

## ENRICHMENT OPPORTUNITIES

# *Soul Tending*

*Practices for Sowing to the Spirit*



**Fall 2018 / Winter 2019**

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*)

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



## *Soul Tending*

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, 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)**

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

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

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

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 in to and long for out of desire, not duty.

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

- Presented by Ann Starrette and Rev. Anne Hilborn.  
As a professor at South University, Anne instructs beginning students in creating a personal rule of life. Anne is the transitional pastor at Albemarle Road Presbyterian, ECO Church and a member of the Wesleyan Contemplative Order, Julian Band.
- 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, 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

*Sorry, this opportunity is full*

Sundays November 11 and/or 18, 2018 / 11:00 a.m.

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*Living the Lectionary*  
**Shaped by the Word for the Sake of the World**

Have you ever wanted a short, simple, systematic way of prayerfully encountering Scripture, one that follows the seasons of the Christian year? If so, please join us for this brief informational session designed to introduce or re-introduce you to the power of the Christian Lectionary (schedule of Scripture readings). Using the lectionary allows us to engage the full range of Scripture and touch all the major themes and passages at least once every three years.

Advent begins the Christian New Year so now is a great time to engage in this basic spiritual practice for growth, love, and holiness.. We trust that we will all leave excited and energized to intentionally and routinely get into the Word so that the word can get in us and live through us.

**REGISTER: Davidson United Methodist Church Office  
(704-892-8277)**

- Two sessions, each slightly different. Come to one or both.
- Location: Room 211, Davidson United Methodist Church, Davidson NC
- Questions? Reach out to Ann Starrette (AStarrette@DavidsonUMC.org) or Carol Prescott (704-258-5045)
- A helpful resource is *A Disciple's Journal: a Guide for Daily Prayer, Bible Reading, & Discipleship* by Steven Manskar

Sunday, December 30, 2018

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## *New Year Labyrinth Walk & Recommitment Service*

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

### **Labyrinth Walk opens at 9:30 a.m.**

Experience a lovely candle-lit 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.**

A special 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.

In 1775, John Wesley introduced a covenant service as an important part of spiritual life in the Methodist Societies. This renewal service was a time for the Methodists to gather annually in a time of self-examination, reflection, and dedication, wholly giving up themselves and renewing covenant with God. According to Wesley's journal, though the covenant renewal service was held on various occasions throughout the year, by the end of his life, the service was observed typically on or the Sunday nearest January 1.

*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, beginning at 9:30 a.m., with the last walk concluding by 6:00 p.m.
- A brief introduction about this ancient practice and tips for how to walk the labyrinth will be provided.
- Questions? Reach out to Don Carroll ([carroll.williamdon@gmail.com](mailto:carroll.williamdon@gmail.com)) or Lisa Marion ([ourphalt@gmail.com](mailto:ourphalt@gmail.com)).

Sundays, February 10, 17 & 24 OR Wednesdays, February 13, 20, & 27, 2019  
10:45 a.m. - 12:00 p.m.

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## *The Listening Life*

### **Practicing the Ignatius Daily Examen using the book *Sleeping With Bread: Holding What Give You Life***

God is constantly revealing himself to us in our experience. St. Ignatius saw the *Examen* (pronounced ig-'zā-mən) as the cornerstone of spiritual life - so much so that when others asked if they could skip their prayer exercise, he told them to skip anything but the Examen. The Examen is what changed Ignatius from a wild soldier to a pilgrim walking barefoot to Jerusalem.

The Linns, authors of *Sleeping with Bread: Holding What Gives you Life* state: *For many years, we have ended each day the same way. We light a candle, become aware of God's loving presence, and take about 5 minutes of quiet while we each ask ourselves two questions:*

***For what moment today am I most grateful?  
For what moment today am I least grateful?***

This 3-week discernment group invites participants to explore and discuss their answers to these 2 questions. This simple process has been found to be the most helpful way for people to hear the voice of God guiding them from within.

**REGISTER AND ORDER A BOOK:  
Davidson United Methodist Church  
(704-892-8277)**

- Sunday and Wednesday morning groups are offered. Each group is limited to 14 participants.
- Room 212/214, Davidson United Methodist Church, Davidson, NC
- Questions? Reach out to Melanie Chrencik(mellie\_mel2007@yahoo.com) or Ann Starrette (AStarrette@DavidsonUMC.org)
- Resource used: *Sleeping with Bread: Holding What Gives you Life* by Dennis, Sheila, and Matthew Linn. It looks like a children's book, but don't let it fool you! The forward will explain the cover.



Sunday, March 10 OR Tuesday, March 12, 2019 / 10:45 a.m. - 12:00 p.m.

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## *Invitation to Personal Retreat*

### **The Gift and Necessity of Time Away with God**

With the holy season of Lent upon us, have you ever had these kind of thoughts? "This year, Lent will be different. This year, I'll really enter into the journey with Jesus. I'll watch and pray for what the Spirit desires to put to death and bring to new life within me." I know I have.

Retreats are central to spiritual growth anytime, but especially at Lent. One way wisdom figures throughout antiquity have nurtured the process of spiritual growth is through personal retreat - the gift and necessity of time away with God. Why a retreat? It is an intentional time to fast from noise and distraction, to decompress and listen. A time to pause, rest, release, and let God take charge to do in us what God alone knows we need.

This short class offers:

1. Practical tips for planning your personal retreat - one *that works for you, your life, and in your setting*, either alone or with a companion or two.
2. Sample retreat schedules and fixed hour prayers to provide structure, yet flexibility.
3. Reflection questions and spiritual practices to enhance your time away with God.

"Jesus returned . . . powerful in the Spirit."  
Luke 4:14 (*The Message*)

Presenters:

- Audrey Brendel is a Benedictine oblate in formation through Belmont Abbey, a member at First United Methodist Church in Hickory, a School of the Spirit graduate, and a friend of the Wesleyan Contemplative Order. A contemplative artist, Audrey has a God-given gift of quiet hospitality.
- Ann Starrette is a seasoned retreat practitioner and leader.

**REGISTER: Davidson United Methodist Church Office  
(704-892-8277)**

- Room 217, Davidson United Methodist Church, Davidson, NC
- Questions? Reach out to Ann Starrette (AStarrette@DavidsonUMC.org).

*On-going*

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

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## *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:**  
**[www.thelydiagroup.com/quiet-space-friday/](http://www.thelydiagroup.com/quiet-space-friday/)**

### **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, see [www.copnc.org](http://www.copnc.org) or contact Chapter Coordinator Support, Colleen Siadak ([copnc@icloud.com](mailto:copnc@icloud.com)).

### **Wesleyan Contemplative Order of Davidson United Methodist Church**

is an ecumenical and inclusive lay order of clergy and lay folks 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. John Wesley called such practices *means of grace* that manifest in outward acts of love.

To learn more, see [www.WesleyanContemplativeOrder.com](http://www.WesleyanContemplativeOrder.com) or contact Lisa Marion ([ourphalt@gmail.com](mailto:ourphalt@gmail.com))

### **Questions?**

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