

REGISTRATION INFORMATION

Registration and payment can be made through the conference website:

<https://florida-reg.brtapp.com/2018SF5DayAcademy>

Cost includes room, board and faculty fees.

\$100 non-refundable deposit
(deposit is applied to registration fee)

\$625 Single room
 \$525 Double room

Checks payable to *Florida Conference Treasurer* with "your name/5 Day Academy" on the memo line mailed to:

Heidi Leab, Registrar for 5 Day Academy
450 Martin Luther King Jr. Ave.
Lakeland, FL 33815

Name_____

Address_____

City, ST, Zip_____

Email_____

Phone_____

Church/Denomination_____

Full payment due by February 20, 2018



LEADERSHIP TEAM

Retreat Leader: Sarah Madsen
Worship: Rev. Kelly Smith
Faculty Liaison: Marilyn Swanson
Covenant Groups: Ann Abbott
Hospitality: Kathy Houser & Marybeth Smith

Typical Day

7:30 Morning Prayer
8:00 Breakfast
9:00 Faculty Presentation:
10:00 Silent Reflection Time
11:00 Group Discussion and Community Time
Noon Lunch and Free Time
2:30 Faculty Presentation:
3:30 Silent Reflection Time
4:30 Group Discussion
5:15 Eucharist Service
6:00 Dinner and Free Time
7:30 Covenant Groups
9:00 Night Prayer
Great Silence until Morning Prayer

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 accountability. Free time is offered for rest and renewal.

Registration is from 3:30 – 5 pm Sunday afternoon, March 11th in the Pearson Room. The Academy ends with lunch on Friday, March 16, 2018.

Participants are encouraged to remain on site throughout the academy. Some scholarships are available.

Three (3) CEU's are available from the FL Conference (FREE) and/or from the GBOD for a fee of \$15.

Florida FIVE-DAY ACADEMY FOR SPIRITUAL FORMATION

faculty

Marjorie Thompson
&
Rabbi David Horowitz

March 11-16, 2018

Life Enrichment Retreat Center
4991 Picciola Road
Fruitland Park, FL 34731

A program of the Upper Room
and the FL UMC Conference
Spiritual Formation Team

**SEEKING SABBATH
SABBATH KEEPING**



A Retreat

- 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 servant of God's love in the world.
- A time for sharing morning and night prayers, evening Eucharist and silence all of which sets the rhythm of the week.

RECOMMENDED READING LIST

David Horowitz:

- <https://www.jewishvirtuallibrary.org/what-is-shabbat-jewish-sabbath>
- *God Was In This Place and I Did Not Know* by Rabbi Lawrence Kushner.

Marjorie Thompson:

- *Sabbath* by Wayne Muller
- *Abundant Simplicity* by Jan Johnson



Rabbi David Horowitz

TOPIC:
The Spiritual, the Joy and Rest

Rabbi David M. Horowitz is the rabbi emeritus of Temple Israel in Akron, Ohio. Prior to his election as rabbi of Temple Israel in 1983, Rabbi Horowitz served congregations in Indianapolis and Hammond, Indiana, and Queensland, Australia. Rabbi Horowitz received his bachelor degree from Tulane University In English Literature, his Bachelor of Hebrew Letters, Master of Arts, Ordination, and Doctor of Divinity (honoris Causa) from the Hebrew Union College-Jewish Institute of Religion, Cincinnati, Ohio. In the past he has taught philosophy and theology at Calumet College, Hammond, Indiana, and courses in the Ethnic Studies department of Kent State University, Kent, Ohio. Rabbi Horowitz is married to Toby (1963) and has two children and three grandchildren.



Rev. Marjorie J. Thompson

TOPIC: *Practicing Sabbath in a 24/7 World*

The Reverend Marjorie J. Thompson brings to her ministry over 25 years of experience in retreat work, teaching, and writing in the area of Christian spiritual formation. She considers writing a central dimension of her calling as an ordained minister in the Presbyterian Church (USA). Marjorie has served two congregations in pastoral ministry, and as adjunct faculty for six seminaries. Her educational path includes Swarthmore College, McCormick Theological Seminary, and a research fellowship at Yale Divinity School, where she was deeply influenced by her mentor, the late Henri Nouwen.

Marjorie lives in the woods of Kingston Springs, Tennessee in a light-filled log home Marjorie helped to design. She enjoys music, poetry, and creative cuisine as time allows.

SEEKING SABBATH SABBATH KEEPING

In today's world there is a struggle to seek balance between rest and work. Many times this leads to exhaustion and a sense of being deprived when surrounded by an overabundance of distractions, worries, work demands, obligations, and meeting goals. *Seeking Sabbath* invites us to find an oasis that provides refreshment for the body, mind and soul. And in *Sabbath Keeping* we discover the wisdom of stillness and rhythms to make it become a reality to be embraced and not become another duty to perform. Having a fresh new vision of what God invites us to do brings us into alignment with His intention for our time of rest.



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<http://www.flumc.org/fivedayacademy>