

SCHOOL

of the
SPIRIT

Clergy Renewal and Formation

*A one-year school of Spiritual Formation offering
five two day (one night) retreats designed to equip, empower and
nurture transformation through the ancient spiritual disciplines.*

*. . . a journey of prayer, learning and formation
in community devoted to rediscovering our faith
as a way of life, not a system of belief.*

2012-2013 Season

Begins May 7-8, 2012

Spiritual formation is . . . the activity of the Holy Spirit that shapes our lives into the likeness of Jesus Christ, for the sake of others. This likeness is one of deep intimacy with God and genuine compassion for others. We cooperate with the Spirit by practicing spiritual disciplines that make us more open, receptive and responsive to the Spirit's transforming touch.

Under the care of Dr. Jody Seymour and the Spiritual Formation Ministry
of Davidson United Methodist Church, Davidson, NC



Davidson United Methodist Church | P.O. Box 718 | 233 South Main Street | Davidson, NC 28036
Rev. Dr. Jody Seymour, Senior Pastor | Rev. Jeff Hassel, Rev. Dr. Susan Heafner-Heun, Rev. Ashley Thomas, Associate Pastors
704-892-8277 | www.davidsonumc.org



Participation is open to all denominations and limited to 20 clergy (local pastors, deacons and elders)

A Leader's Quest for Inner Transformation

“There is a lot of talk about spiritual formation these days and with good reason! The possibility that we can be transformed--that we can change in deep and fundamental ways--is at the heart of the Gospel message.”

— Ruth Haley Barton

If you long to enter more deeply and intentionally into your own process of inner-transformation ... If your congregants are hungry for deeper levels of transformation and looking to you for guidance ... If you desire to be a part of a community whose aim is to foster inner transformation in Christ through the ancient spiritual disciplines ... if you are willing to commit to five seasonal retreats over the one-year time frame to build that community then . . . participation in the *School of the Spirit* is for you! Because we know that *real growth* takes place gradually over time with others, you are invited to experience spiritual transformation through a one-year *School of the Spirit* community.

Our intent is to create an environment of prayer, learning and re-formation devoted to intentionally living our faith as a way of life as we journey toward becoming the spiritual leaders God created us to be.

RETREATS

All retreats follow a similar schedule outlined below. In between times, you will have assignments to help you prepare and put into practice your learnings. To further enhance your inner transformation, your Trust Circle facilitator may coordinate monthly accountability to nurture your covenant journey toward God. In large group, small group, and solitary times, this work is about being and becoming. Our aim is to provide a safe space that fosters listening to how God is calling, empowering and leading you in your journey toward wholeness.

DATES, TIMES AND FORMAT

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|--------------------|--------|--------------------------------|
| The five retreats: | Spring | May 7-8, 2012 |
| | Summer | July 30-31 |
| | Fall | October 29-30 |
| | Winter | January 28-29, 2013 |
| | Spring | April 8-9 (Easter is March 31) |

Retreats begin on Monday at 2:00 p.m. and conclude on Tuesday at 4:15 p.m.

Monday 1:45 p.m. Arrival, check-in, refreshments

- 2:00 Welcome - Introductions; SESSION 1
- 3:00 SESSION 2: Special Speaker on specific formational topic with helpful guidance for experiencing the spiritual practice, both personally and in community, with leadership applications.
- 3:30 Community / Break
- 3:45 SESSION 3
- 4:30 Trust Circles (groups of 4 with experienced facilitator / remains the same throughout the year)
- 6:30 Regather: dinner - process day
- 7:40 Night Prayers
- 8:00 Depart in silence

Tuesday: Arrival in Silence by 8:45 a.m.

- 9:00 Centering / Morning Worship
- 9:30 Community / Break
- 10:00 SESSION 4
- 10:45 Reflection assignment to help solidify and integrate your learning
- 11:45 Regather: sacred pause to celebrate what has been given
- 12:00 Lunch
- 1:00 Trust Circles
- 3:00 Community / Break
- 3:15 SESSION 5: Empowering Spiritual Leaders
- 4:15 Closing Ritual and Departure

Spring 2012: **Longing for More in Your Leadership**
May 7-8 *A fresh encounter with God through the ancient practice of Lectio Divina: Praying the Scriptures ... Speaking the Word*

Summer 2012: **Leading from Within**
July 30-31 *Creating Space through Silence, Solitude, Simplicity*

Fall 2012: **Finding Grace at the Center**
October 29-30 *Centering Prayer • Welcoming Prayer • Breath Prayer*

Winter 2013: **Discernment: The Heart of Spiritual Leadership**
January 28-29 *Ways of recognizing and responding to God's voice*

Spring 2013: **Establishing Rhythms of Work and Rest**
April 8-9 *Weaving spiritual disciplines into the ordinariness of everyday life to prepare oneself to continually be surprised by grace*

LOCATION

In an effort to keep cost to a minimum, the retreats will be held at the Starrette Farm Retreat, 204 Pecan Tree Lane, Statesville NC, 28625. A private homestead only thirty minutes away from Lake Norman, Salisbury, Hickory, and Winston-Salem, this awesomely beautiful private homestead (est. 1888) spans 50 acres of rolling woodland and walking trails. It is only five minutes off the intersection of I-40 and I-77 on Highway 64 East in Statesville, NC. View the Farm and spacious retreat house at

www.TheLydiaGroup.com. The Farm is a “day apart” venue only. In a further effort to keep cost down, you have two options: commute or stay at one of the many nearby Statesville hotels. Lodging is on your own and not included in retreat cost. Options provided upon registration.

