



Comments from Participants

"It was a rich, important, healing time for me and I am grateful for all you did to create such a rich environment. I've said to myself a number of times since, 'Why didn't I come sooner?' And, I've responded to myself 'I came when I most needed to, at just the right time.'"

Amory Peck, UMC, WA

"The speakers, worship and accommodations were all great, but it was the rhythm of the schedule that moved me to a deeper level. It began with the silence in the evenings to hear my own voice broken only by the praise of morning worship. ... The free time in the afternoons for walks, naps and my own agendas were refreshing. These and the small group time in the evenings all worked its way to open my heart. Along with new ideas stimulating my mind, it was the pace and schedule which opened my spirit to God's will and way."

Rev. Jim Stender, ELCA, WA

"My first experience at a 5-day Academy was wonderful. The covenant group was helpful, the presenters engaging, and location very peaceful and beautiful. ... What I appreciated most of all during the week was the extensive amount of time allowed for silence and reflection. That was a true gift."

Rev. Dan Wilson-Fey, UMC, OR

"The location is beautiful, there is a nice balance between programs and downtime, the worship was engaging and the community very supportive. It was a wonderful opportunity for me to step away from the busyness of life and experience the healing power of The Holy Spirit and to grow deeper in my faith. I look forward to attending the next Academy."

Pat Rankin, UMC, OR

Five Day Academy For Spiritual Formation



Ancient Wisdom, Earth Wisdom

February 23rd - 28th, 2014
Palisades Retreat Center
Federal Way, WA

For more information visit

www.upperroom.org/academy

The Academy for Spiritual Formation

Are you yearning for a place to nourish your spiritual life? Do you seek a spirituality deeply rooted in the Christian faith and tradition, yet open and free? Are you looking for a community of people on a similar journey? The Five Day Academy for Spiritual Formation may be for you.

Worship shapes the heart and soul of the Academy. Following ancient practices, the day begins with Morning Prayer and closes with Night Prayer; we begin and end each day with God. The Sacrament of Holy Communion or Eucharist is celebrated every day as a time to "taste and see the goodness of the Lord."



Two faculty presenters provide the primary content of your Five Day Academy. They have been chosen for their knowledge about this year's academy theme and for their integrity as faith practitioners. Their knowledge and wisdom encourage deeper faith and an integrity of witness in the lives of the participants.

Besides these two faculty presenters, one other "teacher" should be mentioned and that is silence. From the earliest days, Christians have seen the importance of silence for hearing what God is saying to us. While new for some, many have found this to be one of the most valuable aspects of their first Academy experience.

Ancient Wisdom, Earth Wisdom

"But where shall wisdom be found? And where is the place of understanding?" (Job 28:12 NRSV) We live in a world of vast knowledge, but sometimes wisdom is in short supply. As Christians seeking divine guidance for our lives, we can have confidence that it may be found in the ancient wisdom texts of our tradition as well as the most ancient source of all—God's created world. Join us as we journey with wise teachers through the wisdom scriptures and into the realm of creation spirituality.

Leadership Team

Co-Retreat Leaders:

Randy Henderson, UMC (360) 688-6509
Sue Magrath, UMC (509) 699-0959

Covenant Group Coordinator:

Denise McGuiness, UMC

Registrar:

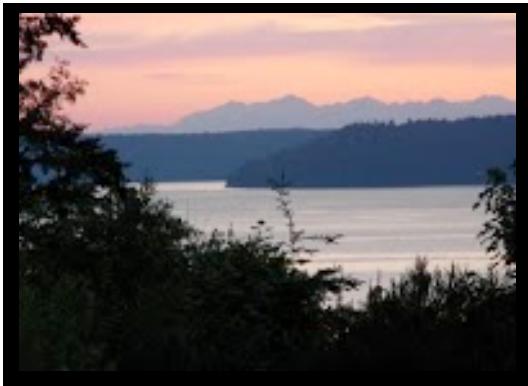
DeLois Turley, Baptist
dgturley210@outlook.com
(206) 604-1203 (C)

Worship Coordinator:

Chuck Hindman, UMC

Upper Room Director of the Academy:

Johnny Sears



Palisades Retreat Center

The Palisades Retreat Center is located on a lovely site overlooking Puget Sound. The center offers comfortable rooms, beautiful views, a labyrinth, and paths for walking in the woods and to the beach. The peaceful setting of the Palisades will nurture our community as we worship, pray, reflect and "allow our souls to catch up to our bodies" in this peaceful time together.



Dr. Alexandra Kovats is well known in the United States and internationally as a teacher and lecturer on ecological and creation spirituality, spirituality and cosmology, eco-feminism and religious life. Alexandra is currently involved in the ministry of spiritual direction

and retreat facilitation. She is also Adjunct professor in the field of spirituality for the School of Theology and Ministry (STM) at Seattle University. She is Executive Director and Founding Member of GreenHearth Collective, a non-profit organization that focuses on urban ecology and eco-spirituality. Through her teaching and journeying with people of different ages, lifestyles and cultural/ethnic backgrounds, she is committed to facilitate them toward a fuller and freer life. Watch a video of Dr. Kovats at www.youtube.com/watch?v=ZZKjMYvoZOU



Rabbi Rami Shapiro is an award winning author of over two dozen nonfiction books, whose poems and short stories have been anthologized in over a dozen volumes, and whose prayers are used in prayer books around the world. Rami received rabbinical ordination from the Hebrew Union College—Jewish Institute of Religion, and holds a PH.D. in religion from Union Graduate School. A congregational rabbi for 20 years, Rabbi Rami is currently Adjunct Professor of Religious Studies at Middle Tennessee State University where he also directs The Writer's Loft, MTSU's creative writing program, and co-director of One River Wisdom School, a training program in the Perennial Philosophy. He can be reached via his website, www.rabbirami.com

Dates

February 23rd - February 28, 2014.

The Academy begins Sunday at 5:30 pm with a gathering of the community followed by dinner at 6:00 pm & concludes with lunch Friday at noon.

2014 Five-Day Academy Spiritual Formation

Name: _____

Address: _____

Phone: _____

Email: _____

Church: _____

Please circle one: Lay Clergy
Not affiliated with a church

Academy Fees: \$850 (early bird discount)
if paid in full by January 15, 2014.

\$975 after January 15, 2014

Includes tuition, room & board and
\$100 non-refundable deposit

Mail this registration form with your \$100 non-refundable deposit to:

DeLois Turley
Attn: Five Day Academy
P.O. Box 33246
Seattle, WA 98133

Make checks payable to:
Treasurer, Pacific NW Conference

Please consider including an optional, much needed and much appreciated, tax deductible Scholarship Donation for Lay Participants

Donation Amount Enclosed: _____

Total Amount Enclosed: _____

Registration Deadline:

Feb 1, 2014

FULL PAYMENT DUE NO LATER THAN

February 15, 2014