

## 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 Jerry Taylor  
(703-798-6613) for info.

**Total cost... \$750**  
Three CEUs are available for a fee of \$15.  
Forms will be available during the week.

The Virginia 5 Day Academy for Spiritual Formation is a nonprofit 501(c)3 entity.

### Questions?

Robert Lewis 804-852-8476 /  
[robertlewis@vaumc.org](mailto:robertlewis@vaumc.org)



The Academy  
for spiritual formation

## FACULTY PRESENTERS



**Rabbi Rachel Barenblat**, named in 2016 by the Forward as one of America's Most Inspiring Rabbis, was ordained by ALEPH: Alliance for Jewish Renewal as a rabbi in 2011 and as a mashpi'ah ruchanit (spiritual director) in 2012. She holds a BA in religion from Williams College and an MFA in Writing and Literature from the Bennington Writing Seminars. In addition to several poetry chapbooks she is author of five book-length collections of poetry: 70 faces: Torah poems (Phoenicia Publishing, 2011), Waiting to Unfold (Phoenicia, 2013), Toward Sinai: Omer poems (Velveteen Rabbi, 2016), Open My Lips (Ben Yehuda Press, 2016), and Texts to the Holy (Ben Yehuda, 2018.)



**Rev. Dale Clem** recently retired as an elder in the United Methodist Church which he has served since 1985 when he graduated from Duke Divinity School. He grew up in Huntsville, Alabama and graduated from Birmingham-Southern College. Dale is married to Rev. Kelly Clem, a District Superintendent of the Northwest District of the North Alabama Conference. He is the father of Sarah (Tylor), and Laurel, and grandfather to Maisy. Dale enjoys trail walking/hiking, backpacking, beekeeping, and mission trips. He is the author of "40 Days in the Wilderness, Reflections and Prayers Along the Appalachian Trail," (2016), "Winds of Fury, Circles of Grace," (1997, 2010), "A Moment with God for those who Grieve" (1999, 2011), "Advent A Calendar of Devotions 2016." He has served as pastor of local churches, campus minister at Jacksonville State University, and missionary to Lithuania. Dale has a heart for missions and spiritual formation. He serves on the Faculty of the Upper Room's "Academy for Spiritual Formation."

The Five-Day Academy for  
Spiritual Formation®

IN PARTNERSHIP WITH THE UPPER ROOM



## SONGS FOR THE JOURNEY

AUGUST 14-19, 2022

ROSLYN RETREAT CENTER  
RICHMOND VIRGINIA

You are invited to join us  
for a time of  
Spiritual Refreshment  
and exploration on a  
**PILGRIMAGE WITH  
THE PSALMS**



# ABOUT THE ACADEMY

The Five Day Academy for Spiritual Formation is designed for:

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

## 2022 Leadership Team

*Team Leader*  
Rev. Robert Lewis

*Worship Leader*  
TBA

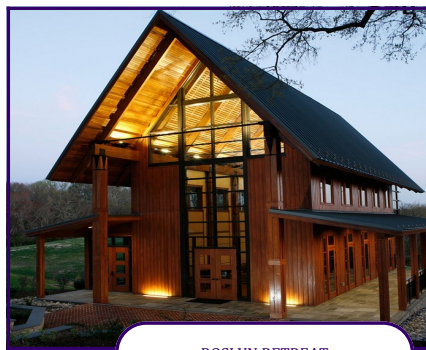
*Covenant Group Coordinator*  
Rev. Jeffrey Haugh

*Spiritual Director*  
Rev. Kim Barker-Brugman

*Registrar & Treasurer*  
Rev. Kyungsuk Cho

*Hospitality Coordinator*  
Cathy Bowen

*Promotion & Funding*  
Jerry Taylor



ROSLYN RETREAT



The Academy for Spiritual Formation creates safe space for people 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 forty or 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 covenant group. 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 covenant 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 (Rabbi Rachel Barenblat and Rev. Dale Clem), periods of silence, morning and evening prayer, Eucharist, covenant 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

7:30 pm Covenant Groups

9:00 pm Night Prayer

*Great Silence until Morning Prayer*