

The Academy Experience

The Academy for Spiritual Formation creates transformative space for people to be in communion with God, self, others, and creation for the sake of the world. The Academy is a ministry of The Upper Room for all persons—lay and clergy, any denomination—who hunger for a deeper relationship with God.

The Five-Day Academy fosters deeper spirituality through a daily rhythm of prayer, worship, learning, and reflection. Each day includes teaching by gifted spiritual leaders, periods of silence, morning and night prayer, Eucharist, small groups, and community time. Time for rest and recreation are also part of each day.

Flathead Lake Camp

Flathead Lake United Methodist Church Camp is located in the stunning Flathead Valley near Glacier National Park, with gorgeous lake and mountain views. You'll see the beauty of God's creation every place you look.

The camp offers an authentic Montana experience in a rustic setting. Although it's more camp than retreat center, you'll have centrally located bath houses/ restrooms and semi-private space created by cabin partitions. Three delicious meals are provided each day, and the camp staff is happy to accommodate your special dietary needs.

Go to [Flathead Lake Camp](http://flatheadlakecamp.org) to learn more about the camp and all that it offers of God's beauty and peace.

Deep Peace Within ~ Among ~ Beyond

Many of us long for peace in turbulent times. How can we embody peace — truly deep peace? Not the peace that comes through avoidance and separation, but an integrated sense of shalom — present to our own internal and external struggles.

- *Can we release the need to convert and control?*
- *Can we learn to embrace the other in the spirit of Christ?*
- *Can we mindfully curate peace, trusting the work of the Holy Spirit?*

Come to the water's edge at Flathead Lake for five days of contemplative space and time to explore your soul's longing for deep peace.

Registration

Register online at <http://flatheadcamp.org/event/5-day-academy/>.

\$100 non-refundable deposit, applied to registration fee and due at time of registration.

\$600 full registration, due September 15, 2019.

Limited Mountain Sky Conference scholarships.



The Academy
for spiritual formation®
THE UPPER ROOM

Deep Peace

Within ~ Among ~ Beyond

A Five-Day Academy for
Spiritual Formation

Sunday, September 29 —
Friday, October 4, 2019

Flathead Lake United Methodist Camp
Rollins, Montana

Sponsored by

The Academy for Spiritual Formation and the
Mountain Sky Conference of The United Methodist Church

Faculty: Amy Oden

Amy was born and raised on the prairie of Oklahoma, where she returned after 11 years in Washington, DC. She says, "More and more I realize how much that expanse of space has formed me, and how much I need it." Teaching is



her vocation, and she's taught theology and history at Saint Paul School of Theology, Oklahoma City University, and Wesley Theological Seminary. She also teaches spiritual formation as she accompanies students in seminary. Her latest book – and recommended reading – is *Right Here, Right Now: The Practice of Christian Mindfulness*, intended to

invite people into a life-giving Christian practice for life today. Amy says, "I'm still curious about how people who follow Jesus practice their faith and form themselves into community."

Faculty: Hy Xuan Le

Hy says, "A series of miracles brought a Vietnamese refugee to learn from some great people. I continue to appreciate learning from many people, such as colleagues at Seattle University for the last 20 years; staff and members of multiple Two-Year and Five-Day Academies; but most of all from my wife of 27 years. One big challenge for me now is to work with young folks, including my own 4 children, ages 18 to 25." Hy's



recommended reading includes *Gratefulness, the Heart of Prayer* and *Getting to Yes: Negotiating Agreement Without Giving In*.



Worship: Elise Eslinger

We're honored to have Elise Eslinger as our Worship Coordinator and Musician. Elise compiled and edited both the current and original *Upper Room Worshipbook*, the resource used in all Five-Day and Two-Year Academies. She is an extremely gifted worship leader who brings joy and wisdom to daily worship.

Sample Daily Schedule

- 7:30 Morning Prayer
- 8:00 Breakfast
- 9:00 Faculty Presentation
- 10:00 Silent Reflection Time
- 11:00 Group Discussion and 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 Listening Circles
- 9:00 Night Prayer
- Great Silence until Morning Prayer

Welcome and registration from 3:00 — 5:00 pm, Sunday, September 29. Orientation is at 5:30, followed by dinner, listening circles, and worship.

The Academy ends with lunch on Friday, October 4. Please make your travel arrangement to arrive Sunday afternoon and leave Friday afternoon.

Transportation can be arranged at no charge to and from Glacier Park International Airport in Kalispell on the afternoon of the arrival and departure days.

For additional information, please contact:

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