

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.

Begins April 2010

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
Dr. Jody Seymour, Senior Pastor | Rev. Jeff Hassel, Dr. Susan Heafner-Heun, Rev. Ashley Pickerel, Associate Pastors
704-892-8277 | www.davidsonumc.org



A Leader's Invitation to Spiritual Transformation

The best thing you bring to leadership is your own transforming self.

“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”

writes Ruth Haley Barton of The Transforming Center.

Because we know that real growth takes place incrementally over time with others, you are invited to a Clergy's one-year “School of the Spirit” community. If you long to enter more deeply and intentionally into your own process of spiritual transformation ... If your congregants are hungry for deeper levels of spiritual transformation and looking to you to guide them ... If you desire to be apart of a praying/learning/growing community and are willing to commit to five seasonal retreats over the one year time frame to build that community ... then the *School of the Spirit* is for you!

Our aim is to create a transformational environment of prayer, learning and formation devoted to rediscovering 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. In between times, you will have reading assignments to help you prepare and put into practice your learnings. To further enhance your transforming self, your Deep Listening Circle facilitator will coordinate monthly conference calls 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 an environment for listening to how God is calling, healing, loving, nudging, empowering, and leading you in your journey toward wholeness.

DATES, TIMES AND FORMAT

The five retreats:	Spring	April 26, 27, 2010
	Summer	July 26, 27, 2010
	Fall	October 25, 26, 2010
	Winter	January 24, 25, 2011
	Spring	April 25, 26, 2011

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

Monday 1:45 pm Arrival - check-in

2:00 Welcome - Introductions

3:00 Special Speaker on formational topic

with helpful guidance for experiencing the spiritual practice both personally and in community with leadership applications.

4:30 Deep Listening Circle (remains the same throughout the year)

6:30 Re-gather - Dinner - Process Day

7:40 Night Prayers

8:00 Depart in silence

Tuesday Arrival in Silence 8:45 a.m.

- 9:00 Centering / Morning Worship
- 9:20 Welcome - check-in - process
Reflection assignment to help solidify and integrate your learning
- 10:30 Time in silence and solitude for assignment
- 12:00 Sacred Pause to celebrate what has been given
- 12:15 Lunch
- 1:15 Deep Listening Circle (groups of 4 with trained facilitator)
- 3:30 Empowering Spiritual Leaders
- 4:15 Depart

- Spring 2010: **Longing for More in Your Leadership:**
*A fresh encounter with God through the ancient practice of Lectio Divina
Praying the Scriptures ... Speaking the Word*
- Summer 2010: **Leading from Within**
Creating Space through Silence, Solitude, Simplicity
- Fall 2010: **Grace at the Center: Centering Prayer**
*Welcoming Prayer (letting go and trusting God)
Active Prayer / Breath Prayer / Eraser Prayer*
- Winter 2011: **Discernment: The Heart of Spiritual Leadership**
Ways of recognizing and responding to God's still small voice
- Spring 2011: **Sabbath Keeping: Establishing Rhythms of Work and Rest**
*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 in Statesville NC. 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 and a new retreat house. It is only 5 minutes off the intersection of I-40 and I-77 on Highway 64 East in Statesville, NC. View 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 near-by Statesville hotels. Lodging is on your own and not included in retreat cost. Options provided upon registration.

COST AND REGISTRATION

Participation is limited to 16 clergy. In continued effort to make this affordable total cost is \$300.00. A \$150. non-refundable deposit due with your application and \$30.00 payable at seasonal retreat regardless of your attendance. The fee covers tuition, deliciously healthy meals (1 dinner and 1 lunch each session), snacks, and materials.

APPLYING FOR THE SCHOOL OF THE SPIRIT

Applications must be received by March 1, 2010.

To apply, please submit the application (attached) 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 15, 2010. Upon acceptance, participants will receive a detailed agenda, directions to the farm and Statesville's lodging options. If you have a question, contact the Retreat Leader / Registrar, Ann Starrette at Starrette@mindspring.com

LEADERSHIP TEAM FOR SCHOOL OF THE SPIRIT

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 four books. His newest book is, "Lost, but Making Excellent Time: Transforming the Rat Race Into Pilgrimage." 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, currently serving Davidson United Methodist Church. Jody, and his wife Betsy, have two children, Amanda and Abigail.

Dr. Lillie Jones is the District Superintendent for the newly created Lake Norman District of the United Methodist Church. She is a nationally distinguished educator, whose mission for many years was "that no child be left behind." When she retired as Interim Superintendent of the Guilford County School System, her dedication and effort had positively impacted many children. Dr. Jones has been a teacher, principal and Deputy Superintendent. In addition, she is a graduate of Shalem Institute's Leading Contemplative Prayer Groups and Retreats. As a United Methodist Pastor, and now District Superintendent, her commitment to personal empowerment and spiritual development are at the center of her willingness to contribute her talent and her wisdom.

Don Carroll, and wife Cristy, are members of Davidson United Methodist Church (DUMC). 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 DUMC. 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.

Ann Starrette was trained at Shalem Institute for Spiritual Formation and has led retreats for over a decade through The Lydia Group, LLC retreat ministry that she founded in 1998. Ann is the Director of Spiritual Formation at Davidson United Methodist, as well as assist the newly-formed Lake Norman District. In addition to providing individual spiritual direction, Ann has created and sustained numerous spiritual direction groups within the Davidson congregation (known as Trust Circles for Discernment). Ann is experienced in Parker Palmer's "Circle of Trust" model and the Quaker Clearness Committee. She and her husband Tom live in the Troutman area. Contact Ann at Starrette@mindspring.com

Deep Listening Circle facilitators: Don Carroll, John Drayer, Nicole Greer, and Rev. Brenda Tapia,

APPLICATION

Completed applications are due by March 1, 2010

Name _____ Date _____

Church _____ District _____

Mailing Address _____

Zip _____

Phone _____ Cell _____

Email _____

• 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, personal statement along with a check or money order for \$150.00 (made payable to The Lydia Group, LLC) Ann Starrette, registrar / The Lydia Group, LLC. 193 Fox Den Circle, Statesville NC 28677

For more information or questions, please contact Ann Starrette at 704-488-5825 or by email at Starrette@mindspring.com

The Lydia Group, LLC, a retreat ministry for work, life and spiritual growth, was founded in 1998. The common desire for Divine transformation unites the ecumenical network. As a spiritual director and retreat leader, Ann views her role as quietly planting inner seeds of freedom, growth and change. Trained through Shalem Institute, Ann is also the Director of Spiritual Formation at Davidson United Methodist Church, Davidson, NC.