

# Registration - 3-Day "Spirit Streams" Academy for Spiritual Formation® - Sept. 24-27, 2018

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Email: \_\_\_\_\_ Laity or Clergy? \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone Numbers: \_\_\_\_\_  
Denomination/Local Church \_\_\_\_\_

**Please attach a note indicating any accessibility concerns or any dietary needs or restrictions.**

**Yes/No** - Because I am registering before August 15, I would like a \$35 discount.

**Yes/No** - Because I am an Iowa United Methodist attending my first Academy, I would like a \$35 discount.

**Yes/No** - I am enclosing a check for my deposit of \$100; or

**Yes/No** - I am enclosing a check for my payment in full (amount: enclosed \$ \_\_\_\_\_) [add \$7.50 for 1.5 CEU]

**A letter of welcome with a more detailed information form will be sent to you soon.**

## Register

### Use the attached registration

form or go to [www.iaumc.org/spiritualformation](http://www.iaumc.org/spiritualformation) to register online or to download the registration form — complete it and send it with your \$100 deposit to:

Spiritual Formation  
2301 Rittenhouse St.  
Des Moines, IA, 50321

**Full cost is \$420.** Deduct \$35 if you register by August 15. Deduct another \$35 if you are an Iowa United Methodist attending your first Upper Room academy

**Register early**, as space is limited; deadline is September 10. The deposit of \$100, due at time of registration, is non-refundable after September 10

**Make checks** to IA Conference Treasurer, with memo notation "3-Day Academy"

**Registration includes** tuition, meals, room, bedding (sheets, blanket, pillow) & towels

**Continuing Education Units** – 1.5 CEU's are available for \$7.50; please include with your registration payment

**Financial assistance** may be available through your local church, district, or boards of Laity or Ordained Ministry, or through our Spiritual Formation Steering Committee (contact Jerry Oakland: [jerry.e.oakland@gmail.com](mailto:jerry.e.oakland@gmail.com))

## Details

### Location & Description of Camp Wesley Woods

From Des Moines take SW 9th St exit from south bypass Highway 5. Go south (away from Des Moines) – it becomes County R-63. At the junction of Highways 92 and R-63 at the west edge of Indianola, go south on R-63 for 4.5 miles, then turn east (left) on Nixon Road (a gravel road) and follow it into the camp.

### What to Bring

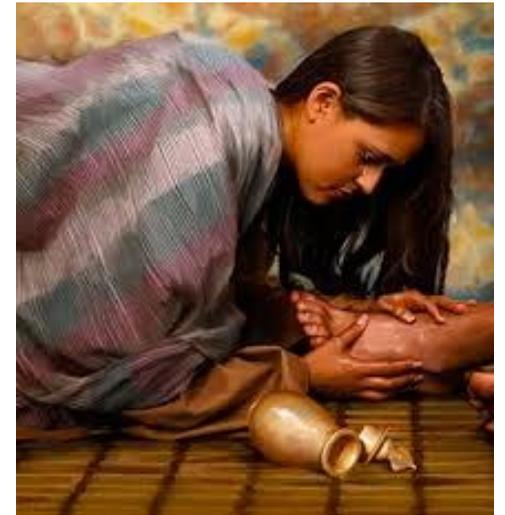
Please bring an open heart and an open mind, a Bible, a journal or notepad, a jacket or coat, comfortable clothes, walking shoes, and any books you may want to read.

### Academy Purpose

The 3-Day "Spirit Streams" Academies offer lay and clergy persons a chance to grow spiritually in a disciplined community. Worship, study, rest and renewal are experienced. Silence enhances personal prayer and reflection. Physical, emotional and spiritual healing is allowed to begin or continue. Listening Circles offer a safe place to share and to ask questions. The daily routines are similar to 5-Day and 2-Year Academies.

## Living as Vessels of Compassion: A Faithful Response in Troubling Times

*A 3-Day "Spirit Streams" Academy for Spiritual Formation®*



**September 24-27, 2018**

**Wesley Woods Camp & Retreat Center**

[www.wesleywoodsiowa.org](http://www.wesleywoodsiowa.org)

10896 Nixon St,  
Indianola, IA 50125  
(515) 961-4523

## Theme

### ***Living as Vessels of Compassion: A Faithful Response in Troubling Times***

While the call for compassion is widely hailed, seldom is it explored precisely how such compassion is cultivated.

Our time together will explore *practices, techniques, and tools* that deepen our capacities:

- to experience God as a source of love;
- to transform difficult emotions and internal driven-ness into grounded self-compassion; *and*
- to embody genuine compassion toward others, even difficult people, with power, accountability, and empathic care.

Consider preparing for the Academy by reading *Compassion in Practice: The Way of Jesus* by Dr. Rogers.

## Theme

### ***Frank Rogers, Jr.***



Dr. Rogers is the Muriel Bernice Roberts Professor of Spiritual Formation and Narrative Pedagogy and

the co-director of the Center for Engaged Compassion at the Claremont School of Theology.

His research focuses on how compassion is cultivated—compassion that is contemplatively grounded, personally empowering, and socially restorative.

A trained spiritual director, therapeutic practitioner, and retreat leader, he has worked in North America, Zimbabwe, Great Britain, and Israel/Palestine.

His books include *Practicing Compassion; The Way of Radical Compassion—A Curriculum; The God of Shattered Glass, A Novel*, and *Finding God in the Graffiti: Empowering Teenagers through Stories*.

## Schedule

**The session begins** on Monday, September 24. Check-in begins at 3:30 p.m. with dinner at 5:30 p.m. Retreat ends following lunch on Thursday, Sept. 27

- ⇒ Days begin and end with prayer services
- ⇒ Each morning and afternoon is filled with a presentation, silent reflection, and community sharing
- ⇒ Free time is after lunch
- ⇒ A Eucharist service is held daily
- ⇒ Listening Circles gather each evening
- ⇒ Silence is observed from evening prayers until morning prayers (7:30 a.m.)
- ⇒ Meals are served at 8:00 a.m., noon, and 5:30 p.m.

**A program of Upper Room® Ministries,**



sponsored by the  
Spiritual Formation  
Steering Committee of  
the Board of  
Discipleship of The Iowa  
Annual Conference of  
The United Methodist  
Church in partnership  
with Upper Room®

## Invitation

*Come away to this quiet place.*

*Empty your mind,  
but fill your soul.*

*Go deep,  
discovering the "real you"  
and the love God has for you.*

*Then turn back outward to share  
what you have seen and heard!*

### **Leadership Team**

**Retreat Director**—Karlene Neal  
[karleneneal@butler-bremer.com](mailto:karleneneal@butler-bremer.com)

**Worship & Music**—Gayle Wilcox

**Hospitality**—Jerry Oakland

**Listening Circles**—Rose Blank

