

Recommended reading resources:

- The Transforming Friendship of Prayer - Dr. James Houston
- The Return of the Prodigal Son: A Story of Homecoming – Henri Nouwen
- The Way of the Heart: The Spirituality of the Desert Fathers and Mothers – Henri Nouwen
- The Wounded Healer: Ministry in Contemporary Society – Henri Nouwen
- Confessions - Augustine of Hippo
- The Spiritual Exercises of Ignatius Loyola
- Celebration of Discipline – Richard J Foster
- Seven mansions – Teresa of Avila
- Working the Angels – The Shape of Pastoral Integrity – Eugene H Peterson
- Keeping the Sabbath Wholly – Marva J Dawn
- Surprised by Hope: Rethinking Heaven, the Resurrection, and the Mission of the Church - N.T. Wright
- The Practice of the Presence of God - Brother Lawrence
- Life Together - Dietrich Bonhoeffer
- Spiritual Direction: A Guide to Giving and Receiving Direction - Gordon T. Smith

Contact AMMiC

Area Bishop: The Rt. Rev. Stephen Leung

Director: The Rev. Canon Shihoko Warren

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Registration

Please register at conference@ammic.ca with your name, email address, phone number, and home church.

Fees

\$70 (\$50 for course + \$20 for retreat) can be paid by Interac e-transfer to donations@ammic.ca or by mailing a cheque payable to "AMMiC" to Unit 160 - 4611 No. 6 Road, Richmond B.C. V6V 2L3

Spiritual Formation



Formation of a school for lay leadership training and vocational diaconate in AMMiC

Autumn 2021

Spiritual Formation

Spiritual formation is one of the essential components in the journey of our personal faith as well as in collective ministry. This course gives you an introduction on how to have a deeper spiritual life, being transformed into the likeness of Christ. It introduces spiritual practices, grounded in Scriptures and the Christian tradition, which sustain and nurture a life-long journey of union with God.

Class sessions will be accompanied by practical spiritual exercises. Each week, participants will be assigned daily spiritual exercises: contemplative prayer, meditation, solitude, discernment, personal reflection on your past and present spiritual journey. Participants are to seek God's presence in the deepest areas of their souls.

Date / time & class size

- Online 5 classes: September 29th - October 27th, 2021
Wednesdays, 7:00 pm -8:30pm
- In-person Retreat: Saturday, November 20th, 2021,
10am – 2pm @ Good Shepherd Vancouver
- Maximum registration of 30 participants only

Fees

Total \$70: \$50 for online classes + \$20 for in-person retreat (incl. lunch)

Deadline:

Reply by September 20th, 2021 (email to AMMiC: refer to contact info.)

Requirements:

For all participants:

- Observe daily 1 hour prayer: contemplation, meditation, and journaling (texts and topics for each in-home spiritual exercise will be provided).
- Share with your mentor about your spiritual journey after observing each in-home spiritual exercise. Each candidate will find a spiritual mentor. Your mentor will listen to your spiritual journey during each session and spend time with you in prayer.
- Integrated paper (2,000 words): Spiritual Formation; what it is, what did you learn, why it matters to the church and the world, and how you engage in this spiritual discipline in your daily personal life and ministry. **Submit by December 20th, 2021.**

Topics & Schedule:

#1 online -class: September 29th, 2021

By Bishop Dr. Stephen Leung

Introduction of Soul Craft: Double-knowledge, Christian identity

#2 online -class: October 6th, 2021

By Rev. Canon Shihoko Warren

Introduction of Ignatian Spirituality: prayer life and mission to the world

#3 online -class: October 13th, 2021

By the Venerable Terry Lamb

Introduction of Desert Fathers & Mothers Spirituality

#4 online -class: October 20th, 2021

By Soohwan Park (A Rocha International Chair)

Sabbath: Rest, Retreat, and Rejuvenation in God's rhythm of Sabbath

#5 online -class: October 27th, 2021

By Bishop Dr. Stephen Leung

Spiritual healing and freedom from Face - Shame culture and identity

#6 Retreat Day (in-person): Saturday, November 20th, 2021

Spiritual Companionship: sharing and celebrating one another in God's Communion

In-home Spiritual Exercise topics & Schedules:

Week #1: God's love and Grace over His creation

Week #2: Principle of Sin and Evil

Week #3: Personal reflection on your sin and distorted life patterns

Week #4: Personal Intimate life with Jesus Christ: sharing His suffering and life

Week #5: Personal reflection on your healing and call/vocation from God

Week #6 - #7 (before Retreat): review the exercises and deepen the area(s) that you / your mentor deem necessary.