



# the center

FOR SPIRITUAL FORMATION

# COHORT F

**Spiritual Rhythms**  
Nov 1-2, 2019

**Sabbath, Silence, and Solitude**  
Jan 31-Feb 1, 2020

**Prayer**  
Apr 24-25, 2020

**Scripture**  
Jul 31-Aug 1, 2020

**The Enneagram**  
Oct 30-31, 2020

**Discernment**  
Jan 29-30 2021

**For the Sake of Others**  
Apr 30-May 1, 2021

**Rule of Life**  
Jul 30-31, 2021

# THE CENTER FOR SPIRITUAL FORMATION

Here, at Open Door, we are committed to the radical notion that we can be transformed by God to be more like Jesus for the sake of others. But our transformation is not a DIY project! It is God, and God alone, who changes us. At the Center, you will learn simple ways to practice spiritual rhythms that fit your lifestyle. These practices bring us into the presence of God so that God can change us to be and to bear God's good news in the world.

## FORMATIONAL COMMUNITY EXPERIENCE

The Formational Community is a two-year experience designed to deepen your life in God and your life in the world. As a participant of this experience, you will gather with 72 men and women on retreat every quarter to learn how to cultivate spiritual practices in your everyday, ordinary life.

Weekend retreats include engaging lectures from seasoned leaders, conversations around tables with your companion group, and time alone to practice and process God's personal invitations to you on your spiritual journey. Each retreat begins with a light meal on Friday evening (6-9pm) and concludes on Saturday afternoon (9am-3pm, lunch included). The retreats are held at Open Door and do not include an overnight stay.

Between retreats, you will gather twice with your assigned companion group to share how God has been encountering you in your spiritual journey. Groups are structured around guidelines that encourage spiritual listening to one another and to God.

Total Cost: \$400, divided as follows: \$80 non-refundable (holds your spot upon acceptance) plus \$40 per quarter (\$320 total over two years) due the Sunday before each retreat regardless of retreat attendance.

# RETREAT THEMES



## **SPIRITUAL RHYTHMS: *Awakening to Life with God***

WE all deeply desire to connect with God and with others. Practicing faithful rhythms of living, in response to these deeper desires of the heart, awakens our life with God and promotes real transformation.



## **SABBATH, SILENCE AND SOLITUDE: *Living at Rest in a Hurried World***

We live in a frenetic world that depletes and exhausts us. Living in a balance of retreat and engagement with this world helps foster a life of abundance in God. We learn to live restfully by practicing the Presence of God.



## **PRAYER: *Deepening Intimacy with God***

We deepen our intimacy with God through a relational prayer life with God. The One who is nearer to us than our very breath is made real in our everyday, ordinary lives.



## **SCRIPTURE: *Inhabiting God's Story***

Too often we read the Bible to master it. Read prayerfully and expectantly, however, the Word of God masters us. We encounter the God of Scripture as the One who restores shalom to our broken lives and this needy world.



## **THE ENNEAGRAM: *Knowing Self, Knowing God***

Who am I? Who is God? When we discover our true and false self patterns, the essence of who we really are is unleashed. We are free to live out of our truest self in God for the sake of others.



## **DISCERNMENT: *Hearing God's Voice in a Noisy World***

Discernment can be a challenge when so many competing voices vie for our attention, but the will of God is within reach. With practice, we learn to recognize God's still, small voice and grow in delight at obeying God.



## **FOR THE SAKE OF OTHERS: *Extending the Kingdom***

When we experience the good news of abundant life in Christ, we are compelled to partner with God in being and bearing witness to this good news in the world.



## **RULE OF LIFE: *Becoming Fully Alive in God***

Transformation happens in our ordinary lives through an extraordinary God. Sustaining our connection with God, ourselves, and others by practicing a rule of life positions us to better pursue the struggle of becoming fully alive in God.

# IS THIS A GOOD FIT FOR ME?

Anyone who desires to deepen their life in God is welcome to participate in The Center. Not everyone, however, may be prepared for the commitments expected in the two-year community experience. These commitments include:

**Retreat Participation** - Each participant is expected to attend all eight quarterly retreats in their entirety from Friday evening until Saturday afternoon, unless precluded by an extenuating circumstance. People are encouraged to intentionally and regularly practice the spiritual disciplines taught at each retreat.

**Reading** - Each retreat is rooted in Scripture and enhanced by voices from our Christian heritage. Participants commit to reading one book between every retreat. A sampling of the Christian authors on our reading list includes Ruth Haley Barton, M. Robert Mulholland, Jr., Henri Nouwen, Eugene Peterson, Richard Foster, David Benner, and Mark Labberton.

**Group Meetings** - The Center highly values being in community for personal spiritual development. To that end, participants are placed in spiritual companion groups that meet monthly between each quarterly retreat to listen and reflect on the work of God in one another's lives.

We encourage everyone to prayerfully discern God's call regarding the above commitments before applying. Questions to support this discernment process might include:

*What choices will I need to make in my current life in order to prioritize the spiritual practices, reading, and companion group attendance expected in the formational experience?*

*How does this formational community align with the other things God has been saying and doing in my life these days?*

*Does this seem like the next step in my spiritual journey?*

# FREQUENTLY ASKED QUESTIONS

## **How is this similar or different to other spiritual retreats?**

The content of the retreats offered by The Center is very similar to other spiritual retreats. Because we are a church, however, The Center can place more emphasis on community by offering opportunities to practice and process our learnings at the retreat and in spiritual companion groups between retreats.

## **Who will be teaching?**

Church of the Open Door is privileged to have excellent teachers on staff. Pastors Dave Johnson, Anne-Marie Finsaas, Tom Johnson, and Kati Beasley, as well as lay leaders, Doug and Peggy Lang, will be teaching and facilitating these retreats.

## **What is the process for applying to The Center?**

The two-year cohort experience involves an online application process; please apply early as space in each cohort is limited.

## **How are spiritual companion groups in the two-year cohort experience formed?**

When applying online for the cohort experience, you will be asked to indicate your preferences for those in your group (for example, whether or not you want everyone to be of the same gender). You can also apply with an existing small group or with one or more of your friends. Additionally, you will be able to indicate in the application form if there is a particular person with whom you'd rather not be in group (for instance, a client from a professional relationship or an ex-spouse).

## **Can I still participate if I know I will miss one of the retreats?**

Participants are asked to carefully discern their commitment to the cohort experience and mark their calendars for all eight retreats. Nevertheless, we recognize that someone may have to miss one retreat due to illness or a previous commitment. Missing one retreat does not preclude your participation in the experience.

# RETREAT SCHEDULE

## FRIDAY

6:00-6:30pm	Communal Dinner
6:30-6:45pm	Evening Prayers
6:45-8:45pm	Teaching Reflection Response
8:45-9:00pm	Night Prayers

## SATURDAY

9:00-9:15am	Morning Prayers
9:15-11:45am	Teaching Reflection Response
11:45am-Noon	Noonday Prayers
Noon-12:45pm	Communal or Silent Lunch
12:45-2:45pm	Teaching Reflection Response
2:45-3:00pm	Closing Prayers

# CHURCH OF THE OPEN DOOR

9060 ZANZIBAR LANE NORTH  
MAPLE GROVE, MN 55311

763-416-5887

[AFINSAAS@THEDOOR.ORG](mailto:AFINSAAS@THEDOOR.ORG)

[WWW.CENTERFORSPIRITUALFORMATION.ORG](http://WWW.CENTERFORSPIRITUALFORMATION.ORG)