



(WCO) is an ecumenical and inclusive order of clergy and laity who long for a deeper intimacy with God and a supportive spiritual community of companions for the transforming journey. Inspired by John Wesley's spiritual growth model, we meet in small bands (4-8 people) to create space for God's transforming grace to work in our lives. Grounded in contemplative practices, the primary purpose is to grow as students of Jesus as a means of nurturing the process of our own inner transformation for the good of others and God's glory. We are committed to God, to one another, to shared values, and to the WCO covenant as a general rule of life.

Though diverse in denominational expressions, we strive to unite in love, availability, and vulnerability to God and one another. If God is calling you to a deeper life in the Spirit, learn more at:

www.WesleyanContemplativeOrder.com

In This
Together

Questions?

Contact Ann Starrette, Office of Spiritual Formation & Direction
Anchored at Davidson United Methodist Church
astarrette@davidsonumc.org • 704-488-5825

DAVIDSON
UNITED
METHODIST
CHURCH

Soul-Tending

*As a flower opens to the sun, you are invited
to open to the inner work of God using*

Ancient Spiritual Practices



*Learning and practice sessions
for those hungry for deep-down transformation
2020 and beyond*



IN THIS TOGETHER

Wesleyan Contemplative Order, anchored at Davidson United Methodist Church,
The Lydia Group retreat ministry, and others as noted throughout this booklet.

Expanding Impact • Strengthening Souls • Transforming Lives

Soul-Tending for Transformation

So then, my friends, because of God's great mercy to us I appeal to you: Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him. This is the true worship that you should offer. ²Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God—what is good and is pleasing to him and is perfect. Roman 12:1-2

Spiritual Formation fills a unique place in the lives of Christians individually and collectively through the local church. Spiritual formation draws upon the Scriptures, spiritual disciplines, and lessons of the early church to help people on that inward journey to be with Christ, hear from the Holy Spirit, and receive God's love for right action in a hurting world.

It demands a different approach. Rather than being instruction-based and focused on information about God, it calls for the forming and shaping of our spiritual hearts (Christ image) for right action, no matter our setting. Though this is God's work and God's work alone, we must cooperate. One way is through the spiritual practices that train us to intentionally and routinely open space for God's grace to work within us.

In service to cultivating “the heart and mind of Christ,” please join us as often as you are able as we learn and practice ways of intentionally opening space for God's transforming work within us so that we can discern and rightly do the will of God.

For beginners and seasoned practitioners.

All are welcome!

*Disciplines are not the answer;
they only lead us to the Answer.*

Richard J. Foster

NOTES

Other Transforming Opportunities

- **School of the Spirit: Nurturing Inner-Transformation through the Ancient Spiritual Practices:** A 12-month program for clergy and ministry professionals. Applications are accepted each fall for spring enrollment. www.schoolofthespirit.com
- **The Sacred Invitation: Living from the Center Out:** A 12-month program for all God's people who hunger for a holistic approach to the inner work that deepens their life with God as it equips and empowers them to love, live, and lead from within - whatever their setting. Applications are accepted in the winter for summer enrollment. www.thelydiagroup.com/the-sacred-invitation
- **The Inner Artist: Explore your inner artist by diving into contemplative practice and creative expression:** Each retreat will provide a rhythm of ancient spiritual practices incorporated with artistic response. Various media such as watercolor, collage, photography, and drawing will be explored. Learn more and/or register here: www.thelydiagroup.com/the-inner-artist.

Extended Centering Prayer/Silent Retreats:

- St. Benedict's Retreat Center, Snowmass, CO:
www.stbenedictsretreat.com
- St. Francis Springs Prayer Center, Stoneville, NC:
www.stfrancissprings.com
- St. Mary's Sewanee, TN:
www.stmaryssewanee.org
- Valle Crucis Conference Center, Valle Crucis, NC:
www.vcconferences.org/programs
- Jesuit Center/Ignatius House, Atlanta, GA:
www.ignatiushouse.org

Wesleyan Contemplative Order Information Session

Explore the life-giving power of contemplative spiritual practices within a supportive community. We are an ecumenical and inclusive community of clergy and laity who meet in small bands to create space for God's grace to work in our lives. The intent is to nurture the process of inner transformation through contemplative practices as exemplified in John Wesley's *means of grace*, saying they allow the Holy Spirit to "form the Savior in the soul."

