

Spirit Journey 2019

A spiritual formation-renewal program of THE UPPER ROOM®, sponsored by the Center for Congregational Excellence of the Texas Annual Conference.



Right Here Right Now

The Practice of Christian Mindfulness

with Dr. Amy Oden

faculty-presenter

October 17—19, 2019
Lakeview Conference Center
Palestine, Texas

Register at
tiny.cc/q6hg5y

Spirit Journey is...

...in its thirteenth year as a sponsored ministry of the Center for Congregational Excellence of the Texas Annual Conference of the United Methodist Church

...open to lay and clergy of all denominations

...a 3-day (48 hour) retreat adapted from a model developed by the Upper Room in its "Academy of Spiritual Formation Program

...a time of rest and renewal

...an opportunity for intentional spiritual growth in a disciplined, accepting community

... a place where community silence enhances personal prayer and reflection

...a time to fill the deep spiritual hunger that characterizes many lives

...a time of spiritual renewal and discovery through academic presentation, personal reflections and communal sharing

Leadership Team

Barbara Fyffe
Team Leader
281-485-1466 (office)
918-629-3027 (cell)
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Kathy Reiter
Hospitality
713-876-6403
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713.594.4518
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Amy Waltz-Reasonover
Music/Worship
832-776-3872
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Richard Prathor
Registrar
281-299-7644
rprather@umcmail.us

First Name: _____ Last Name: _____

Address (Street/city/zip): _____

State: _____ Zip: _____

Phone #: _____ Email: _____

Check one of the following

I have attended a two-year Academy program I have participated in a 3 or 5-day Academy event

I have attended Spirit Journey before This is my first Spirit Journey

I would like one of the RV spots (call the registrar for price and availability)

Do you need a handicap accessible room? Yes No

Do you require a single-occupancy room? Yes No Roomate: _____

(A limited number of single-occupancy rooms are available. Call the registrar to check availability)

List any special dietary needs: _____

SCHEDULE

Thursday, Oct 17

- 4:00 Registration & Check-in
- 5:00 Eucharist
- 6:00 Dinner
- 6:45 Introductory Session
- 8:00 – 8:45 Small Group
- 9:00 – 9:15 Night Prayer
- 9:15 Great Silence until Morning Prayer

Friday, Oct 18

- 7:30 Morning Prayer
- 8:00 Breakfast
- 9:00 Morning Presentation
- 10:00 Silence for prayer & reflection
- 11:00 Plenary discussion with faculty
- 11:30 Lunch & Community/Free time
- 2:30 Afternoon Presentation
- 3:30 Silence for prayer & reflection
- 4:30 Plenary discussion with faculty
- 5:15 Eucharist
- 6:00 Dinner
- 6:45 Community/free time
- 8:00 Small Group
- 9:15 Night Prayer
- 9:30 Great Silence until Morning Prayer

Saturday, Oct. 19

- 7:30 Morning Prayer
- 8:00 Breakfast
- 9:00 Morning Presentation
- 10:00 Silence for prayer & reflection
- 11:00 Plenary discussion with Faculty
- 11:30 Lunch & Community time
- 1:00 Afternoon Presentation
- 2:00 Eucharist/ Closing Prayer



Dr. Amy G. Oden is Visiting Professor of Early Church History and Spirituality at Saint Paul School of Theology in Oklahoma City, OK. She has served on the faculties of Oklahoma City University and Wesley Theological Seminary where she also served as Dean.

She holds a Ph.D. in Religious Studies from Southern Methodist University and a baccalaureate in Letters from University of Oklahoma.

Born and raised on the prairies of Oklahoma, Amy has found her spiritual home under the wide-open sky. Her passion is to introduce spiritual practices that can ground and nourish lives of following Jesus into the world. Amy is a spiritual director, companioning people as they listen for God in day-to-day life.

Dr. Oden will lead us through the path of Christian Mindfulness during our days together. Christians have always practiced mindfulness. Yet, from the popular landscape of the mindfulness movement, you might not know it. Some Christians question whether mindfulness belongs to our faith traditions. Together we'll read *Right Here, Right Now: The Practice of Christian Mindfulness* and discover its potential to deepen the life of faith and empower participation in God's mission of love in the world.

Recommended reading prior to attending:
Right Here Right Now
The Practice of Christian Mindfulness
 By Amy G. Oden

COST OF SPIRIT JOURNEY

Cost of everything we do seems to increase daily in our lives. To help you understand the price of Spirit Journey a summary of the expenses are per participant:

Cost of Retreat Expenses, Guest Faculty (all travel, honorarium), Leadership Team expenses, Facility Rooms , advertising and supplies comes to \$210.00

Room and Meals 2 nights per participant for Double Room: \$195.00

Room and Meals 2 nights per participant for Single Room \$245.00

We make every effort to keep the cost as low as possible and continue to create a sacred space for you to learn, worship, reflect and rest.

We truly feel honored to provide this space for you.

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|------------------------|--|-----------------|-----------------|-------------|
| Normal Registration | Before October 1st | Double \$405 | Single \$455 | Your Choice |
| Pre-Conference Retreat | Includes program materials, 3 meals and 1 night lodging | \$120 | \$120 | |
| Late Registration | After October 1 st | \$430 | \$480 | |
| Post-Spirit Journey | Lodging for Saturday night (no meals or program materials) | \$70 | \$70 | |

Registration may be completed:

- ◆ by returning this form to the registrar by US mail with your check made to Heartspring Methodist Foundation
- ◆ going on line follow this link, tiny.cc/qa6h9a5v to registration site, where payment may be made by credit card, bank withdrawal or simply register and send a check to the registrar.
- ◆ by filling in the information above, scan the document and email to spiritjourney.tx@gmail.com (mail check later)

would like to pay \$100 deposit now and pay the rest at \$50/month.

Registrar:

Richard Prather
 609 Brunswick Dr.
 League City, TX 77573