

ACADEMY SCHEDULE

Your Five Day Academy will begin on Sunday evening and conclude after lunch on Friday. Please note that there are five nights, not four. The schedule (not yet set in cement):

ARRIVAL DAY (Sunday)

- 4:00 Registration
- 5:00 Eucharist (Holy Communion)
- 6:00 Dinner
- 7:00 Orientation
- 7:30 Covenant Groups
- 9:15 Night Prayer (followed by silence until Morning Prayer)

THE DAILY RHYTHM

(Monday through Thursday)

- 7:30 Morning Prayer
- 8:00 Breakfast
- 9:00 Curriculum I (Loyd Allen)
- 10:00 Silence and Solitude
- 11:00 Plenary discussion with faculty
- 11:30 Community time
- 12:00 Lunch and Free Time
- 2:30 Curriculum II (Elise Eslinger)
- 3:30 Silence and Solitude
- 4:30 Plenary discussion with faculty
- 5:15 Eucharist (Holy Communion)
- 6:00 Dinner
- 6:45 Evening Options
- 7:45 Covenant Groups
- 9:30 Night Prayer (followed by silence Until Morning Prayer)

DEPARTURE DAY (Friday)

- 7:30 Morning prayer
- 8:00 Breakfast
- 8:45 Curriculum I
- 10:00 Curriculum II
- 11:15 Eucharist
- 12:00 Lunch and adjourn

SPONSORED BY

The North Alabama Conference and The Alabama West Florida Conference Board of Discipleship.

Leadership Team

John Bonner,
Retreat Leader

Irene Brownlee,
Worship

Nick Holler,
Theologian

Kathy Norberg,
Registrar

Dana Lower,
Covenant Group Leader

Brenda Garrett,
Hospitality

For Additional Information Contact:

Kathy Norberg
75 Fairpoint Drive
Gulf Breeze, FL 32561
(850) 932-3594

knorberg@gbumc.org

For information on retreat center and directions:

www.sumatanga.org



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**The Alabama Five-Day
Academy
for Spiritual Formation®
January 31 – February 5, 2010
Camp Sumatanga
Gallant, Alabama**



Taking the Christ Journey

A Five Day Academy at Camp Sumatanga is a wonderful experience of

- Living in Community
- A Daily Rhythm of Eucharist, study, prayer and silence
- Rest and renewal
- Support for the Journey
- Pilgrims together

JANUARY 31 – FEBRUARY 5, 2010

Beginning with late afternoon orientation on Sunday and ending with lunch on Friday

\$545 with an early bird discount of \$50 if registering before December 1

\$50 non refundable deposit holds your space and is deducted from the final payment

ACCOMODATIONS

The retreat center at Sumatanga provides single occupancy rooms with private bath. Linens and towels are provided for the week. There are trails in abundance and even a challenging hike to the top of the mountain. Meals are served in the cafeteria

More information including a cyber-tour are at www.sumatanga.org.

OUR FACULTY FOR THE WEEK



Elise Eslinger

Retreat Leader
Editor
Musician and
Composer

A founding team member of the Upper Room Academy for Spiritual Formation in 1983, Elise was part of the first Advisory Board which created the Upper Room Academy for Spiritual Formation, served as its first worship coordinator, and has been worship coordinator or adjunct faculty presenter for many subsequent 2-year and 5-year teams. She compiled and edited the *Upper Room Worshipbook* 1985 which was utilized in the Academy sessions for over two decades, as well as in other retreat and seminary contexts and local congregations. She served as compiler and editor for both the original *Upper Room Worshipbook* published in 1985, and the exciting new edition of the *Worshipbook* released in 2006.



Loyd Allen

Professor
Spiritual
Director
Retreat Leader

Dr. Loyd Allen is Sylvan Hills Professor of Church History and Spiritual Formation at Mercer University's McAfee School of Theology, as well as a spiritual director and retreat leader. He delights in the varieties of Christian spirituality emerging in different times and places over the span of Christian history. Though most of his adult life has been spent ministering among Baptists in the South, he was baptized in a small Methodist church, which shared facilities with a Presbyterian congregation.

. In 2000, he spent a sabbatical learning about and experiencing the Celtic spirituality heritage of Wales.

REGISTRATION FORM

Name _____ State _____ Zip _____
Address _____ City _____ State _____ Zip _____
Daytime Phone _____ Email Address _____
Church _____ Denomination/Conference _____
_____ Lay _____ Clergy Is this your first time to attend an Academy? _____

Please send this information to:

Mrs. Kathy Norberg
75 Fairpoint Dr.

Gulf Breeze, Florida 32561

Make Check Payable to Alabama 5 Day Academy