

## Suggested Schedule

### Sunday

3:00 p.m.	Registration
5:15 p.m.	Welcome/Orientation
6:00 p.m.	Dinner
6:45 p.m.	Orientation continues
7:00 p.m.	Listening Circles
8:30 p.m.	Eucharist
9:15 p.m.	The Great Silence

### Monday-Thursday

7:30 a.m.	Morning Prayer
8:00 a.m.	Breakfast
9:00 a.m.	Faculty Presentation
10:00 a.m.	Silent Reflection Time
11:00 a.m.	Plenary Discussion w/Faculty
11:30 a.m.	Community News
12:00 p.m.	Lunch and Free Time
2:30 p.m.	Faculty Presentation
3:30 p.m.	Silent Reflection Time
4:30 p.m.	Plenary Discussion w/Faculty
5:00 p.m.	Transition to Worship
5:15 p.m.	Eucharist
6:00 p.m.	Dinner
7:15 p.m.	Listening Circles
8:45 p.m.	Transition to Worship
9:00 p.m.	Night Prayer/Great Silence

### Friday

7:30 a.m.	Morning Prayer
8:00 a.m.	Breakfast
8:30 a.m.	Faculty Presentations
11:00 a.m.	Eucharist and Farewell

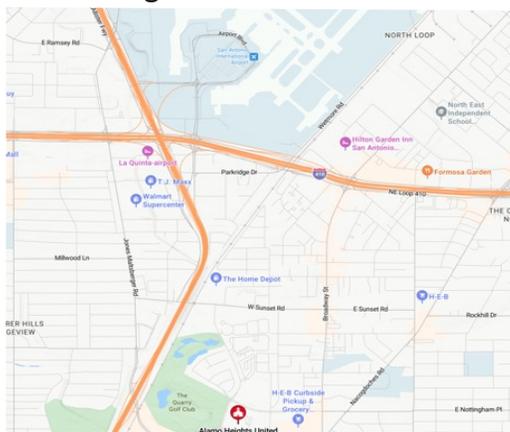
### Additional Information

Wear comfortable casual clothing.  
*Bed linens & towels are provided.*

## What is the Five Day Academy?

The Five-Day Academy for Spiritual Formation is a program of Upper Room Ministries, providing an opportunity for clergy and laity to draw close to a loving God through a daily rhythm of prayer, worship, learning, and reflection. Each day includes teachings by gifted spiritual leaders to deepen our walk with God, periods of silence, morning and evening prayer, Eucharist, and an opportunity to share with and encourage one another.

### Alamo Heights United Methodist Church



Located in central SA, **Alamo Heights UMC** is So. of the SA Airport, E. of 281. Take Basse Road exit off 281. Address: **825 E. Basse Rd., 78209), 210-826-3215**. The entrance to the grounds will be on your right. The Center is only 15-20 minutes from the airport. Look for the signs to the Entrance to sign in.



## The Five Day Academy for Spiritual Formation 2024

*A spiritual formation renewal program of THE UPPER ROOM, offered by the Academy for Spiritual Formation, South Texas/Rio Texas Conference*

### Ancient Traditions... New Pathways



*Thus says the Lord: Stand at the crossroads and look, and ask for the ancient paths, where the good way lies; and walk in it, and find rest for your souls. Jeremiah 6:16a*

**Sunday, July 28, 3:00 pm to  
Friday, August 2, 1:00 pm**  
**Alamo Heights United Methodist Church**  
(Housing at St. Anthony's across  
the street from the church)  
825 E. Basse Road  
San Antonio, Texas 78209

