



(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. We participate in small Bands using ancient practices to find Christ anew in community, silence and service. If God is calling you to a deeper life in the Spirit, learn more at:

[www.WesleyanContemplativeOrder.com](http://www.WesleyanContemplativeOrder.com)

In This  
*Together*

**Questions?**

Contact Ann Starrette, Office of Spiritual Formation & Direction  
Anchored at Davidson United Methodist Church  
[astarrette@davidsonumc.org](mailto: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 & practice sessions  
for those hungry for deep-down transformation*

*Summer/Fall 2019*



In partnership with our United Methodist Foundation of Western NC, The Lydia Group retreat ministry, Mt. Tabor United Methodist Church, and others as you'll note throughout this booklet.

*In This Together.*

**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. <sup>2</sup> Do 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

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**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 of Jesus and the early church, 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*

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## *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](http://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](http://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](http://www.thelydiagroup.com/the-inner-artist).

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### **Extended Centering Prayer/Silent Retreats:**

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

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## *A Labyrinth Journey*

In an increasingly distracted society we need places that attract us by their beauty and simplicity, places that help us still and clear our busy mind, places that offer space to reflect and reconnect with what matters most in our lives. The labyrinth is such a place. During this retreat you will:

- Explore the ancient wisdom the labyrinth offers for contemporary times.
- Learn how the labyrinth became rooted in the Christian story of pilgrimage, moving one toward healing and wholeness.
- Experience the three movements of walking the labyrinth as a journey to the center of one's being and the heart of God.
- Return and step back into the world with thanksgiving, insight, and new energy for your everyday journey.

Come expecting to be surprised by grace as you discover what walking this sacred path can bring to your life leadership. For beginners and seasoned practitioners that want to refresh and deepen their spiritual journey. All are welcome!

**REGISTER HERE: [www.thelydiagroup.com/soul-tending-retreats](http://www.thelydiagroup.com/soul-tending-retreats)**

- Hosted at Starrette Farm Retreat Center, Statesville, NC. Directions follow your registration.
- Cost is \$30.00 and limited to 12 people
- Bring a bag lunch. Beverages and materials provided.
- Rev. Dianne Lawhorn will facilitate. Dianne is Minister of Spiritual Growth at Mt. Tabor United Methodist Church in Winston Salem; Co-director of The Big Silence: Stumbling into the Heart of Christ, a yearly 4-day mostly silent retreat at St. Francis Springs Prayer Center; a member of the WCO Sabbath Circle Band; and a seasoned practitioner/presenter of the Labyrinth.
- Questions? Contact registrar Colleen Siadak at [cmsiadak@gmail.com](mailto:cmsiadak@gmail.com) or 704-577-3408.

## *Lectio Divina Class*

Encountering the Word to Be Transformed

*“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 this?*

- 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 encountering Scripture afresh that has its roots in the practices of the Desert Mothers and Fathers and the early church. 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 the Word for the sake of the world.

We guarantee you will not leave as you entered.

**REGISTER HERE: [www.thelydiagroup.com/soul-tending-retreats](http://www.thelydiagroup.com/soul-tending-retreats)**

- Hosted at the United Methodist Foundation - 13816 Professional Center Drive, Huntersville, NC
- Cost: \$40.00 by July 27; \$45.00 after. Registration includes lunch, refreshments, and materials.
- Space is limited to 25 participants.
- Presented by Ann Starrette with Mary Taylor.
- Questions? Contact registrar Colleen Siadak at [cmsiadak@gmail.com](mailto: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

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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 and Registration:**

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

For the Experienced Centering Prayer Practitioner  
*A One-Day Silent, Centering Prayer Retreat  
 in the Snowmass Rhythm*

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](http://www.thelydiagroup.com/soul-tending-retreats)**

- Hosted by Starrette Farm Retreat Center, Statesville, NC. Directions follow your registration.
- Cost: \$40.00 by February 3; \$45.00 after. Registration includes lunch and refreshments.
- Space is limited to 25 participants.
- Presented by Don Carroll, founding fellow of the Wesleyan Contemplative Order.
- Questions? Contact Don at [carroll.williamdon@gmail.com](mailto:carroll.williamdon@gmail.com).

*Centering Prayer Class*

Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, the experience of God's presence within us. This method of prayer is both a relationship with God and a discipline to foster that relationship.

This class provides an opportunity to learn about Centering Prayer or to renew and deepen your practice. Discover how to be with God beyond concepts, words and images, and to listen with "the ear of the heart." In addition to this class, at no additional cost, continuing sessions are offered to help you establish and deepen a daily practice. More information will be provided after you register.

