

The Piedmont NC Chapter of Contemplative Outreach Ltd, International offers programs and support for those who want to deepen their relationship with God through the practice of Centering Prayer. There are weekly groups throughout the greater Charlotte/Lake Norman area that meet to encourage members in the practice of Centering Prayer. To learn more go here: [www.copnc.org](http://www.copnc.org) or contact Chapter Coordinator Support, Colleen Siadak at [copnc@icloud.com](mailto:copnc@icloud.com).

Wesleyan Contemplative Order of Davidson United Methodist Church is an ecumenical inclusive community of believers 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 innertransformation through contemplative practices. John Wesley called such practices *means of grace* that manifest in outward acts of love. To learn more go here: [www.WesleyanContemplativeOrder.com](http://www.WesleyanContemplativeOrder.com) or contact Ann Starrette at [AStarrette@davidsonumc.org](mailto:AStarrette@davidsonumc.org)

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

### *Quiet Space Fridays*

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 & REGISTRATION: [theydiagroup.com/quiet-space-Fridays](http://theydiagroup.com/quiet-space-Fridays)

### *More soul-tending opportunities to come!*

Watch for details and dates.

- The Listening Life: Ignatian Spirituality and the Daily Examen
- The Power of Silence: Against the Dictatorship of Noise and Distraction
- Living the Christian Year through the Lectionary: Shaped by God's Word for the Sake of the World

### Questions?

Contact Ann Starrette, Director of Spiritual Formation  
Davidson United Methodist Church  
[astarrette@davidsonumc.org](mailto:astarrette@davidsonumc.org)  
704-488-5825

# *Tending the Soul. Sowing to the Spirit.*



Summer / Fall 2018

DAVIDSON  
UNITED  
METHODIST  
CHURCH

Wesleyan Contemplative Order of DUMC & Contemplative Outreach of Piedmont NC

*In the spirit of shared values, community and collaboration*

**Expanding Impact - Strengthening Souls - Transforming Lives**

*"A farmer is helpless to grow grain; all he can do is provide the right conditions for the growing of grain.*

*He cultivates the ground, he plants the seed, he waters the plants, and then the natural forces of the earth take over and up comes the grain...*

*This is the way it is with the Spiritual Disciplines - they are a way of sowing to the Spirit... By themselves, the Spiritual Disciplines can do nothing; they can only get us to the place where something can be done."*

Richard J. Foster (*Celebration of Discipline: The Path to Spiritual Growth*)

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

Richard J. Foster



## *Tending the Soul // Sowing to the Spirit*

Learning and practice sessions that get us to the place where God's transforming work can be done.

Spiritual Formation is the work of the Holy Spirit. It is about placing our small spirit before the Spirit to form us into the character of Christ. Though this is God's work and God's work alone, we must cooperate. One way is through the spiritual practices of Jesus and the early church - practices that train us to intentionally and routinely open space for God's grace to work within us. Please join us as often as you are able.

For beginners and seasoned practitioners. All are welcome!

Saturday, October 13, 2018 / 9:00 a.m. - 4:00 p.m.

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## *Horses, Spirituality, & Mindfulness Empowering Your Authentic Self*

Mindfulness means paying attention to what is happening right now, in this moment, rather than dwelling on past events or anticipating something that may or may not take place in the future. It is nonjudgmental awareness of your present experience. For most of us, mindfulness does not come naturally. Yet, it is a skill we can learn. Mindfulness techniques help us discern what our bodies and minds most need in the present, providing us insight to better care for ourselves.

Horses, due to their unique animal nature, can be mirrors for our inner selves. Acting as breathing, thinking, living, biofeedback interpreters, horses allow for a truthful, non-judgmental reflection of how we feel in the moment. Through their awareness of subtle body language, heightened instinctual senses, and focus on the present, horses are excellent teachers of mindfulness, spirituality and self-care.

When working with the animals, we ask that you wear closed toe shoes and if possible, no dangling jewelry.

Vowed members of the Wesleyan Contemplative Order, individual Band members, and guests are welcome to attend the retreat.

Cost: Vowed members: FREE; Band members and guests: \$10.

**REGISTER: Lisa Marion**  
**(ourphalt@gmail.com or 828-234-8122)**

- Space is limited to 24.
- Deadline to register: September 1, 2018.
- Location: Home (and barn) of Lisa and Todd Marion - 122 Walnut Hill Court, Mooresville, NC 28115

Saturday, October 6, 2018 / 10:00 a.m. - 12:00 p.m.

