

# The AR/LA/MS 5 Day Academy for Spiritual Formation

A Program of The Upper Room



September 8-13, 2019

The Gray Center: An Episcopal Camp and  
Conference Center, Canton, Mississippi

Begins Sunday, 9/8 at 5 pm.

Ends Friday, 9/13 at noon.

Register Today

at The Upper Room  
Academy for Spiritual  
Formation/Five-Day  
Academies  
([academy.upperroom.org](http://academy.upperroom.org))

Total cost for room, board  
and tuition for a single  
room is \$650 before July 1  
and \$700 after. A \$100  
non-refundable deposit is  
required. Space is limited  
so register today.



## What is a 5 Day Academy?

It is an ecumenical five-day retreat designed for clergy and laity. The purpose is to deepen one's relationship with God through a daily rhythm of prayer, worship, study, and reflection. Each day will include teachings by gifted spiritual leaders, periods of silence and reflection, morning and evening prayers, daily Eucharist, and small group discussions. Time for rest and relaxation are also part of each day.

## QUESTIONS?

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## Make Us Holy; Make Us Whole

*Christ is before all things, and in Christ all things hold together. Colossians 1:17*



Mary C. Earle  
**Spirituality of  
Healing**  
Episcopal priest,  
author, poet,  
retreat leader, and  
Spiritual Director



Elise Eslinger  
One of the foremost  
leaders, teachers,  
writers and  
consultants in  
Worship, Music and  
Spiritual Formation



Robbins Sims  
**New Testament  
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