

Alabama-West Florida Conference Spiritual Formation Opportunities

Spiritual Formation is the process of being conformed in the image of Christ for the sake of others ~ Bob Mulholland



Walk to Emmaus and Chrysalis—A spiritual renewal ministry designed to strengthen the local church through the development of Christian disciples and leaders. For more information visit www.upperroom.org/emmaus or one of our AWF Emmaus Community sites.

Two Year Academy for Spiritual Formation—The Academy for Spiritual Formation is an experience of disciplined Christian community emphasizing holistic spirituality ~ nurturing body, mind and spirit. The program is ecumenical in nature and meant for those who hunger for a deeper relationship with God. This Christian community is comprised of clergy and laity. The next Two - Year Academy to be held at Camp Sumatanga in the North Alabama Conference is August 3, 2015 - May 2017. For information visit www.upperroom.org/academy.



The Five Day Academy For Spiritual Formation— The Five Day Academy for Spiritual Formation™ is like the two-year Academy, but it consists of a single five-day session. For more information about the next upcoming 5 Day Academy at Camp McDowell, near Jasper, AL, please contact Pat Luna patluna@me.com or Kathy Norberg To register, contact kathy.norberg@gmail.com or 850-324-1015. Sponsored by The AWF and North Alabama Conferences of the UMC and The Upper Room.

Spiritual Direction is the practice of being with people as they attempt to deepen their relationship with the divine, or to learn and grow in their own personal spirituality. The person seeking direction shares stories of his or her encounters of the divine, or how he or she is experiencing spiritual issues. The AWFUMC Spiritual Directors are trained in the art of holy listening. As listeners in this prayerful art form they will accompany you as you share about your sacred, spiritual journey in life or in community, helping you to note God's presence and activity along the way, as well as your personal reactions and responses. Hospitable, confidential & grounded in biblical truth, Spiritual Direction is a ministry that helps you grow in prayer and in your journey as a follower of Christ. If you are interested in Spiritual Direction for yourself or would like to have a discovery conversation to decide if you are called to be trained as a Spiritual Director, please contact Kaye Westmark, margaretw@cox.net (850) 516 -7812.



The **Experiential Prayer Room** offers, promotes and invites a worshipful prayer space with healing, nourishing spiritual practices at different prayer stations to all of God's children. Come experience this Prayer Room during Annual Conference. It is opened during the hours of annual conference 7 a m – 5 p m Monday – Tuesday and 7 a m – 10:30 a m on Wednesday. For more information about the Experiential Prayer Room or how to provide the same experience for your church community please contact Patti Bodenhamer at pattibodenhamer@gmail.com.



Labyrinth Ministry—AWF Conference's large and small prayer labyrinths are available for congregations and retreats. To reserve the smaller labyrinth (24') contact the Conference Resource Center (334) 356-8014. To reserve the large labyrinth (36') contact Peggy Ackerman (850) 476- 5818 (Cokesbury UMC) . For more information, education, and experience with the labyrinth, contact Patti Bodenhamer (251) 952-2175 or pattibodenhamer@gmail.com.



Prayer Shawl Ministry—is a ministry to draw people together to pray for those who are sick, undergoing medical procedures, experiencing a loss, etc. or those celebrating special times in life or ministry such as marriage or ordination. The tangible sign of giving those prayed for a prayer shawl is a unique part of this ministry. Special retreats are periodically offered for those interested in developing a prayer shawl ministry. For more information contact Donell Seager donellseager@gmail.com .



CENTERING PRAYER ~ Be still and know that I am God (Psalm 46:10) Resting in the Presence of God: A Contemplative practice for everyone



Centering Prayer familiarizes us with God's first language ~ SILENCE. CENTERING PRAYER is an ancient form of prayer, made new, known as PRAYER OF THE HEART, PRAYER OF SIMPLICITY or PRAYER OF QUIET that is a receptive, deep method of silent prayer that prepares us to open our hearts so that we may respond to the inspirations of the Holy Spirit. It is a prayer method that reduces the obstacles to the gift of Contemplative Prayer. Centering Prayer emphasizes prayer as a personal, intimate relationship with God (heart to heart) as movement beyond words with Christ to communion with Him. For more information re: Centering Prayer Introductory Workshops or Retreats to learn about the contemplative life and Centering Prayer as a discipline of prayer, please contact Patti Bodenhamer (251) 952-2175; Minta McDavid (251) 550-5609 or Donell Seager (850) 723-5781.



Companions in Christ—is a transformation small group series that offers both 28 week or short-term studies. For more information visit www.upperroom.org/companions or contact Lesley Cooper at jimmlesleycooper@earthlink.net.