REGISTRATION HELPFUL:

Call or Text Lisa Marion (828-234-8122).

Walk-ins welcome!

- Chapel of Davidson United Methodist Church, 304 South Main Street, Davidson, NC
- Facilitated by Tom Peckham and other order members.
- Questions? Contact Lisa Marion (ourphalt@gmail.com).

What participants have said...

"I love my Julian Band - the people, safety, and acceptance, and all we learn by listening to one another."

"I really appreciate our monthly gatherings. They help me stay focused on what's most important. I don't know that I ever understood what it meant to just 'sit at the feet of Jesus like Mary' until I started practicing it with you all."

Stations of the Cross - Day Retreat

A Time of Learning and a Liturgy of Remembrance

Do you ever wonder what the Stations of the Cross are? Do you have an interest in learning more about Jesus' last day on his way to the Cross? If so, please join us for this retreat designed to share the journey and the Passion of Christ in these final hours. We do this to learn from him so that we might in our own life's journey better imitate his.

We will explore the history, the scriptures, and experience the newly-created Stations of the Cross prayer walk — nestled in a peaceful setting leading through the woods near the labyrinth at Starrette Farm Retreat Center near Statesville, NC.

REGISTER HERE: www.thelydiagroup.com/soul-tending-retreats-payments/stations-of-the-cross-day-retreat

- Hosted at Starrette Farm Retreat, Statesville, NC. Directions follow your registration.
- Cost is \$25.00 per person. Registration includes lunch and materials.
- Space is limited to 20 participants.
- Nancy Bellamy, Stations project coordinator, retreat leader, and resident chaplain, will lead this unique Lenten season offering. All are welcome!
- Questions? Contact registrar Colleen Siadak (cmsiadak@gmail.com) or 704-577-3408).

On-going

Second Friday monthly/9:00 a.m. - 5:00 p.m.
Come and depart as you are able

Quiet Space Fridays

Hosted at Starrette Farm Retreat, Statesville, NC.

Directions follow your registration.

Experience sacred space to encounter God in community yet alone, in the beauty of nature, and the healing rhythm of sacred quiet. We provide no agenda. It is your quiet day, your way - a day to draw back, refresh, and re-calibrate. People come to these "set apart" days for all sorts of reasons...so whatever your reason, welcome!

DETAILS and REGISTRATION:

www.thelydiagroup.com/quiet-space-fridays/

Sunday - Wednesday, January 17 - 20, 2021

An Invitation to Solitude & Silence through

The Big Silence

Stumbling into the Heart of Christ
4-day mostly silent retreat

St. Francis Springs Prayer Center, Stoneville, NC
Rev. Dianne Lawhorn and Rev. Jonathan Brake

REGISTER HERE:

www.thebigsilence.org
Fills quickly. Register early.

New Year Labyrinth Walk and Recommitment Service

Chapel of Davidson United Methodist Church
304 S. Main Street, Davidson, NC

Labyrinth Walk opens at 9:00 a.m.

Experience a lovely candlelit labyrinth prayer walk as an exceptional way to release the past and imagine the year yet to be. A labyrinth is simply a place to walk and pray in the silence of your heart. The labyrinth journey, known as a body prayer or walking meditation, quiets the mind and moves the soul toward wholeness and renewal. As we enter, we RELEASE the past; at the center we RECEIVE the deep love and peace of Christ; as we return, we RESOLVE to be and do something new and different.

Recommitment Service at 7:00 p.m.

An ecumenical and inclusive service with Holy Communion for those drawn to recommit their lives to Christ. Following the service, you are invited to stay for a time of fellowship and celebration. We really hope you will come!