COST AND REGISTRATION

Participation is open to all denominations and limited to 20 clergy (local pastors, deacons and elders). Generous financial support makes it possible to offer the Clergy School of the Spirit for a total cost per participant of only \$300. A \$150. non-refundable deposit is due with your application and \$150. payable at the first retreat. If you need a “payment plan,” speak with Ann Starrette, program director, or request support from your district superintendent.

CEU: Seven (7) Continuing Education Units will be awarded to participants meeting specific performance requirements.

Applications due by February 1, 2012

To apply, please submit the application (last page) and a personal statement of why you want to participate in this retreat series and how you hope to benefit. We anticipate more applications than spaces available. Payments will be refunded in full to those who are not accepted. Applicants will be notified of selection decisions **by March 1, 2012**. Upon acceptance, participants will receive a detailed agenda, directions to the farm and Statesville’s lodging options. If you have a question, contact the program director / registrar, Ann Starrette, at Starrette@mindspring.com

LEADERSHIP TEAM

Dr. Jody Seymour graduated from Duke Divinity School and did his doctoral work in Spiritual Formation through the Graduate Theological Foundation. He is the author of five books, the most recent being *Marking the Gospel: A Devotional Commentary on the Gospel of Mark*. Jody is also a certified Enneagram instructor. The Enneagram is a personality system that is often used in spiritual direction. Jody has served seven churches in the Western North Carolina Conference and is currently serving Davidson United Methodist Church. Contact Jody at JSeymour@DavidsonUMC.org.

Don Carroll is a member of Davidson United Methodist Church. Don also attends the Davidson Friends (Quaker) Meeting in Davidson and has experience in the Clearness Committee. A graduate of Sursum Corda School of Spiritual Direction, Don provides individual spiritual direction and assists in the spiritual formation program at Davidson UMC. He is a certified executive life coach and Director of the North Carolina Lawyer Assistance Program, which provides assistance to lawyers suffering from mental health, addiction, or other issues which may impair their professional well-being. Contact Don at carroll.williamdon@gmail.com.

Nicole Greer helps individuals and entrepreneurs of small businesses, ministries, and corporations achieve greater success by learning to define and fulfill their mission, work better in teams, understand personality types, provide motivation, chart their direction, and exemplify excellent leadership. She offers individual and group coaching, utilizing four strategic building blocks for success: FOCUS--defining what is most important; BALANCE--understanding how to be stable in an unstable world; PRODUCTIVITY--taking action that will expand the possibilities; and FULFILLMENT--finding absolute joy in one's work. Contact her at Nicole@TheVibrantCoach.com

Ann Starrette was trained at Shalem Institute, Pfeiffer University and Renovare' Spiritual Formation Institute. She has led retreats through The Lydia Group, LLC retreat ministry that she founded in 1998. She is also the Director of Spiritual Formation at Davidson United Methodist Church. In addition to providing individual spiritual direction, Ann has created and sustained numerous spiritual direction groups within the Davidson congregation. The common desire to nurture transformation in Christ through the ancient spiritual practices unites the ecumenical network. As a spiritual director, teacher and retreat leader, Ann views her role as quietly planting inner seeds of freedom, growth and change that leads to inner transformation. Contact Ann at Starrette@mindspring.com.

Trust Circle facilitators: Don Carroll, Nicole Greer, and Ann Starrette

The purpose of a Trust Circle for Discernment is to be companions and co-listeners for the voice of God in the story of our individual lives. We help each other recognize and be more responsive to God's movement and invitations. Trust Circles use the Group Spiritual Direction model (used internationally) created by Rose Mary Dougherty, S.S.N.D. through her work at Shalem Institute for Spiritual Formation. In her book, *Group Spiritual Direction: Community for Discernment*, she writes of how her awareness for a "group" spiritual direction experience heightened through her reflection on John Wesley's "class meetings," the Society of Friends' Clearness Committee, and Wesleyan scholar David Watson's model of the Covenant Discipleship groups.

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Application follows

Completed applications are due by February 1, 2012

Last year's class reached capacity quickly. **To check for availability after deadline date** or questions, please contact Ann Starrette at Starrette@mindspring.com. For additional information, see www.DavidsonUMC.org/SpiritualFormation.

Application for Clergy School of the Spirit
Completed applications are due by February 1, 2012

Participation is open to all denominations and limited to 20 clergy (local pastors, deacons and elders)

Name _____

Date _____

Church _____

District _____

Preferred Mailing Address (note home or church) _____

Zip _____

Phone _____ Cell _____

E-mail _____

• What is your experience in spiritual direction (group and/or individual)? _____

• When was the last time you were part of a spiritual retreat in which you were not a leader?

• What are the spiritual practices you engage in regularly? _____

• How do your spiritual practices address the spiritual needs of the body, emotions, mind and the spirit?

• Attach your personal statement of why you want to participate in this retreat series and how you hope to benefit.

Please mail your application and personal statement along with a check or money order for \$150.00 (made payable to Davidson UMC with "School of the Spirit" on the Memo line) TO Ann Starrette /registrar, PO Box 1288, Troutman, NC 28166. Your check is your receipt.