



GOD WITH US: AGE TO AGE
Loving and Praying Through All of Our Days

Faculty: L. Roger Owens and Dwight Judy

Who Should Attend? *Laity and clergy from any denomination seeking spiritual growth.*

The Upper Room® Academy for Spiritual Formation invites you to deepen your relationship with God through a daily rhythm of worship, learning, community, and renewal. Experience the Academy through five days of full-time attendance and onsite residency.

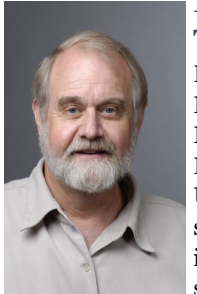
God with Us: Age to Age



Rev. Dr. L. Roger Owens received his Ph.D. in theology from Duke University where he was awarded a Lilly Fellowship for the Formation of a Learned Clergy. Before that he completed his M.Div. at Duke Divinity School. Owens is an ordained Elder in the North Carolina Annual Conference of the United Methodist Church. In North Carolina he served both urban and rural churches for eight years as co-pastor with his wife, the Rev. Ginger Thomas, before coming to

Pittsburgh Theological Seminary. Owens has preached and lectured across the country, and his work has appeared in *The Christian Century*, *Currents in Theology and Mission*, *The Journal of Religious Ethics*, *New Blackfriars*, and elsewhere. Owens serves on the faculty for the Upper Room® Academy for Spiritual Formation, where he lectures on postmodern spirituality and traditions of Christian spirituality. He has authored a number of books, including, most recently, *Threshold of Discovery: A Field Guide to Spirituality in Midlife*.

Loving and Living Through All of Our Days



Dwight H. Judy, Ph.D., is Professor Emeritus of Spiritual Formation at Garrett-Evangelical Theological Seminary in Evanston, Illinois. He is an ordained United Methodist Elder (retired), who served as a parish pastor in the Dallas area in the 1970s. He has guided retreats in spiritual formation practices since 1980

and began teaching in The Upper Room® Academy for Spiritual Formation in 1991. He helped to develop the Certification in Spiritual Formation as a specialized ministry within The United Methodist Church. Over the years of his ministry, he has served as parish pastor, academic administrator in two graduate programs, retreat leader, and retreat center director. He offers spiritual direction to individuals. He is author of six books including: *A Quiet Pentecost: Inviting the Spirit into Congregational Life*; *Discerning Life Transitions*; *Embracing God: Praying with Teresa of Avila*; *Christian Meditation and Inner Healing*; and *Quest for the Mystical Christ*. He and his wife, Ruth, celebrated their 50th wedding anniversary in 2017 and are parents of two grown sons.

Leadership Team: Renn Morris, Retreat Leader; Jan McNair, Worship; Anne Travis, Registration and Hospitality; Wayne Cook, Covenant Groups; and Rick Bennett, Faculty Liaison

July 14-19, 2019

Begin at 5 p.m. Sunday

Conclude at noon on Friday

L. Roger Owens will guide us as we explore:

1. Approaching spiritual disciplines
2. Practices of reading Scripture
3. Becoming free of attachments (a practical approach related to daily life)
4. Thomas Kelly, author of *A Testament of Devotion*, and a master at making daily a contemplative approach to disciplines
5. Developing a rule of life

Dwight Judy will introduce:

1. Praying throughout our ages and life stages
2. Discerning life mission with Teresa of Avila
3. Ignatian prayer and inner healing
4. Loving and listening for God through Sabbath and centering prayer
5. Living in the peace of Christ

Cost, Registration, and CEUs

Cost of \$590 includes lodging, meals, and program. \$150 non-refundable deposit. Deadline for registration and final payment is June 30. No refunds can be offered after Friday, June 14.

Go to <https://academy.upperroom.org/event/five-day-virginia-2019/> and click the "REGISTER HERE" button. If you wish to pay by check or need other assistance, contact Anne Travis at 865.410.6747 or Email her at annetravis@holston.org.

2.3 CEUs through Holston Conference Wesley Institute or 3 CEUs from The Upper Room (\$15 fee).

For additional information Email Renn P. Morris at rennimorris@gmail.com or call (865) 386-8125.

Rhythm of Each Day

Begin and end each day with worship; eucharist is also celebrated each day. Gifted faculty guide us as we learn more about how to experience God's presence. Enjoy community through covenant groups, shared meals, and free time. Find renewal through reflection, silence, and rest.

Lodging

Single-occupancy basic dormitory rooms with private bath for each participant. Handicapped accessible. Sheets and towels are not included so plan to bring your own. Other helpful items you may bring: hair dryers, bedside lamp, alarm clock, etc.



Recommended Reading

- *What We Need Is Here: Practicing the Heart of Christian Spirituality* by L. Roger Owens (Upper Room Books, ISBN: 9780819224071)
- *A Testament of Devotion* by Thomas Kelly (HarperOne, ISBN: 9780060643614)
- *Discerning Life Transitions: Listening Together in Spiritual Direction* by Dwight H. Judy (Morehouse Publishing, ISBN: 9780819224071)
- *Embracing God: Praying with Teresa of Avila* by Dwight H. Judy (Nashville: Abingdon, 1996, ISBN: 978-0687010004).