

Rhythms of Grace Registration

Name: _____

Address: _____

City: _____ Zip: _____

E-mail: _____

Phone: _____

Indicate below day(s) for which you are registering. Copy form, if necessary.

- September 25, 2010
- November 20
- January 22, 2011
- March 19
- May 21

Cost: \$30.00 per retreat.

Payment due with registration.

Sorry, no refunds or transfers.

Total enclosed: _____

Make check payable to:

Davidson United Methodist Church

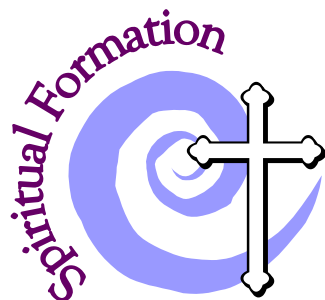
Note "Rhythms of Grace" on memo line

c/o Linda Turner

P.O. Box 718, Davidson, NC 28036

Questions? Contact Ann Starrette

AStarrette@DavidsonUMC.org • 704-488-5825



“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 (which John Wesley called ‘means of grace’) that make us more open, receptive, and responsive to the Spirit’s transforming grace...

Spiritual practices are ways of becoming awake and staying awake to God...You could put it like this: the gift never stops being a gift, but the gift ‘happens’ to those who are practiced in ways it doesn’t typically happen to those who aren’t.”

(Finding Our Way Again: The Return of the Ancient Practices by Brian McLaren, p. 94)

Practice makes possible.

John Wesley once said, “Without God, it will not; without me, God cannot.”

Rhythms of Grace

*Spiritual Practices
that Transform Us*

2010-11 MINI-RETREAT SERIES

Each mini-retreat stands alone.
Register as you are able.

Sponsored by the
Lake Norman, Statesville,
Salisbury, and Winston-Salem
United Methodist Districts

Under the care of the
Spiritual Formation Ministry of
Davidson United Methodist Church

Rhythms of Grace

MINI-RETREAT SERIES

Facilitated by Ann Starrette,
Director of Spiritual Formation at Davidson
United Methodist Church, and guest facilitators.

Saturday, September 25, 2010

Shaped by the Word

*A fresh encounter with the Holy
through Lectio Divina*

Saturday, November 20

Learning to Pray

*Praying for self; praying for others;
Lord, pray Thyself in me*

Saturday, January 22, 2011

Finding Grace at the Center

*Living and leading from within -
a place of surrender, silence, and simplicity*

Saturday, March 19

Examining Our Lives

*Recognizing and responding to
God's presence and grace*

Saturday, May 21

Cultivating Rhythms

*Establishing rhythms of work and rest
for spiritual transformation*

WHO SHOULD ATTEND

Christian leaders, clergy, laity...anyone
wishing to be shaped into the image of
Christ for the sake of others

WHERE

Starrette Farm Retreat • Statesville, NC
Because this is a private space, directions follow registration.
View the Farm at www.TheLydiaGroup.com.

COST

\$30.00 per retreat.
Partial scholarships available; please inquire.

RHYTHM OF THE DAY

8:30 a.m. Arrival/Coffee and bagels
9:00 a.m. Welcome/Practice teaching

Personal practice, reflection, and
ways of weaving practice into the
ordinariness of everyday life and work

12:00 p.m. Sending Forth Ritual

Optional: Bring a bag lunch and enjoy
a private afternoon, in community, at the Farm.

The truest essence of who we are is our place of longing; a longing for a deeper union with God, with others, and with creation. “So the spiritual journey begins when we realize that no matter what we have accomplished, how many people like us, whatever fame, power or fortune we have acquired, something is still missing. It is with the mystery of something unknown missing that the spiritual journey begins.”¹ Our aching desire for more of God coupled with our willingness to seek more of God than we have right now is what fosters our crisis of growth toward wholeness.

If you are at a place of longing, we invite you to experience Rhythms of Grace. In our work together, our aim is to equip, empower and nurture transformation through the ancient spiritual practices. “From the beginning, the church linked the desire for more of God to intentional practices, relationships and experiences that gave people space in their lives to ‘keep company’ with Jesus. These intentional practices, relationships, and experiences we know as spiritual disciplines.”²

In our aching desire for “unforced rhythms of grace,” teacher, speaker and author Adele Ahlberg Calhoun encourages us to “Take heart, transformation happens as you keep company with Jesus.” These mini-retreats are designed to help you intentionally develop sacred rhythms for “keeping company with Jesus” by weaving the spiritual disciplines into the fabric of your ordinary everyday life.

¹ Don Carroll. *Connect: A Daily Interactive Guide to Connect Us with Being and Beauty (Spring)*, p 155.

² Adele Ahlberg Calhoun. *Spiritual Disciplines Handbook: Practices that Transform Us*, p 15-16.