# REGISTRATION FORM

Event Dates: July 28-August 2, 2024

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Other: \_\_\_\_\_

E-mail: \_\_\_\_\_

Male: \_\_\_ Female: \_\_\_ Laity: \_\_\_ Clergy: \_\_\_

Age: 20-30 \_\_\_ 30-40 \_\_\_ 40-50 \_\_\_ 60+ \_\_\_

Local Church: \_\_\_\_\_

Denomination: \_\_\_\_\_

First time attending a 5-Day Academy? \_\_\_\_\_

Restricted Diet? \_\_\_\_\_

Accessibility needs? \_\_\_\_\_

\*Assistance with translation? \_\_\_\_\_

**Please attach a short statement about why you are attending. This will be used to create Listening Circle groups.**

## RATES

**Early Registration** ends May 3, 2024

Single Room \$550.00 Dorm style beds \$500.00

**Regular Registration** ends July 1, 2024

Single Room \$600 Dorm style beds \$550

**Late Registration** ends July 26, 2020

Single Room \$625.00 Dorm style beds \$575.00

**Participants driving from home each day:**

**Early** Registration - \$450.00

**Regular** Registration - \$500.00

**Late** Registration - \$525

**Limited Single Rooms available**

**Non-refundable registration fee - \$100.00**

**Make checks payable to Rio Texas Conference**

and note *Five Day Academy on your check. Please return this form with accompanying statement and*

*payment to:* **Rev. David Corna, Registrar**

**109 Sunflower Lane, San Antonio, TX 78213**

dcorna56@gmail.com/ 512-202-5917

**Preferred payment** is the full amount at registration. However, upon request to the registrar, installments may be made with the final amount due 2 weeks prior to the event.

## Our Faculty

### Sylvia Maddox

Sylvia Maddox is a retreat and workshop leader with an emphasis on prayer, spirituality, reconciliation, and Christian discipleship in ecumenical settings. Sylvia graduated from Baylor University and became a Baptist Missionary. She has a Masters of Education at the University of Texas. She is also a graduate of the Oblate School of Theology and a Masters of Theological Studies. Sylvia Co-authored with Mary Earle PRAYING WITH THE CELTIC SAINTS and SPIRITUAL COMPANIONS. She also worked with Mary Earle on numerous presentations and retreats. Her wider circle has included presentations at the Thomas Merton Society, Renovare Conference and many others. Sylvia has a love of music and outdoor hiking.



### Lloyd Allen

Rev. Dr. Lloyd Allen is retired Sylvan Hills Professor of Church History and Spiritual Formation at Mercer University, McAfee School of Theology. His training for Christian ministry took place at the Southern Baptist Theological Seminary in Louisville, Kentucky, which awarded him M.Div (1978) and Ph.D. (1984) degrees. Christian spirituality, and interfaith work are his main areas of interest. He has published a history of Maryland/Delaware Baptists and also, Crossroads in Christian Growth. He is currently working on a brief history of Christian Spirituality and a comparison of spiritual formation in various religious traditions. Off campus, Dr. Allen is a frequent faculty member for the Academy for Spiritual Formation and was executive director of the W.H. Whitsitt Baptist Heritage Society. He is also a spiritual director and regularly guides pilgrimages to Celtic lands and Israel.



February 22, 2024

## An invitation to blessing...

Being an engaged Christian has never been easy. Today's culture expects and rewards expedience, material achievements, position and power over Christian values of humility, patience, kindness, and vulnerability. Divisive discourse surrounds us. What does it mean to be led by the Spirit in a time of doubt and anxiety?

Come, step away for a time apart, to discern how the roots and relevance of Christian spirituality guide us in fearful times. Use this time to find ways to equip yourself to be an engaged and steadfast follower of Christ for the world today.

### Meet your Academy Leadership Team

Retreat Leader - Clara Bennett

Theologian/Registrar - Rev. David Corna

Worship Coordinator - Dr. Elise Eslinger

Listening Groups - Rev. Nancy Sherman

Carter

Hospitality - Tom Bennett

Questions? **Contact** Rev. David Corna at dcorna56@gmail.com/512-202-5917  
**OR**

Clara Bennett at clarabennett@att.net,  
443-567-2249