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

Workshop fee: \$35.00 \* Lunch provided  
 Continuing Education Sessions free

- Hosted at St. Patrick's Episcopal Church, 164 Fairview Road, Mooresville, NC.
- Rev. Dr. Brad Smith will present the class. He has served as Co-Coordinator of Contemplative Outreach of Piedmont NC. He is the Senior Associate Rector at St. John's Episcopal Church, Charlotte, NC, and facilitates a Weekly Centering Prayer Group there. He is co-founder and co-convenor of The Inner Room, a Centering Prayer retreat group specifically for clergy in the Diocese of NC. Brad is on staff at St. Mary's Sewanee: The Ayers Center for Spiritual Development, where he leads 8-day Centering Prayer Retreats.

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*The Quiet Miracles of  
Spiritual Direction in Groups*

An Introduction with Practice

Spiritual Direction in Groups is a gentle, rhythmic process of expanding our capacity for deep, holy listening to God, self, and others. Quiet miracles take place here, rippling out, impacting our world for good. Taught internationally, known by various names (Circles of Grace, Listening Circles, Trust Circles), all are gatherings of **companions and co-listeners for the voice of God**. We come, supporting each other in our desire to become clearer about and more cooperative with God's movements and invitations in the stories of our individual lives. This process, which occurs in small circles of four to five people, is an intentional action on our part to do what we were taught as children: to stop, look, and listen for one's inner teacher- the Holy Spirit.

**During this Workshop/Retreat you will:**

- Experience group spiritual direction within a prayerful community.
- Deepen your contemplative grounding through authentic sharing and faithful listening.
- Expand your capacity to listen to God on behalf of others.
- Find support for your call/vocation.
- Explore ways to develop this holy process in your own setting.

**REGISTER HERE: [www.thelydiagroup.com/soul-tending-retreats](http://www.thelydiagroup.com/soul-tending-retreats)**

You will be inspired by the possibilities that emerge!

- Hosted by Starrette Farm Retreat Center, Statesville NC (*directions will be provided upon your registration*).
- *Cost:* \$30.00 by September 2; \$35.00 after. Bring a bag lunch. Beverages and materials provided.
- Space is limited to 24 participants.
- Presented by Ann Starrette and Roxanne Morgan, who trained at Shalem Institute, and others.
- Questions? Contact registrar Colleen Siadak at [cmsiadak@gmail.com](mailto:cmsiadak@gmail.com) or 704-577-3408.

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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  
Rev. Dianne Lawhorn & Rev. Jonathan Brake

**REGISTRATION INFORMATION**

Fills quickly. Register early.

**[www.thebigsilence.org](http://www.thebigsilence.org)**

## *New Year Labyrinth Walk & 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!

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. Doors open at 9:00 a.m. and close at 5:30 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)

## *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 [we] 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.  
Join us!

**REGISTER HERE: [www.thelydiagroup.com/soul-tending-retreats](http://www.thelydiagroup.com/soul-tending-retreats)**

- Hosted at the United Methodist Foundation - 13816 Professional Center Drive, Huntersville, NC.
- Cost: \$40.00 by October 7; \$45.00 after.
- Includes lunch, refreshments, and materials.
- Space is limited to 25 participants.
- Presented by: Ann Starrette with Mary Taylor.
- Questions? Contact registrar Colleen Siadak at cmsiadak@gmail.com or 704-577-3408.

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## *Silence: God's First Language*

*Contemplative Outreach International*

Silence . . .

- **We find God** in silence and recognize a power greater than ourselves.
- Silence leads to **healing**.
- Silence allows **insight** about commitment; the **wisdom** of contemplative prayer; and the inception of **trust, forgiveness**, and an awareness of God's **presence** in our lives.
- God wraps us in the silence of his **love**.

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

- Hosted at Myers Park Presbyterian Church, 2501 Oxford Place, Charlotte, NC.
- Cost is \$50.00 by October 24, 2019. Lunch is provided.
- **Speaker:** Fr. Carl Arico is author of *A Taste of Silence: Centering Prayer and the Contemplative Journey*. He has been an integral part of the growth and development of Contemplative Outreach since its beginnings in 1984. Fr. Arico is known for his humor and his ability to bridge the gap between the clergy and laity. He is honored to have known Fr. Keating since 1969 and believes whole-heartedly in the purpose of Contemplative Outreach. Contemplative Outreach is a spiritual network of individuals and small faith communities committed to living the contemplative dimension of the Gospel. The common desire for Divine transformation, primarily expressed through a commitment to a daily Centering Prayer practice, unites this international, interdenominational community.

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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 mini-retreat 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.

Since the Christian New Year begins with Advent, now is a great time to learn about and engage in this basic spiritual practice for growing in holiness of heart and life. 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 HERE: [www.thelydiagroup.com/soul-tending-retreats](http://www.thelydiagroup.com/soul-tending-retreats)**

- Hosted at the United Methodist Foundation - 13816 Professional Center Drive, Huntersville, NC.
- Cost: \$15.00 by October 26; \$20.00 after. Registration includes refreshments and materials.
- Space is limited to 25 participants.
- Presented by Ann Starrette and Carol Prescott.
- Questions? Contact registrar Colleen Siadak at [cmsiadak@gmail.com](mailto:cmsiadak@gmail.com) or 704-577-3408.