The spiritual season of Christmastide is often a time for walking the Labyrinth as a symbol of walking into newness of life and a new year.

- The Chapel will remain open throughout the day. Doors open at 9:00 a.m. with last walk concluding by 6:00 p.m.
- Tips for how to walk the ancient prayer path will be provided.
- Doors will re-open at 6:40 p.m. for those attending the 7:00 p.m. Recommitment Service.
- Questions? Reach out to Lisa Marion (ourphalt@gmail.com) or Ann Starrette (astarrette@davidsonumc.org)

"Taste & See" Ancient Practice Sampler **POSTPONED UNTIL 2021**

We are created uniquely in the image of God – and therefore are drawn to different practices to help us a) become like Jesus, naturally from the inside out and b) remain centered in Christ in daily life!

To those ends, we are offering a “sampler workshop” where you will be introduced to practices such as: Centering Prayer (silent prayer), *Lectio Divina* (praying the Scriptures), Solitude and Silence (“*the primary spiritual discipline* which enables us to learn other disciplines”), Welcoming Prayer (letting go and letting God), and Spiritual Discernment using the Daily Examen. You will hear briefly from seasoned practitioners how they arrange their days to consistently place themselves before God’s transforming presence via engaging in the practices presented.

REGISTER HERE: www.thelydiagroup.com/soul-tending-retreats

- Hosted at Clemmons United Methodist Church, 3700 Clemmons Rd., Clemmons, NC.
- Cost is \$40.00 by May 10; \$45.00 after May 10 per person. Space is limited to 25.
- Registration includes lunch and materials.
- Presented by Ann Starrette and Rev. Dr. Anne Hilborn. Ann Starrette oversees the Office of Spiritual Formation and Direction at Davidson UMC and The Lydia Group Retreat Ministry. As a professor at South University, Anne Hilborn instructs D. Min. students in Christian Spiritual Formation, culminating in the writing of a “Rule of Life.” Anne is also a Presbyterian pastor.
- Questions? Contact registrar Colleen Siadak (cmsiadak@gmail.com or 704-577-3408).

Creating a Sacred Rhythm // Rule of Life

An Introduction with Practice

The idea of a rule of life dates back to antiquity. It is a way of making ourselves available to God. Some prefer calling this ancient term a *rhythm of life* or *sacred rhythm*.

In her book *Soul Feast*, Marjorie Thompson writes: "A Rule of Life is a pattern of spiritual disciplines that provides structure and direction for growth in holiness. When we speak of patterns in our life, we mean attitudes, behaviors, or elements that are routine, repeated, and regular. Indeed, the Latin term for "rule" is *regula*, from which our words *regular* and *regulate* derive. A rule of life is not meant to be restrictive, although it certainly asks for genuine commitment ...It is meant to help us establish a rhythm of daily living, a basic order within which new freedoms can grow. A rule of life, like a trellis, curbs our tendency to wander and supports our frail efforts to grow spiritually."

This short class will focus on helping you develop a regular spiritual routine that weaves a few spiritual practices into the fabric of your everyday life; practices that nourish your soul and form your character into Christlikeness; practices that you lean into and long for out of desire, not duty.

REGISTER HERE: www.thelydiagroup.com/soul-tending-retreats

- Hosted at Clemmons United Methodist Church, 3700 Clemmons Rd., Clemmons, NC.
- Cost is \$25.00 per person. Registration includes refreshments and materials.
- Space is limited to 25 participants.
- Presented by Ann Starrette and Rev. Dr. Anne Hilborn. Ann Starrette oversees the Office of Spiritual Formation and Direction at Davidson UMC and The Lydia Group Retreat Ministry. As a professor at South University, Anne Hilborn instructs D. Min. students in Christian Spiritual Formation, culminating in the writing of a "Rule of Life." Anne is also a Presbyterian and pastor.
- Questions? Contact registrar Colleen Siadak (cmsiadak@gmail.com or 704-577-3408).

