

# REGISTRATION

**Full Payment Deadline:  
Friday, April 12, 2019.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (cell) \_\_\_\_\_

Phone (home) \_\_\_\_\_

Email \_\_\_\_\_

Gender: \_\_\_\_\_ Female \_\_\_\_\_ Male

Local Church \_\_\_\_\_

Denomination \_\_\_\_\_

Laity \_\_\_\_\_ Clergy \_\_\_\_\_

Single Room @ \$590 \_\_\_\_\_ (self)

Or Sharing Room @ \$555 each with  
(name) \_\_\_\_\_

Is this your first 5 Day Academy experience?

Yes or No (circle one)

St. Benedicts requires walking. Do you have physical challenges to walking? Explain:

\_\_\_\_\_  
\_\_\_\_\_

Please indicate any special needs including dietary, registration support, etc. : \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

If your attendance is dependent on financial assistance, please indicate need here:

\_\_\_\_\_  
\_\_\_\_\_

Typically, more people register than space will accommodate. Please have your total registration fee to the registrar by Friday, April 12, 2019 to guarantee your room, board and participation. See website for additional payment information and options.

# SCHEDULE

## **Sunday**

4:00 p.m. Registration  
6:00 p.m. Dinner  
6:45 p.m. Orientation  
7:30 p.m. Listening Circles  
9:15 p.m. Eucharist  
10:00 p.m. The Great Silence

## **Monday-Thursday**

7:30 a.m. Morning Prayer  
8:00 a.m. Breakfast  
9:00 a.m. Faculty Presentation  
10:00 a.m. Silent Reflection Time  
11:00 a.m. Plenary Discussion  
11:30 a.m. Community News  
12:00 Noon Lunch and Free Time  
2:30 p.m. Faculty Presentation  
3:30 p.m. Silent Reflection Time  
4:30 p.m. Plenary Discussion  
5:00 p.m. Transition to Worship  
5:15 p.m. Eucharist Service  
6:00 p.m. Dinner  
7:15 p.m. Listening Circles  
8:45 p.m. Transition to Worship  
9:00 p.m. Night Prayer/Great Silence

(Evening schedules will vary slightly.  
Changes will be announced.)

## **Friday**

7:30 a.m. Morning Prayer  
8:00 a.m. Breakfast  
8:30 a.m. Faculty Presentations  
11:00 a.m. Eucharist and Lunch



## **The Five Day Academy for Spiritual Formation in Nebraska**

**St. Benedict Center  
Schuyler, NE**

**April 28 - May 3, 2019**



## A Retreat:

For lay and clergy persons of all denominations who hunger for spiritual growth;

A time for celebrating holistic spirituality renewing body mind and soul;

A time for learning new ways to deepen our relationship with God and to live as faithful servants of God's love in the world;

A time for sharing morning and night prayers, evening Eucharist and silence all of which set the rhythm of the week;

A time to be informed, nurtured, sustained and empowered by God's Spirit for Christian discipleship in the world.



<http://www.stbenedictcenter.com>  
<http://academy.upperroom.org/>

***This is a popular event with limited space, if you must cancel, please do so early so a person on the waitlist may attend.***

**Rabbi Rachel Barenblat** and **Fr. John Mefrige** are coming to our 5-Day Academy with recent experience at St. Benedict's as presenters in the Nebraska Two-Year Academy #38. We welcome each one back to Nebraska where they will be coming to teach us more about contemplative action through Jewish and Christian Orthodox teaching respectively.



### Rabbi Rachel Barenblat

Rabbi Rachel Barenblat, named in 2016 by the Forward as one of America's Most Inspiring Rabbis, was ordained by ALEPH: Alliance for Jewish Renewal as a rabbi in 2011 and as a mashpi'ah ruchanit (spiritual director) in 2012. From 2015 to 2017 she served as co-chair, with Rabbi David Markus, of ALEPH. In spring 2017 she served as interim Jewish chaplain to Williams College. Since 2011 Rachel has served as spiritual leader of Congregation Beth Israel, a congregation in western Massachusetts. As of 2018, she is also a Founding Builder at Bayit: Your Jewish Home.

She holds a BA in religion from Williams College and an MFA in Writing and Literature from the Bennington Writing Seminars. In addition to several poetry chapbooks she is author of five book-length collections of poetry. Since 2003 she has blogged as The Velveteen Rabbi, and in 2008, TIME named her blog one of the top 25 sites on the internet.

She has taught courses arising from the intersection of the literary life and the spiritual life at the Academy for Spiritual Formation, the National Havurah Institute's winter retreat, the ALEPH Kallah, many congregations around New York and New England, and at Beyond Walls, a writing program for clergy of many faiths at the Kenyon Institute.

Rachel lives in Williamstown with her son.

### Rev. Fr. John Mefrige



Rev. Fr. John Mefrige is a Canadian of Syrian and Lebanese descent, a Naturalized American and a permanent resident of San Antonio, TX. He has both theological and psychological education and formation, has served various parishes in the Orthodox Church and also has practiced as a professional Marriage and Family Therapist.

Fr. John is endeavoring to establish a uniquely Orthodox expression of the psychological sciences and is particularly committed to teaching healthy conflict resolution skills to both parishes and family's and is the founder of the The Coalition of Orthodox Peacemakers.

Fr. John is happily married to his loving wife Janet and they have three daughters: Cassiana (14), Emmanuelle (12), Marina (9), and one son, Andrew (7).

### 2019 Leadership Team

Jamie Norwich McLennan –  
Retreat Leader

Mike Flury – Registrar

Amalia Spruth-Janssen –  
Listening Circles

Sally Ruggia-Haden – Worship

**For on-line registration go to:**

<http://www.gpspiritualformation.org>



See our Facebook page  
at Nebraska Five Day Academy

### Cost:

Room and board: \$590 single room.

*(Singles for early birds only)*

\$555 shared room.

Couples will be assigned to the same room unless otherwise requested.

*Registration must be accompanied by a \$100 non-refundable deposit.*

Please make checks payable to:

**Nebraska Methodist Foundation**

Send your check and completed form to:

Mike Flury

2011 S. 58 Street

Lincoln, NE 68506