the community.

ARRIVAL DAY

3:00 p.m.	Arrival and Registration
5:15 p.m.	Welcome
6:00 p.m.	Dinner
6:45 p.m.	Orientation
7:30 p.m.	Covenant Groups
9:00 p.m.	Holy Communion (Eucharist)
9:45 p.m.	Silence until Morning Prayer

TYPICAL DAY

Some variations occur as the week progresses.

7:30 a.m.	Morning Prayer
8:00 a.m.	Breakfast
9:00 a.m.	Morning Curriculum (Curriculum I)
10:00 a.m.	Silence and solitude for prayer and reflection
11:00 a.m.	Plenary discussion with faculty
11:30 a.m.	Community time
12:00 noon	Lunch
2:30 p.m.	Afternoon Curriculum (Curriculum II)
3:30 p.m.	Silence and solitude for prayer and reflection
4:30 p.m.	Plenary discussion with faculty
5:15 p.m.	Eucharist
6:00 p.m.	Dinner
6:45 p.m.	Special Sessions or Options
7:45 p.m.	Covenant Groups
9:30 p.m.	Night Prayer
9:45 p.m.	Silence until Morning Prayer

DEPARTURE DAY

7:30 a.m.	Morning Prayer
8:00 a.m.	Breakfast
8:45 a.m.	Curriculum I
9:45 a.m.	Break
10:00 a.m.	Curriculum II
11:00 a.m.	Break
11:15 a.m.	Eucharist
12:00	Lunch and departure

NOTE: The Academy "day" is similar to the Hebrew concept, beginning on the evening of one day and ending at sundown the next day. Thus "five days" begins the evening of the first day and continues through lunch on the last day. (I.e. Sunday p.m. to Friday noon, Monday p.m. to Saturday noon, or Tuesday p.m. to Sunday noon)

ACADEMY FOR SPIRITUAL FORMATION

Overview

PREPARATION OF PARTICIPANTS

Prior to Session One:

1. Application completed and mailed to Academy Office, including letters of recommendation.
2. Participants are selected and notified by Retreat Leader. You will be asked to send in \$300 as an Acceptance Deposit (initial tuition payment) to secure your spot in the Academy.
3. The team theologian provides a list of required reading books for session one to participants.
4. Participants send short introduction of themselves, to be duplicated and distributed to the other participants in the Academy.
5. Medical exam is recommended for all participants; especially if you have not had one for some time; it is essential if you hope to make major changes in your lifestyle.

At Session One:

1. You will need to make arrangements for payments (see the Payment Schedule)
2. You will fill out a Personal Accountability Report to indicate the books you have read for the Academy and the spiritual disciplines you seek to incorporate in your life.
3. You will be introduced to the idea of a First Year Covenant Commitment
4. You will be given the list of books to purchase for session two.

TYPICAL ASSIGNMENTS BETWEEN SESSIONS 1 & 2

1. Journaling
2. Reflection and Discernment regarding one's first year Covenant Commitment
3. Reading
4. Physical fitness/nutrition

OVERVIEW OF SESSIONS 2-8

Session 2 – Selection of First Year Covenant Commitment

Session 4/5 – Selection of Second Year Covenant Commitment

Session 7/8 – Formulation or re-formulation of personal Rule of Life

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ACADEMY FOR SPIRITUAL FORMATION

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FIRST AND SECOND YEAR COVENANT COMMITMENTS: In the first session, participants will be encouraged to form a Covenant Commitment focusing on the inward journey. Participants may ask themselves the question, "Where am I being invited to grow in my personal faith?" What spiritual discipline is Christ inviting me to embrace?" The context of the Academy provides a supportive environment for personal growth and accountability. Prior to or during session two, participants will be asked to write a sentence describing their first year Covenant Commitment. They will be encouraged (but not required) to share it with their Covenant Group as a way to gain support and accountability. While this Covenant Commitment may be experimental in nature, it may become incorporated into a person's life as an ongoing spiritual discipline.