Preparing for Advent

a mini-retreat

Advent is the season when we anticipate the birth of the Christ child, a wonder-filled event that is the very beginnings of Jesus and His ministry in this world. But what if we took the celebration a step farther and asked ourselves this question: What is Christ birthing in me this season? What new thing or event or person or learning or joy is He preparing me for? What will the birth of the Christ Child symbolize in my life this year? What do I long for? What is the Lord putting on my heart in anticipation?

Join us for a deeper look into our lives and the potential Christ sees in us as we anticipate the Advent and arrival of the Christ child. This morning will be led by Pat Adams, spiritual director, supervisor of spiritual directors, "By the Waters" blogger and author of 2 books, *Thy Kingdom Come!* and *Exodus: Our Story, Too!* Her third book is in the editing process: *Called to Help the Poor and Needy*. She is preoccupied always with how we lead this life in Christ in the 21st century.

REGISTER HERE: www.thelydiagroup.com/soul-tending-retreats

- Hosted at the United Methodist Foundation, 13816 Professional Center Drive, Huntersville.
- Donation of \$10.00 by November 4; \$15.00 after November 4. Donations support the WCO ministry.
- Registration includes refreshments and materials.
- Space is limited to 25 participants.
- Presented by Pat Adams.
- Questions? Contact registrar Colleen Siadak (cmsiadak@gmail.com or 704-577-3408).

Sunday and Monday, October 11 - 12, 2020

Sunday, 4:00 - 7:30 p.m. (optional)

Monday, 9:30 a.m. - 4:00 p.m.

In the Center with God

Wesleyan Contemplative Order ~11th Annual Fall Retreat

Our retreat theme will focus on the journey and reflections of the Labyrinth. This will be a journey deeper in God, with God and God in us. In our busy lives we ask, "How do I get in the center with God?" The answer is found on our Labyrinth journey. As we stand at the entry of the Labyrinth, we see the center, we see the twists and turns and we feel the overflow of emotions as our feet glide on the path. On the path of the Labyrinth, we find ourselves dancing with God towards the center.

The purpose of the WCO Fall Retreat is to set aside some intentional time away to foster the process of transformation in Christ, strengthen the joy of community, and become better equipped to bring peaceful change for a fairer and more just world.

REGISTRATION flyer details: Reach out to Ann (astarrette@davidsonumc.org).

- Hosted at Starrette Farm Retreat, Statesville NC
- Rev. Lettie Ar-Rahmaan (WCO Jubilee Band) and others will guide us on this deeper journey into the heart of God.
- Limited to 30 attendees. Invitation open to Vowed Members first.
- If space allows, after April 1, the Fall Retreat will be extended to all band members (those who have not yet taken their vows).
- If spaces remain as we near October 13, the WCO Coordinating Council will determine if guests with interest in the WCO may be invited. Please make your interest known to Ann (astarrette@davidsonumc.org).
- Questions? Contact registrar Lisa Marion (ourphalt@gmail.com or 828-234-8122).

Saturday, July 11, 2020 / 9:30 a.m. - 5:00 p.m.

Embracing Your Divine Gift - Discovering the Contemplative Enneagram

POSTPONED UNTIL 2021

This retreat is for those who have some familiarity with their Enneagram type. While the Enneagram of Personality is the most popular way to begin to understand the Enneagram, this retreat will focus on how the Enneagram gives us a map and compass for the sacred discovery of our unique path to God.

We will use the Enneagram of Intelligence Centers to understand how we perceive the world, the Enneagram of Type to understand how we meet the world, and the Enneagram of Harmony to understand how we relate to the world. From the experience of these, we will discern the unique contemplative Prayer Posture and unique Prayer Intention that is most shaped to deconstruct our false self and bring us ever closer to God, to seeing with the mind of Christ. Within this context, we will experience the gift of our Enneagram of Baptism and the special gifts God not only gave Jesus but each of us in our first experience of the opportunity to begin to wake up.

