

## REGISTRATION INFORMATION

Registration and payment can be made through the conference website:

<https://florida-reg.brtapp.com/20195DayAcademy29>

Cost includes room, board and faculty fees.

\$150 non-refundable deposit  
(deposit is applied to registration fee)

- \$650 Single room
- \$550 Double room

Checks payable to *Florida Conference Treasurer* with "your name/5 Day Academy" on the memo line mailed to:

Laurie Hofts, Registrar for 5 Day Academy  
450 Martin Luther King Jr. Ave.  
Lakeland, FL 33815

Name \_\_\_\_\_

Address \_\_\_\_\_

City, ST, Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Church/Denomination \_\_\_\_\_

**Full payment due by February 20, 2019**

## LEADERSHIP TEAM

**Retreat Leader:** Sarah Madsen

**Worship:** Rev. Kelly Smith

Rev. Lew Arnold, Lucy Wray

**Faculty Liaison:** Marilyn Swanson

**Covenant Groups:** Ann Abbott

**Hospitality:** Marybeth Smith

### Typical Day

7:30 Morning Prayer  
8:00 Breakfast  
9:00 Faculty Presentation:  
10:00 Silent Reflection Time  
11:00 Group Discussion & Community Time  
Noon Lunch and Free Time  
2:30 Faculty Presentation:  
3:30 Silent Reflection Time  
4:30 Group Discussion  
5:15 Eucharist Service  
6:00 Dinner and Free Time  
7:30 Covenant Groups  
9:00 Night Prayer  
Great Silence until Morning Prayer

The rhythm of the day is embraced by morning and night prayer and enriched with daily Eucharist. Faculty presentations are given each morning and afternoon, followed by silence for individual reflection and then group response time. Covenant groups offer time for accountability and sharing. Free time is offered for rest and renewal.

Registration is from 3:30 – 5 pm Sunday afternoon, March 10<sup>th</sup> in the Pearson Room. The Academy ends with lunch on Friday, March 15, 2019.

Three (3) CEU's are available from the FL Conference (FREE) and/or from the GBOD for a fee of \$15.

FIVE-DAY ACADEMY  
FOR SPIRITUAL FORMATION

Rev. Kathryn Damiano  
&  
Rev. Steve West

March 10-15, 2019



Life Enrichment Retreat Center  
4991 Picciola Road  
Fruitland Park, FL 34731

A program of the Upper Room  
and the FL UMC Conference  
5 Day Academy Team



If you are hungering for deeper spiritual walk—a time to rest, relax and reflect, as well as renewing your body, mind and spirit then this retreat is for YOU! The Academy is for lay and clergy of all denominations who come together to deepen their relationship with God and to live as faithful servants in the world.

There are times of worship in the morning, at afternoon Eucharist and evening following covenant group sharing. This monastic rhythm is carried out daily and always ending with silence at night. Come and see, come and taste, come and be in a safe and sacred community!

## RECOMMENDED READING LIST

### Rev. Kathryn Damiano:

- *Integral Christianity: The Spirit's Call to Evolve* by Paul R. Smith
- *The Quotidian Mysteries* by Kathleen Norris

### Rev. Steve West:

- *Encountering Christ in the Eucharist: The Paschal Mystery in People, Word, and Sacrament* by Bruce Morrill, Paulist Press (2012).
- *The Rebirthing of God: Christianity's Struggle for New Beginnings* by John Philip Newell, Skylight Paths (2014)
- *The Didache* (brief document from the early church), one of the translations found at <http://www.earlychristianwritings.com/didache.html>



## Steve West

Steve is a husband, father, minister, musician, and writer from North Alabama. As a pastor, music is his way of "praying twice," and he leads worship in retreat and conference settings. A graduate of Candler School of Theology, he served on leadership teams of a number of Five Day Academies in AL and FL, Two-Year Academies in WI and IN, and a Five-Day in Singapore. He produced the Songs for Morning Prayer CD for the Academy and has music, hymns, and liturgy published by Cokesbury, Discipleship Ministries, Worship and Song, and the Celebrating Grace hymnal. His blog, "Musings of a Musical Preacher," is at [www.stevewestsmusings.blogspot.com](http://www.stevewestsmusings.blogspot.com). He is presently finishing a Doctor of Ministry at Sewanee focusing on communion and spiritual formation.



## Kathryn Damiano

Kathryn Damiano, a Quaker and lifelong contemplative, is a teacher of in-depth spiritual life studies and retreat leader who sees her ministry as working for peace and justice through spiritual formation. She has served as spiritual director at Pendle Hill, a Quaker center for study and contemplation. She co-founded the School of the Spirit, a two-year offering in spiritual formation. She received a Master of Divinity from United Theological Seminary (United Methodist), a Masters in counseling psychology, an internship in spiritual direction at the Jesuit Renewal Center, and a Ph.D. in spiritual theology.

Visit our website at

<http://www.flumc.org/fivedayacademy>



## A Journey of Life and Love Together

This 5 Day Academy for Spiritual Formation will be focused on the scripture from Micah 6:8, *"He has told you, O man, what is good; And what does the Lord require of you But to do justice, to love mercy, And to walk humbly with your God?"*

As we reflect on our life journey in the present and going forward, we keep these words close to the heart as we live life together and love one another.

"Open the eyes of our heart so that we may see with the eyes of Christ. This is our prayer for the upcoming Five Day Academy. Presently we are experiencing the paradox that things are getting worse, things are getting better and occasionally, things are already perfect. We are called to hold these seeming contradictions in the midst of "winter" in the rhythm of birth-death and rebirth. How might we better cooperate with the Spirit in bringing forth the continuing revelation of Christ? At this Academy, we will explore insights and practices from across traditions of spiritual wisdom to help us become empowered companions in this unfolding." (—quote from Kathryn Damiano)

Community in the Academy setting offers sacred space to reflect on your own journey and the Word, share in a safe and confidential place, walk with others who drink from a deep wellspring of life-giving water and grow in intimacy with the Lord. Join us for a sacred journey of life and love together!