

REGISTRATION

Registration and payment can be made through the Conference website: flumc.org/threedayacademy
Cost includes materials, planning, faculty, & Upper Room fees.

- ☐ \$250 Regular Rate
- ☐ \$300 Sponsor's Rate (funds Academy scholarships)
- ☐ \$200 Student and First-Time Rate

If you are unable to pay online, checks are payable to **Florida Conference Treasurer** with "Your Name/3 Day Academy" on memo line mailed to: CJM Ministries, 450 Martin Luther King Jr. Ave., Lakeland, FL 33815

Name: _____

Address: _____

City, State, Zip: _____

Email: _____

Phone: _____

Church: _____

**Full payment due by
February 17, 2022.**

To apply for a scholarship,
contact Jim Cook at
jimcook6244@gmail.com
or Ann Abbott at
annabbott@cox.net.

THURSDAY & FRIDAY

- | | |
|------------------------------------|-------------------------------------|
| 9:00: Morning Prayer | 5:00: BREAK |
| 9:30: Presentation | 5:45: Covenant Group Time |
| 10:30: Silent Reflection | 7:00: Night Prayer |
| 11:30: Group Plenary | (30 minutes) |
| 12:00: Midday Prayer | <i>Break until individual</i> |
| 12:30: Lunch/Free Time | <i>observation of Great Silence</i> |
| 1:45: Presentation | |
| 2:45: Silent Reflection | |
| 3:45: Group Plenary | 9:00: Great Silence |
| 4:15: Prayer with Eucharist | (until Morning Prayer) |

SATURDAY

- | | |
|--|---------------------------------|
| 9:00: Morning Prayer | 12:30: Break |
| 9:30: Presentation | 12:45: Closing Eucharist |
| 10:30: Silent Reflection | 1:30: Depart in Peace |
| 11:30: Closing Covenant
Group Time | |

Participants are strongly
encouraged to remain in a quiet
place throughout the Academy.

1.5 CEU's are available from the Florida
Conference (FREE) and/or from the General
Board of Discipleship for a fee of \$15.

THE UPPER ROOM



OUR JOURNEY TO WHOLENESS

3-Day Virtual Academy
for Spiritual Formation

MARCH 17-19, 2022

FACULTY:
Elaine Heath & Jerry Webber

A RETREAT IS...

- For lay and clergy persons of all denominations who hunger for spiritual growth
- A time to rest, relax, reflect, and renew the body, mind, and soul
- A time for learning new ways to deepen our relationship with God and to live as faithful servants of God's love in the world
- A time for sharing morning and night prayer, evening Eucharist, and silence, all of which set the rhythm of the three days
- A time to share spiritual growth and friendship in covenant groups

THESE 3 DAYS...

Jeremiah 29:11 says: "For I know the plans I have for you," says the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

To be able to explore our journeys together with a promise like the one included above promises to be...

...a gift of time
...a gift of freedom to explore
...a gift of community support
...a gift of listening and being listened to
...a gift of relaxation, rest, and realization provides

NEW INSIGHTS, NEW FRIENDS, NEW AWARENESS

May these be our gifts these 3 days.

LEADERSHIP TEAM

Retreat Leaders: Jim Cook & Ann Abbott

Worship/Music: Rev. Steve West

Covenant Groups: Sarah Madsen

Hospitality: Kathy Houser

Humble Servant: Rev. Drew Weseman

ACADEMY FACULTY



DR. JERRY WEBBER

TOPIC: ALWAYS WE BEGIN AGAIN

Jerry Webber is a long-time friend of the Florida Conference and the Florida Five-Day Academy. For nearly 30 years Jerry has explored prayer and spiritual formation as the soul-shaping center that informs his vocation in the world. His own spiritual explorations have formed his ministry, as he provides soul care and spiritual companionship for others by leading retreats, teaching about the spiritual journey, and offering spiritual direction to individuals and small groups.

He is a frequent retreat leader, conference speaker, and Academy for Spiritual Formation faculty, and he consults with congregations and individuals in spiritual formation and spiritual direction.

Recommended Reading:

- *An Altar in the World: A Geography of Faith* by Barbara Brown Taylor
- *To Bless the Space Between Us: A Book of Blessings* by John O'Donohue



DR. ELAINE HEATH

TOPIC: IT TAKES A COMMUNITY

Elaine Heath has had an amazing life journey, growing up in poverty with many challenges, including leaving home when she was a junior in high school. After her children were born, she went to college and seminary, then earned a PhD in theology. She is now an ordained elder in the United Methodist Church and has served as a professor of evangelism at Perkins School of Theology at Southern Methodist University, and as Dean and Professor of Missional and Pastoral Theology at Duke Divinity School, Duke University.

Along with her spouse and seven friends, Elaine lives at Spring Forest, a multicultural intentional community in rural North Carolina, where they tend a forest and small farm that supports immigrants and others who experience food insecurity. They also hold day retreats for small groups and individuals, and host a decentralized mission church.

Recommended Reading:

- *The Mystic Way of Evangelism: A Contemplative Vision for Christian Outreach* (2nd Edition) by Elaine A. Heath
- *The Healing Practice of Celebration* by Elaine A. Heath