

**MARK THE DATE**

Markieren sie das datum

*Marquer la date*

**Marca la fecha**

*In returning and rest, you shall be saved.  
In quietness and trust will be your strength.  
Isaiah 30:15*

# THE ACADEMY FOR SPIRITUAL FORMATION

presents

**THREE-DAY ACADEMY**

**SUN — WED**

**JAN 31- FEB 3, 2021**



**DR AMY ODESS**

Visiting Professor of Early  
Church History & Spirituality  
Saint Paul School of Theology  
at Oklahoma City University



Offering an ecumenical  
experience of community  
living in the monastic  
tradition in a modified  
Benedictine daily rhythm,  
deep communal prayer,  
fresh creative worship,  
silent personal time,  
safe hospitable space,  
meditation in solitude,  
study without tests,  
reflection among fellows.

Continuing Education credits (1.5 hrs) available  
Ground transportation to Prothro Center on Lake Texoma (1.5 hrs)  
provided from nearby airports DFW and DAL  
Details & registration to come

OFFERED BY UPPER ROOM MINISTRIES IN COLLABORATION WITH CENTRAL AND NORTH TEXAS CONF UMC