REGISTER HERE: www.thelydiagroup.com/soul-tending-retreats

- Hosted at Starrette Farm Retreat, Statesville, NC. Directions follow your registration.
- Cost is \$75.00 per person. Registration includes lunch, refreshments and materials.
- Space is limited to 25 participants.
- Don Carroll, enneagram master, spiritual director, and founding fellow of the Wesleyan Contemplative Order will facilitate this offering. Participants will need to have some knowledge of their Enneagram type. Don is available for one on one prior to this workshop for type testing. Reach Don (carroll.williamdon@gmail.com).
- Questions? Contact registrar Colleen Siadak (cmsiadak@gmail.com or 704-577-3408).

Intentionally Following Jesus

Based on "*The Spiritual Formation Workbook*" published by Renovare'

Jesus walked the earth as a Rabbi! His disciples, as did ALL disciples of the day, followed Jesus to learn from Him how to be like Him! (How similar to kindergartners "playing school" and imitating their teacher!) JESUS modeled for them – and for us – how to become like Him as 21st c. followers.

It's possible!

From the life of Jesus Christ emerge six distinct areas:

1. Devotion to God (September gathering)
2. Virtue in thought, word, and action (October gathering)
3. Empowerment by the Spirit (November gathering)
4. Compassion toward all people (December gathering)
5. Proclamation of the good news of the gospel (January gathering)
6. Harmony between faith and work (February gathering)

The goal of this series is to gain an understanding of these aspects of Jesus' life and incorporate them into our lives daily. By doing so, we will grow more and more Christlike. Register today!

Two location/time options, each beginning in August.

Matthews: Cross and Crown Lutheran Church, 300 Pineville Matthews Rd.

- Dates: Saturdays, August 22, September 19, October 10, November 14, December 12, January 9, February 13.
- Time: 9:30- 11:30 a.m.
- Facilitated by Ms. Pat Adams and Dr. Anne Hilborn.

Statesville: Starrette Farm Retreat Center. Directions follow your registration.

- Dates: First Thursday monthly: August 6, September 3, October 1, November 5, December 3, January 7, February 4
- Time: 10:00 a.m. - 12:00 noon
- Facilitated by Colleen Siadak and Nancy Bellamy (jin63@bellsouth.net or 336-971-7275)

REGISTER HERE: www.thelydiagroup.com/soul-tending-retreats

- Register for series by August 1. Minimum number of registrants to hold series: 7.
- Cost for series: \$60.00/participant + "A Spiritual Formation Workbook" by J. Smith (purchase through Christianbooks.com or other book seller).

Questions? Contact registrar Colleen Siadak (cmsiadak@gmail.com or 704-577-3408).

A One-Day Silent, Centering Prayer Retreat

For the Experienced Centering Prayer Practitioner

This retreat will replicate for one day the rhythm of the extended retreats at St. Benedict's Monastery in Snowmass, CO. There will be four rounds of one-hour sits with a walking meditation in between each one. Those attending will be invited to participate in as many rounds as they would like. The retreat will be in silence except for brief conversations at the beginning and closing. The retreat will be led by Don Carroll, a member of the Wesleyan Contemplative Order. Don says, "When I had the chance to visit with Father Keating during a Snowmass ten-day retreat, he encouraged me to find a way to extend the rhythm of the time of my practice. Since then I have found that a daily practice is deeply enriched by an extended-day practice as well as a yearly practice of a week or longer. This day-long retreat will address that intermediate rhythm of giving experienced practitioners the opportunity to settle deeply into the rhythm of their Centering Prayer practice for a day."

REGISTER HERE: www.thelydiagroup.com/soul-tending-retreats

- Hosted by Starrette Farm Retreat Center, Statesville, NC. Directions follow your registration.
- Cost: \$40.00 by September 7; \$45.00 after September 7. Registration includes lunch and refreshments.
- Space is limited to 25 participants.
- Presented by Don Carroll, founding fellow of the Wesleyan Contemplative Order.
- Questions? Contact registrar Colleen Siadak (cmsiadak@gmail.com or 704-577-3408).