



The Academy for Spiritual Formation is:

- A disciplined Christian Community emphasizing holistic spirituality – nurturing body, mind and spirit. Intended for both clergy and laypersons who hunger for rich spiritual experiences.
- A retreat following the rhythm of study, prayer, rest and community.
- A setting where morning and evening prayer and Holy Communion frame each day.
- A place to rediscover Christianity's rich, spiritual heritage through worship, learning, and fellowship.
- A time and space for learning, discerning, and sharing our spiritual journeys with others.
- A time of learning new ways to deepen our relationship with God and how to live as faithful witnesses of God's love in this world.

The Location: TRINITY CENTER at the beach and on the sound!

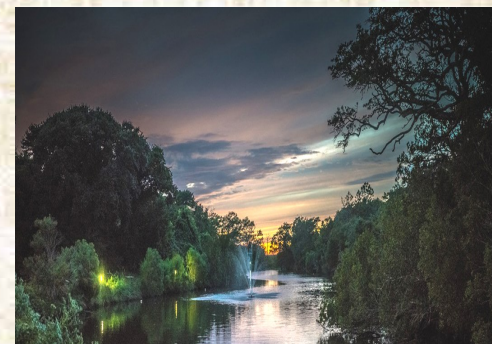
The Trinity Center is the perfect location for retreat, situated in a 62-acre pristine maritime forest, with incomparable views and access to both the Bogue Sound and Atlantic Ocean. Take leisurely walks, rock on the large porch, or rest in comfortable individual hotel-style rooms with private baths and an adjacent lounge area. Delicious home-cooked meals (served buffet style), comfortable and handsome meeting and worship spaces, large live-oak trees, marshes, and the beauty of ocean waves and the sound make this the ideal setting for a transforming journey. Ask anyone who has attended Academy at The Trinity Center or visit their web site at www.trinityctr.com.

**Sponsored jointly by the Upper Room
and the North Carolina Conference of
the United Methodist Church.**

North Carolina 5-Day Academy Team:

Reverend Jon Strother
Leigh and Patsy Ballance
Jeanette Cooper
Claire Cox-Woodlief
Hal Melton
Bryana Herendeen
Debora Murphy

2019 North Carolina 5-Day Academy for Spiritual Formation



October 6-11, 2019

Trinity Center

Atlantic Beach, NC



[nccumc.org/
spiritual-formation/](http://nccumc.org/spiritual-formation/)



The North Carolina
Academy for Spiritual
Formation

Ray Buckley

Native American Spirituality

Ray Buckley is the interim Director for the Center for First Nations Spirituality, and faculty member of The Academy of Spiritual Formation. Buckley has served The UMC as a staff member of The United Methodist Publishing House, Director of the Native People Communication Office (UMCom), and Director of Connectional Ministries and Native Discipleship for the Alaska Missionary Conference. Mr. Buckley is the author/illustrator in a number of story-books and studies on Native peoples for children and youth as well as numerous other books. His stories, poetry and art have appeared in numerous journals, periodicals and books around the world. Ray makes his home in Palmer, Alaska.



Rev. J. Dana Trent

For Sabbath's Sake: Embracing our Need for Rest, Worship, and Community in a 24/7 World



In the age of 24/7, we don't prioritize time for the restorative practice of being present with ourselves, God, and others. This is not what God intended for us. We will explore the ways in which we can and must step out of the chaos in order to find rest, worship, and community. When we do, we lean into the gift God so freely shared in creation: an ancient elixir that can cure our modern woes.

Dana is a graduate of Duke Divinity School and a faculty member of Wake Tech Community College where she teaches World Religions and Critical Thinking. Dana has written 4 books and her work has appeared in numerous periodicals. She and her husband, Fred, live with Truffy the Cat in Raleigh, where Dana also teaches group fitness for the YMCA.

DAILY RHYTHM

- ◆ **BEGINS Sunday, October 6, 2019**
Registration will begin at 4:00pm
Dinner and orientation begin at 6:00pm
- ◆ **EACH DAY MONDAY - THURSDAY**
The rhythm of the day is embraced by morning and night prayer, and enriched with daily Eucharist. Faculty presentations are given each morning and afternoon, followed by silence for individual reflection and then group response time. Covenant groups offer time for sharing our spiritual journeys. Ample free time for rest and recreation is also provided.
- ◆ **CONCLUDES FRIDAY AFTER LUNCH**

THE COST

Registration fee includes meals, lodging, lectures and materials. Registration fee for double occupancy is \$640 per person. Single occupancy registration is \$750 per person. After May 1, rates are \$655 per person double, \$775 per person single occupancy.

Please indicate if you have a preference of specific roommate for double occupancy.

Registration must be accompanied by a \$150 per person non-refundable deposit. One-third of total registration fees are due by June 15th, one-third due by July 15th, and final payment due by August 15th. After June 15th no refunds will be made.

For Answers or to Register

Call Ani Simpkins at 800-849-4433 or email at ani.simpkins@nccumc.org OR register online at <https://nccumc.org/spiritual-formation/register/>

REGISTRATION FORM

The Five Day Academy for Spiritual Formation, October 6-11, 2019

PLEASE PRINT

Name: _____ Phone () _____
 Address: _____ City _____ St. _____ Zip _____
 Gender (M/F) _____ Laity or Clergy _____ Church Name _____ Denomination _____
 Name on name tag _____ E-Mail _____
 Special housing or dietary needs _____
 Single or Double room _____ Academy Experience _____

For credit card payments, register online at <http://nccumc.org/spiritual-formation/register>
 If paying by check, make check payable to "NC 5 Day Academy" and mail to:
Please return this form with a \$150.00 non-refundable deposit fee or payment-in-full

Ani Simpkins, Registrar
 c/o NC Conference UMC
 700 Waterfield Ridge Place
 Garner, NC 27529

For conference use only: 309-4850-000-6020-0601