

PRE-REGISTRATION FOR "THRESHOLDS OF THE SPIRIT"

Name _____ Email _____
Address: _____ Phone: _____
City _____ State _____ Zip _____ Academy# _____
Your deposit of \$50 is part of your registration fee and will assure the early rate discount if postmarked by March 1, 2010 with the balance due at registration on May 3. Pre-register today to take advantage of the early discount.
Deposit: _____ Enclosed is my check for \$50 _____ Please charge my credit card
Circle One: Visa Mastercard Number: _____
Name on the card: _____ Signature: _____
Expiration date: _____

COST: Full registration, including room & board, is \$625 if deposit is postmarked by March 1, 2010 or \$695 if deposit is postmarked after March 1, 2010. Balance (less \$50 deposit) is due on May 3, 2010. Registrations will be accepted in the order they are received (limited to 54). Make your check payable to "The Academy" and mark it "Thresholds" in the memo line. Mail to: The Academy for Spiritual Formation, PO Box 340004, Nashville, TN 37203-0004

Thresholds of the Spirit

Water, Wind, Rhythm and Fire



MAY 3-7, 2010

THE TRINITARIANS RETREAT CENTER,
8400 PARK HEIGHTS AVENUE
BALTIMORE, MD

SPONSORED BY: THE UPPER ROOM
ACADEMY FOR SPIRITUAL FORMATION

Phone: 877-899-2781 ext. 7233

Thresholds of the Spirit

The Upper Room
ATTN: Donna Bryant
PO Box 340004
Nashville, TN 37203-0004
Registration: dbryant@gbod.org

Thresholds of the Spirit

Thresholds is for everyone who has completed the Two Year Academy for Spiritual Formation and for anyone who is feeling the call to step through the threshold of God's grace.

The Upper Room and the Academy for Spiritual Formation are offering this experience of prayerful contemplation that will encourage pilgrims, such as Academy graduates, to move deeper into life with God.

Purpose of Thresholds of the Spirit

Thresholds is modeled after the rhythm of the Academy for Spiritual Formation. It follows the pattern of a morning presentation on the "Psalms as Thresholds" by Dr. Bob Morris. The participants will then have time to reflect, meditate and journal on the threshold experiences at the intersection between the Psalms and practice.

In the afternoon, we will be crossing tangible thresholds that will continue the daily theme. The Sacred Studio will allow all the participants to immerse in the Spirit through "Music and Movement," "Beauty and Wonder" in Iconography, and "Heart and Mind" using the medium of writing. The Sacred Studio is designed that all the pilgrims will have afternoon journeys into these aesthetic expressions.

The evenings will be enriched by daily options followed by Listening Circles to share our threshold moments.

LEADERSHIP TEAM

Linda Douty, Retreat Leader
Elise Eslinger & Carol Craig, Worship & Music
Cynthia Langston Kirk, Artist & Poet
Joe Kenaston, Hospitality

Morning Presenter



“Psalms as
Thresholds of
the Spirit”

Robert C. Morris, an ordained Episcopal priest, Bob serves as Executive Director of Interweave, a center dedicated to “wellness, spirituality and the common good” in Summit, New Jersey. A frequent Academy presenter, Bob brings a deep appreciation for the Scriptures, especially the Psalms.

Afternoon Schedule

2-4 PM Sacred Studios Workshops

- **Thresholds of Music & Movement:** led by Elise Eslinger & Kathryn Sparks. Music and Movement – deepening faith through voice and body.
- **Thresholds of Beauty & Wonder:** led by Carol Craig. Connection with the Divine through eyes of art and iconography.
- **Thresholds of Soul and Story:** led by Cynthia Langston Kirk & Linda Douty. Writing into the Sacred through poetry, liturgy, and more.

Evening Schedule

6:45 Evening Options

- **Thresholds of Story Telling** with Joe Kenaston
- **Thresholds of Fabric Art** with Cynthia Langston Kirk
- **Thresholds of Service** with Sr. Francisca Dox

7:30 Listening Circles

9:15 Night Prayers followed by silence

Soul Spaces

Soul Spaces: Permanent places for prayer and reflection that will remain open through the week. You are invited to use the Soul Spaces for inspiration and meditation. The Soul Spaces will be centered around

- *Praying with Photography*
- *Praying with Iconography*
- *Praying with Stations of Paradise*

Worship Life in the Thresholds of the Spirit

7:30 Morning Prayer
12:00 Noon Day Prayer
5:00 Eucharist and Preaching
9:15 Night Prayer

A Taize Service with Healing will be offered on Thursday night.

The Great Silence will be observed from the close of Night Prayer till Morning Prayer. Silence will be practiced during times of reflection.

It is through the rhythm of worship, prayer, meditation on Scripture, and silence that we find ourselves on the threshold where we glimpse God's image, hear the divine whisper, feel the cadence of grace, and experience the fire of the Spirit.



Thresholds
Worship
Leader
Elise Eslinger

Elise Eslinger will serve as Worship and Music Coordinator. Elise is the Editor of the Upper Room's Worshipbook, Elise has been a part of the Academy from its beginning in 1983. A native of Mississippi; Elise holds a Masters degree in Sacred Liturgy from St. Meinrad's Seminary near Evansville, Indiana. A lifelong learner, she is now pursuing a D. Min. from United Theological Seminary in Dayton, Ohio.

Thresholds

There are many thresholds in life. Some are significant and others we cross without much thought or contemplation. In Memphis, there is the ruin of an old church, with a side and front wall remaining. Although the doors and windows remain open space, you get the sense of a significant threshold into antiquity. However, when you walk through the door, you are staring at a brand new fast food establishment. Not the threshold result one expected.

If you are tired of being disappointed with false thresholds, then this retreat will offer those threshold moments and experiences that can bring a satisfying and fulfilling sense of God's presence.

The Thresholds event in May 2010 is an invitation to step into God's grace and never be the same again. Please register and encourage others to join you in stepping through the threshold of life.