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## *Creating a Sacred Rhythm // Rule of Life*

"A personal Rule of Life is simply the structure that enables us to say yes to the process of transformation, day in and day out. A Rule of Life responds to two interplay questions: 'How do I want to live so I can be who I want to be,'" writes Ruth Haley Barton.

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

**REGISTER: [www.copnc.org](http://www.copnc.org)**

- Presented by Ann Starrette and others.
- Hosted by Holy Trinity Lutheran Church, 1900 The Plaza, Charlotte NC
- Contact: Sally Daggett ([sdaggett@roadrunner.com](mailto:sdaggett@roadrunner.com) / 704-604-7102)

Saturday, July 21, 2018 / 10:00 a.m. - 3:00 p.m.

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## *Reading for Change*

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."* —Romans 12:2  
....but how do we do that?

- Do you long for a renewed mind?
- Do you hunger to know God's will for your life?

If you answered YES to even one of these questions, come learn a way of seeing scripture afresh—a way that has its roots from the Desert Mothers and Fathers and the early church. Still used today, the Latin term for the process is known as *Lectio Divina*, which literally means divine reading. It is a slower more reflective way of meeting God in scripture. Join us as we learn and practice a life-giving process of being shaped by Word for the sake of the world.

We will learn, yes; but more importantly, we will experience the Word as a window for encountering God. In large group, small group, and in solitary times, we will seek God's voice in the story of our individual lives and listen for God's invitation and direction to us as we move back out into the world.

We guarantee you will not leave as you entered. You will have a way forward you can use to be intentionally shaped by the Word and able to more keenly recognize God's voice.

**REGISTER: [www.copnc.org](http://www.copnc.org)**

- Space is limited to 24 participants.
- Presented by Ann Starrette with Mary Taylor.
- Directions to this private space, Starrette Farm Retreat Center in Statesville, will follow your registration.

Saturday, August 25, 2018 / 10:00 a.m. - 3:00 p.m.

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## *Centering Prayer Workshop*

Do you seek the still, quiet voice of God?

Join us for a prayerful day when we will explore the benefits of Centering Prayer in ordinary life and experience periods of Centering Prayer practice.

Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us - closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship. It is drawn from ancient prayer practices of the Christian contemplative heritage, notably the Fathers and Mothers of the Desert, Lectio Divina (praying the Scriptures), The Cloud of Unknowing, and the writings of St. John of the Cross and St. Teresa of Avila.

This workshop is an opportunity to be introduced to or to renew your prayer practice - to be with God beyond concepts, words, and images; listening with "the ear of the heart". All are welcome to attend.

Presenter: Deborah Conner is a Presbyterian minister in the PCUSA currently serving Myers Park Presbyterian Church in Charlotte, NC as the Associate Pastor of Congregational Care. With nearly 30 years' experience in pastoral ministry, Deborah is a long time practitioner of Centering Prayer who is interested in helping people cultivate emotionally healthy spirituality in their lives.

Workshop Fee: \$35 before August 18; \$40 for late registration  
(includes lunch).

**REGISTER: [www.copnc.org](http://www.copnc.org)**

- Location: Myers Park Presbyterian Church - 2501 Oxford Place, Charlotte, NC 28207

Saturday, September 22, 2018 / 10:00 a.m. - 3:00 p.m.

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## *Cultivating Spiritual Discernment*

I have long been fascinated with the story of "The Cloud and the Fire" in Numbers 9:15-23. It is a story of how the Lord guided the Israelites. When the cloud rested upon them, they would not set out of camp, but when it lifted, they would set out.

Learning to look for and rely on directions by God is one of the key elements in the spiritual life - individually and as a community. But how do we do that in a real and practical sense?

This retreat offers a contemplative approach to help us become more open, receptive, and responsive to the Holy Spirit's wisdom. You will learn three contemplative movements of discernment and how to put them into practice in daily life.

- The practice of seven steps that starts with kenosis - the emptying of self.
- The process of moving from my will to God's will - and it is a process!
- The prayer of consent to welcome and call forth the guidance of the Holy Spirit.

*Every movement - and every event - plants something in the soul.  
Most of these unnumbered seeds perish and are lost because men are not  
prepared to receive them: for such seeds as these cannot spring up  
anywhere except in the good soil of freedom, spontaneity and love.  
~ Thomas Merton*

You will leave with a new understanding of how to RECEIVE God's gift of guidance. God wants to raise our awareness of the importance of cooperating with him and what he wants to do in our lives. Come learn, grow, and cultivate discernment with us!

**REGISTER: [www.copnc.org](http://www.copnc.org)**

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