In the second year, participants will be invited to make a Covenant Commitment related to the outward journey. Participants may ask themselves the question, "Where is Christ leading me with all that I have come to learn and know through the Academy? What new ways may I be invited to risk and offer leadership to others?" During session five, participants will be asked to write a sentence describing their second year Covenant Commitment. At the final session of the two-year Academy (session eight), they will be asked to bring a report of their second year Covenant Commitment to share with others. A time of affirmation will be scheduled during session eight ("Vive Voce" – we give you voice!). The Theologian will then gather these together to share with the Academy Forum (those who have previously completed the two-year Academy) through the Forum Newsletter. The Covenant Group will be the arena for reflection, encouragement, and enrichment of all covenant commitments. The Leadership Team assists in the development of each individual's Covenant Commitment.



PERSONAL RULE OF LIFE: During the two-year Academy, participants will experience many different aspects of Christian spirituality. The variety of ideas, traditions, personalities, and influences reflects the rich heritage of our faith in order to integrate these new learnings, participants will be invited to write a personal Rule of Life in session eight. In this way the work of the Spirit, so clearly demonstrated during the two-year Academy, can continue to live on in each participant.

COMPLETING THE ACADEMY: In order to complete the academy, participants need to read at least 26 of the 32 Required Books; attend at least 35 of the 40 days in session; and complete the first and second year Covenant Commitment.

THE ACADEMY AND SPIRITUAL DIRECTION: The Academy is not a training program in spiritual direction, yet in many ways, it's the best preparation someone can have for that unique ministry. Some attend the Academy and then seek specialized training in spiritual direction. Some come to the Academy having already been trained as spiritual directors but looking for a place to deepen and broaden their own faith and practice. The Upper Room's commitment to spiritual formation is based on the belief that this serves as the basis for all specialized forms of ministry for lay and clergy persons.

RESEARCH AND THE ACADEMY: A comprehensive, independent survey of clergy Academy Forum members was Completed. In 2004 by Doble Research, Incorporated. We are grateful to the Lilly Endowment, Inc., for funding this project. A copy of the seventy-five page report may be borrowed from the Academy Office. Three doctor of ministry studies have been done on the Academy as well.

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LITERATURE AND THE ACADEMY: The book *Rhythm & Fire: Experiencing The Holy in Community and Solitude* (Upper Room, 2008) includes the prayers, poems and essays of Academy faculty and participants. Robert Benson's book *Living Prayer* (Tarcher/Putnam, 1998) tells the story of his journey through the two-year Academy. See also "Spiritual Formation in a Part-Time Monastery" by Greg Clapper (*The Christian Century*, Vol. 108, No. 12, April 10, 1991, pp. 388-390). Several of the Academy faculty are regular contributors to *Weavings Journal*, a previous Upper Room publication.

CERTIFICATE OF SPIRITUAL FORMATION: The United Methodist Church, meeting at its General Conference 2000, approved a Certificate in Spiritual Formation. Laypersons, Deacons, Diaconal Ministers, and Elders may become certified in spiritual formation, if they fulfill certain requirements. Completing the two-year Academy for Spiritual Formation may fulfill two of the course requirements. Some scholarship funding may be provided.

DOCTOR OF MINISTRY: Some theological seminaries have recognized participation in the Academy for Spiritual Formation in relation to a post-M. Div. Doctor of Ministry degree. Interested individuals are encouraged to consult with the Academy Director if interested.

ACADEMY FOR SPIRITUAL FORMATION

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LOCATIONS:

The two-year Academy for Spiritual Formation® is offered in various locations: Camp Sumatanga, Gallant, Alabama; St. Benedict Retreat Center, Schuyler, NE; Oblate Renewal Center, San Antonio, Texas; San Damiano Retreat Center, Danville, California; Malvern Retreat Center, Malvern, Pennsylvania. More information about these retreat centers may be obtained by viewing their websites. All retreat centers are chosen according to a list of qualities: ecumenical mission, spiritual ambiance, single room accommodations, beauty and a sense of nature, proximity to airport, accessibility, cost.

ACADEMY FORUM:

Those who finish the two-year Academy become members of the Academy Forum. As of 2018, approximately 1800 people, clergy and lay, from across The United States and overseas, are members of the Academy Forum.

MODELS SANCTIONED BY THE UPPER ROOM®

1. The Academy for Spiritual Formation®
2. The Five Day Academy for Spiritual Formation®
3. Academy Expansion Courses:
 - Three-Year Covenant Community Program
 - The Colleague Covenant Forum for Pastoral Leadership (for Rural Churches of Small Membership)
 - Spirit Streams (a three day model)

ACADEMY FOR SPIRITUAL FORMATION

Overview

DEFINITIONS

1. Spiritual Formation

"That dynamic process of receiving by faith and appropriating by commitment, discipline, and action, the living Christ into our lives, so that our lives will conform to and reflect the living Christ to the world."

