

Five Day Academy for Spiritual Formation – Sept. 15-20, 2019
Redemptorist Renewal Center (Picture Rocks)

The Academy for Spiritual Formation offers the ancient rhythm of rest, renewal, fellowship and prayer described in Acts 2:42. Lay and clergy participants from across the theological spectrum have benefited from its ability to connect head and heart, mind and soul, old and new. Two faculty presenters bring unique perspectives on scripture and on the mystery of life. This year's theme is "*Sources of Compassion and Strength*"; the faculty are Rabbi Bahle and Dr. Frank Rogers. **You can register for this year's Academy by using this link <https://dscumc.org/az-5-day-academy/>**



Rabbi Helen Cohn is the spiritual leader of Congregation M'kor Hayim ("Source of Life") in north Tucson. Ordained in 1994 from Hebrew Union College in Cincinnati (home of the Reform movement and first rabbinic seminary in the US), Rabbi Cohn felt called to the rabbinate after a long career in the computer world, training which helps her navigate the high-tech world even now!

Helen's first call was to Congregation Emanu-El in San Francisco, the largest Reform congregation in Northern California. While there she met her husband Dennis, who eventually persuaded her to move to the desert, which they did in 2006.

In addition to her rabbinic studies, Helen completed a three-year training program in spiritual direction at the Mercy Center in Burlingame, California. She now has a flourishing Spiritual Direction practice in Tucson and works as a Spiritual Direction Supervisor. She is a popular and respected teacher at the Hesychia School of Spiritual Direction.

Helen was in the first rabbinic cohort of the Institute for Jewish Spirituality, an experience that transformed her approach to teaching, texts, silence, meditation, and interfaith dialogue. She is a member of Zen Desert Sangha. Her education includes a BA degree in English Literature from the University of California at Berkeley and a MA from Brandeis University in Waltham, Massachusetts.

Rabbi Helen Cohn list of resources:

Required Texts:

Sandy Eisenberg Sasso, *Midrash: Reading the Bible with Question Marks*
Robert Alter, *The Book of Psalms: A Translation with Commentary*

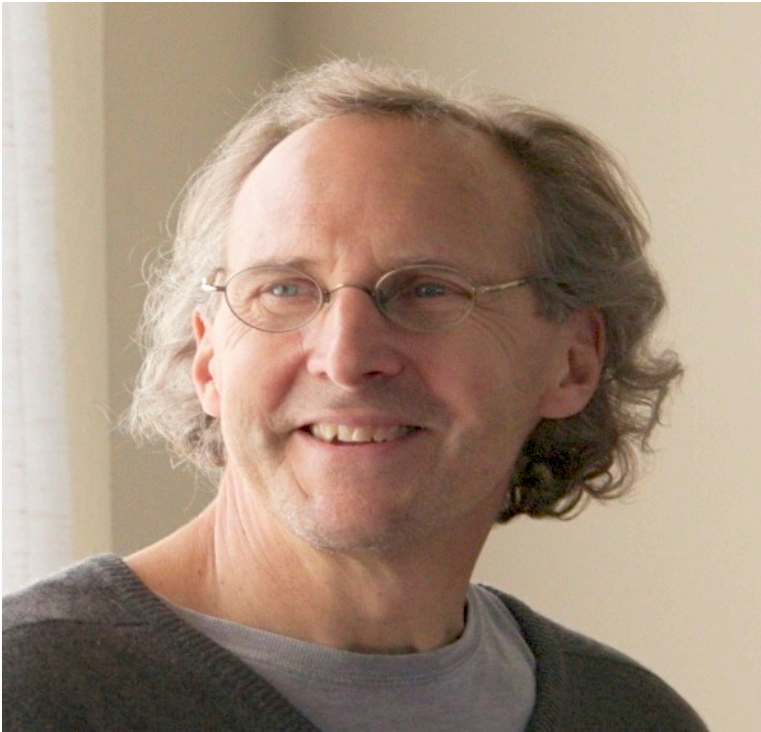
Also, please visit and explore: <http://bit.ly/psalmchants>

Additional Interpretations - both highly recommended (Rabbi Helen Cohn):

Norman Fischer, *Opening to You: Zen-Inspired Translations of the Psalms*
Stephen Mitchell, *A Book of Psalms: Selections Adapted from the Hebrew*

NOT Required but excellent for literary analysis (also recommended by Rabbi Helen Cohn):

The Art of Biblical Poetry by Robert Alter



Frank Rogers is the Muriel Bernice Roberts Professor of Spiritual Formation and Narrative Pedagogy and the co-director of the Center for Engaged Compassion at the Claremont School of Theology. His research focuses on how compassion is cultivated—compassion that is contemplatively grounded, personally empowering, and socially restorative. A trained spiritual director, therapeutic practitioner, and retreat leader, he has worked in North America, Zimbabwe, Great Britain, and Israel/Palestine. He is the author of *Compassion in Practice: The Way of Jesus*; *Practicing Compassion*; *The Way of Radical Compassion—A Curriculum*; *The God of Shattered Glass, A Novel*, and *Finding God in the Graffiti: Empowering Teenagers through Stories*. He lives in southern California with his wife, Dr.

Alane Daugherty, with whom he shares three young adult sons, Justin, Michael, and Sammy. With his wife, he loves to run, camp, snorkel, and follow baseball.

Dr. Frank Rogers list of resources:

Frank Rogers, *Compassion in Practice: The Way of Jesus*

Andrew Dreitcer, *Living Compassion*

About the Academy for Spiritual Formation

The first Academy was held in 1983 in response to a longing for a deeper and broader Christian spirituality. It is a program of The Upper Room, a Division of the UMC Discipleship Ministries, Nashville, Tennessee, sponsored by the Desert Southwest Conference of the UMC. The first Five Day Academy in Arizona was held in 1995; this will be the thirteenth Five Day in Arizona. The Academy begins with registration on Sunday September 15, 2019 at 3:00 pm and ends with Holy Communion on Friday at noon.

BOOKS

NOTE: Faculty presenters are asked to recommend two books for each Five-Day Academy, one of which is a bit more accessible for the average reader and the other which may be a bit more academic. You will find reading some of the material will make your Academy experience more worthwhile. *Jerry Haas*