



## WHAT IS PROVIDED?

*Though we provide, it is your engagement that makes all the difference. For most of us, the program only requires letting go of some non-essentials to give ourselves some free space to be schooled by the Holy Spirit, both individually and in community. Often we have all the time we need to do what matters most to us.*

- Monthly reading/spiritual practice at-home assignments to integrate learning personally and in community
- Curriculum enhancement via an optional “zoom room” book discussion group
- Five quarterly 2-day retreats with professional, seasoned facilitators with monthly connection throughout the one-year program
- Simply delicious, healthy meals and refreshments both Monday and Tuesday
- Five teaching sessions at each retreat
- Group Spiritual Direction (Trust Circles) with members who remain together through the one-year experience.
- Fixed-hour prayer worship experiences in community: morning and night, with liturgies and resources to use in your own setting
- Retreat materials and supplies (excluding books)
- A 90-Day Spiritual Practice Journal
- Note-taking Journal with appropriate quotes to be used at each of the five retreats
- Prayerful, written feedback on your reflection paper assignments
- Occasional virtual mini-retreats on seasonal content
- Additional helpful spiritual formation book/web resource list
- Guidance for meeting with a spiritual friend/spiritual director in-between retreats
- Faculty that is available for consultation at any time
- A final project that guides you in the process of articulating a personal Rule of Life
- Certificate of Completion awarded for those meeting requirements
- CEU certificate upon request and the completion of all requirements
- Academic Credit: If you would like to receive academic credit for your School of the Spirit experience from a university/seminary of your choice and you have confirmed their openness to this possibility, please email our Executive Director of Academic Partnerships, Frieda Farfour Brown, PhD, at [farfour@bellsouth.net](mailto:farfour@bellsouth.net) to inquire. We are prepared to work with academic institutions who are willing to work creatively with us!

### **What if you have other questions about the program?**

We are here to help. Don't hesitate to contact School of the Spirit Missioner, Rev. Ashley Thomas, at (704) 408-4248 or [ashleygpthomas@icloud.com](mailto:ashleygpthomas@icloud.com). She is a program graduate and occasional faculty leader, and will be happy to talk with you further.