2. The Academy For Spiritual Formation®

The Academy for Spiritual Formation® is a unique model for adult spiritual formation, developed and registered by Upper Room Ministries. Danny Morris, founding director of the Academy, spent five years in study, prayer and consultation in preparation for launching this ministry. Academies are numbered consecutively according to when they started. Academy #1 began on May 17, 1983.

3. Academy Leadership Team

Generally five persons who have completed the Academy are selected to guide a new Academy community through the entire two-year experience.

4. The Five-Day Academy for Spiritual Formation®

A five day retreat, following the same rhythm or schedule as the Two-Year Academy for Spiritual Formation. Five-Day Academies are sponsored by an annual conference, diocese, council of churches or other judicatory, following the model developed by The Upper Room. The Upper Room, through the Academy Office, provides consultation and guidance for the Leadership Team.

5. Five-Day Academy Leadership Teams

Comprised of at least three persons who have completed the Two-Year Academy, the Leadership Team for a Five-Day Academy functions much like a Leadership Team for a Two-Year Academy. More information is available from the Academy Director.

6. Academy Expansion Courses

Courses and models in spirituality which are originated by leaders or participants and approved by the Advisory Board.

7. Academy Faculty Presenters

Qualified persons who provide specialized content stipulated by the curriculum of an Academy model.

8. Resource Persons

All who assist Leadership Teams in offering any expression of the Academy.

9. Covenant Group

Maximum of eight participants who remain together as a group for the duration of their Academy.

10. Session and Day

The term "session" is used to refer to one five day period during the two-year Academy. "Day" refers to a 24 hour period, which generally begins in the evening similar to the Hebrew concept.

ACADEMY FOR SPIRITUAL FORMATION

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THE ACADEMY COMMUNITY

One of the compelling features of The Academy for Spiritual Formation® is the experience of spiritual Community. Through worship, silence, reflection and the gathered wisdom of others, a powerful experience of life together in Christ is one of the most significant parts of The Academy.

Components:

Leadership Team:	-Five persons selected to guide the Academy through the two year journey. Lay and clergy, women and men, these are trusted spiritual guides.
Academy Faculty Presenters:	-Academy Faculty Presenters offer wisdom and guidance related to one of the sixteen Academy courses. Two faculty are present at each session. They are selected voices in spiritual formation, offering knowledge, wisdom and guidance as reflected in their own life and witness.
Participants:	-From 40 to 60 Lay and Clergy women and men enrolled for two years in residence for five nights/days, a total of 40 nights/days. No commuters.
Academy Director:	-The Upper Room staff member providing consultation and coordination for each Academy.

TWO-YEAR ACADEMY COMMUNITY

The Ideal

Leadership Team	=	5 persons
Selected Adjunct Faculty per session	=	2 persons
Seven groups of eight participants together in Covenant Groups	=	<u>56 persons</u>
Total ideal community	=	63 persons

(Academies may have as few as 40 and as many as 65 participants.)

ACADEMY FOR SPIRITUAL FORMATION

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TWO YEAR ACADEMY LEADERSHIP TEAM

Generally five lay and clergy, men and women, who have completed the Two-Year Academy and who exemplify gifts in spiritual guidance. These are selected by the Academy Director for ongoing leadership for the following roles:

1. Retreat Leader
2. Worship Music Coordinator
3. Hospitality Coordinator
4. Covenant Group Facilitator and Spiritual Guide
5. Theologian

ACADEMY FACULTY PRESENTERS

Academy faculty presenters serve as resources for the sixteen courses listed in the Academy outline. Sixteen different faculty persons are therefore involved with each Academy, offering a variety of denominational perspectives on Christian spiritual formation within an ecumenical context.

Academy faculty presenters come from a variety of contexts: pastoral ministry, theological seminary, spiritual direction practice, monastic vocation, writing and speaking ministry. Some are noted authors, with articles published in *Weavings* or other periodicals; others may be known primarily through their gift of teaching and spiritual direction.

Faculty presenters are selected with the following criteria in mind:

- Knowledge of subject
- Integration of spiritual practice in their own life and ministry
- Gift of teaching
- Presence
- Commitment to the Academy model (a team approach)