

For more information,
visit academy.upperroom.org

OR CONTACT:

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Registration begins November 1, 2020,
at www.igrc.org/fiveday2021

But he said, "I am Jesus! Don't be afraid!"
The disciples wanted to take him into the boat,
but suddenly the boat reached the shore...

JOHN 6:20-21, CEV



CALM

IN THE STORM

Sailing out of Chaos

TO FIND
Safe shores

A Five-Day Academy
for Spiritual Formation®

APRIL 18 – 23, 2021

**King's House Retreat and Renewal Center
700 North 66th St., Belleville, Illinois**

We long for peace in the midst of turbulent times. Through the Academy experience, we seek to be rooted in the inner and outer journeys of faith, learning and practicing how to be a community of peace and hospitality for our broken world.



Sponsored by The Academy for Spiritual Formation® and the Illinois Great Rivers Conference of the United Methodist Church.

DAILY SCHEDULE:

Arrival Day

| | |
|-----------|------------------------------------|
| 3:00-5:00 | Registration |
| 5:15-6:00 | Eucharist |
| 6:00-6:45 | Dinner |
| 6:45-7:30 | Welcome & Orientation |
| 7:45-9:15 | Listening Groups |
| 9:30-9:45 | Night Prayer |
| 9:45 | Silence until after Morning Prayer |

Days One to Four

| | |
|-------------|--|
| 7:30-8:00 | Morning Prayer |
| 8:00 | Breakfast |
| 9:00-10:00 | Morning Teaching |
| 10:00-11:00 | Silence & solitude for prayer & reflection |
| 11:00-11:30 | Discussion/ Feedback with faculty |
| 11:30-12:00 | Community Time |
| 12:00 | Lunch |
| 2:30-3:30 | Afternoon Teaching |
| 3:30-4:30 | Silence & solitude for prayer & reflection |
| 4:30-5:00 | Discussion/ Feedback with faculty |
| 5:15-6:00 | Eucharist |
| 6:00 | Dinner |
| 6:45-7:30 | Options |
| 7:45-9:15 | Listening Groups |
| 9:30-9:45 | Night Prayer |
| 9:45 | Silence until after Morning Prayer |

Departure Day

| | |
|-------------|----------------|
| 7:30 | Morning Prayer |
| 8:00 | Breakfast |
| 8:45-9:45 | Teaching I |
| 9:45-10:00 | Break |
| 10:00-11:00 | Teaching II |
| 11:15 | Eucharist |
| 12:00 | Lunch |

OVERVIEW:

What is the Five-Day Academy®?

The Five-Day Academy for Spiritual Formation is a program of The Upper Room®, providing an opportunity for clergy and laity to tune their hearts toward God through a daily rhythm of prayer, worship, learning and reflection. Each day includes teachings by gifted spiritual leaders to deepen our walk with God, periods of silence, morning and evening prayer, Eucharist, and an opportunity to share with and encourage one another.

When and where will the academy be held?

WHEN:

Arrival on Sunday, April 18, 2021, 3 - 5 p.m.
Conclusion on Friday, April 23, 2021 at 1 p.m.

WHERE:

King's House Retreat and Renewal Center
700 North 66th St., Belleville, Illinois, a beautiful facility in a rolling and wooded setting.

PHONE: 618-397-0584

Does the Five Day Academy® qualify for continuing education credit?

YES. If you choose to seek credit, you will be provided with the necessary form to be signed by the faculty. The form must then be submitted to the leadership team with a \$15 payment at the conclusion of the event. A commitment to full-time participation by all participants is expected.

What does it cost?

If you register before February 15, 2021 the cost is \$675 per person, which includes tuition, private room and bath, and all meals. Registration cost after that date is \$700 per person. A \$100 non-refundable deposit is required at the time of registration. All registrations and payments are due by April 1. Clergy and laity may qualify for limited scholarship funds.

CALM IN THE STORM: SAILING OUT OF CHAOS TO FIND SAFE SHORES.

Opening to contemplation, preserving integrity, embracing diversity, developing community... these are some of the ways we seek to find and create safe shores in a world of chaos!

DO YOU LONG FOR TIME WITH GOD in a setting where you can set aside the daily demands of life, and experience the rhythm of worship, silence and reflection? Come and enjoy enriching lectures and conversation with other pilgrims along the way.

FACULTY:



Roberta Bondi, a writer, teacher, and retreat leader, is Professor Emerita at Candler School of Theology. A weaver and spinner who is interested in women's work with fiber through the ages, Roberta is the author of 9 books and a longtime faculty member of The Academy for Spiritual Formation.



Ray Buckley, a Native American storyteller, author and illustrator, is Director of Connectional Ministries and Native Discipleship for the Alaska Missionary Conference. Ray is a longtime faculty member with the Academy. His stories, poetry, and art have appeared in numerous journals, periodicals, and books around the world.

