

## REGISTRATION INFORMATION

We recommend that you register early as space is limited! Payment options are available by check or credit card.

Cost includes a single room with private bath, all meals, and tuition. A non-refundable registration fee of \$100 is required to reserve your Academy space. This amount will be applied to your total cost.

Register by check or credit card at  
[www.virginiafivedayacademy.org](http://www.virginiafivedayacademy.org)

\* Limited Scholarship Assistance is available.  
Contact John Hall  
(804-837-2025) for info.

**Total cost... \$795**  
Three CEUs are available for a fee of \$15.  
Forms will be available during the week.

The Academy will be held at:  
Roslyn Retreat Center  
8727 River Road  
Richmond, Virginia 23229

The Virginia Five-Day Academy  
for Spiritual Formation, Inc.  
is a nonprofit 501(c)3 entity.

### Questions?

**Jerry Taylor 703-798-6613 /**  
[taylor.jerry@verizon.net](mailto:taylor.jerry@verizon.net)



**The Academy**  
for spiritual formation

## FACULTY PRESENTERS



**Dr. Loyd Allen** recently retired from his position as the Sylvan Hills Professor of Church History and Spiritual Formation at Mercer University's McAfee School of Theology in Atlanta. He stays active as a spiritual director and retreat leader. Loyd has been faculty for the Academy since 2002. He delights in the varieties of Christian spirituality that emerge in different times and places through 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. Married to Libby, whose family is devoutly Roman Catholic, he has continued to broaden his knowledge and experience of Christian spiritual traditions throughout his life. After spending a sabbatical studying and experiencing the Celtic spirituality heritage of Wales, he has led numerous pilgrimages to Scotland, England, and Ireland, as well as Israel. Dr. Allen teaches Christian spirituality like a traveler telling stories about the places he has been or wants to go. In retirement, he enjoys tennis, hiking, and cruising back roads with the top down in his Fiat Spider roadster.



**Rev. Grace Imathiu** is Senior Pastor of First United Methodist Church Evanston, IL. She has also served churches in Kenya as a church planter; a superintendent minister overseeing 68 rural churches in Nkubu; and an urban minister to an ecumenical congregation in Nairobi with strong outreach to the neighboring slums of Kawangware. Pastor Grace is intimately familiar with the Church in its many theological expressions and social locations. Grace loves people and has a passion and gift for inspiring and nurturing communities of faith to live out loud the prophetic story of Jesus. For Grace, the quintessential expression of the resurrected Lord's presence is a community whose very DNA is a radical hospitality which births a loving and a healthy tension that is ideological, theological, racial, ethnic and cultural. For Rev. Imathiu "the world is her parish". As an African who married a European and is raising an American son, Grace is committed to advocating for the inclusion of all people. She has preached in Germany, Ireland, New Zealand, Togo, Liberia, Denmark, Australia, Malaysia, Brazil, and all throughout the United States.

The Virginia Five-Day Academy  
for Spiritual Formation, Inc. ®

IN PARTNERSHIP WITH THE UPPER ROOM



## CLAIMING THE PROMISES

**MARCH 3-8, 2024**

ROSLYN RETREAT CENTER  
RICHMOND VIRGINIA

You are invited to join us  
for a time of  
Spiritual Refreshment  
and Exploration.

*"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."*  
-Matthew 28:19-20 NRSV



## ABOUT THE ACADEMY

**The Five Day Academy for  
Spiritual Formation  
is designed for:**

- ◇ Persons seeking spiritual growth
- ◇ Laity and Clergy
- ◇ Worship, Study, Rest and Renewal
- ◇ Silence, Solitude and Community
- ◇ Prayer and Reflection
- ◇ Learning Spiritual Disciplines
- ◇ Deepening your Relationship with God

### 2024 Leadership Team

*Team Leader*  
**Jerry A. Taylor**

*Worship Leader*  
**Rev. Valerie Ritter**

*Listening Circle Coordinator*  
**Rev. Jeffrey Haugh**

*Spiritual Directors*  
**Rev. Kim Barker-Brugman**  
**Rev. John Hall**

*Registrar & Treasurer*  
**Rev. Kyungsuk Cho**

*Hospitality Coordinator*  
**Cathy Bowen**



ROSLYN RETREAT CENTER



The Virginia Five Day Academy for Spiritual Formation creates safe space to be in communion with God, self, others, and creation for the sake of the world.

### Worship

Worship shapes the heart and soul of this gathering. With no more than fifty participants, the community is just the right size for rich worship experiences. 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 well, a time to “taste and see the goodness of the Lord.” The Upper Room Worship Book offers a wide variety of musical selections and liturgies that are theologically sound and appropriate for this spiritual formation journey.

### Community

Throughout the week you will meet in a small group called a “Listening Circle.” Here you will be invited to reflect on your spiritual journey and share how God is working in you during the academy. As the week goes on, the group can be a sacred place for spiritual growth and intimacy.

### Daily Rhythm

The academy offers an opportunity for you to deepen your relationship with God through a daily rhythm of prayer, worship, learning and reflection. Each day includes teaching by gifted spiritual leaders (Dr. Loyd Allen and Rev. Grace Imathiu), periods of silence, morning and evening prayer, Eucharist, Listening groups and community time. Time for rest and reflection are part of each day.



### Who Will be There?

A basic knowledge of the Christian faith is assumed, and so is a willingness to grow and struggle. Some participants may be skeptical in their faith and others may be deeply trusting; the key is a desire to grow in one's relationship to God. Along with a mix of clergy and laity, several denominations will be represented. All are welcome to this community. This is your place to retreat, rest and grow!

## [Daily Schedule]

7:30 am Morning Prayer

8:00 am Breakfast

9:00 am Faculty Presentation

10:00 am Silent Reflection Time

11:00 am Group Discussion

12:00 pm Lunch and Free Time

2:30 pm Faculty Presentation

3:30 pm Silent Reflection Time

4:30 pm Group Discussion

5:15 pm Eucharist Service

6:00 pm Dinner and Free Time

7:00 pm Listening Circles

8:45 pm Night Prayer

*Great Silence until Morning Prayer*