

PASTOR'S SABBATH
A Time of Renewal for Pastors and CLM's
NOW ONLINE VIA ZOOM



The Center for Spiritual Formation offers a series of Sabbath Retreats, designed for clergy and CLMs who are serving churches. Due to COVID-19, we are meeting via Zoom beginning at 9 AM and conclude around 4:30 PM. Come for each Sabbath or select a few. 0.5 CEU's per session. COST is \$25 per session.

Tuesday November 10 with Susan Stewart

"Living abundantly": Jesus tells his disciples that

"I came that they may have life and have it abundantly."

What does it mean for us to live abundantly in these crazy times?

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**Sabbath Renewal**

\$25 – .5 CEU per session

**Name:** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Address:** \_\_\_\_\_ **E-mail** \_\_\_\_\_

**Sessions:** \_\_\_\_\_

Return to The Center For Spiritual Formation, Inc., 45 S. West St, Carlisle, 17013 or  
**Register Online:** [www.centerformation.org](http://www.centerformation.org) Questions? [centerformation1@gmail.com](mailto:centerformation1@gmail.com)  
or 717-249-1512.

The Center is affiliated with the Susquehanna Conference of the United Methodist Church, 303  
Mulberry Drive, Mechanicsburg, PA 17055



# GUIDED IMAGERY PRAYER WORKSHOP

Friday, December 4, 2020 1-4 pm

Presented by Laura Baber

Online via Zoom

Guided Imagery Prayer is a way of encountering the Divine Presence using Holy Imagination. Laura Baber will introduce the fundamentals of using guided imagery prayer with Scripture and archetypal metaphors from the Christian tradition. Participants will experience this form of prayer and practice developing a prayer of their own. Laura uses this form extensively in her work as a spiritual director and as part of the worship experiences in the United Methodist Church where she serves.

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Register online at [www.centerformation.org](http://www.centerformation.org) or use form below, and mail to The Center For Spiritual Formation, 333 S. Spring Garden Street, Carlisle 17013. Cost: \$25 per person. You are considered registered when your fee is paid.

Questions? [centerformation1@gmail.com](mailto:centerformation1@gmail.com) or 717-249-1512, ext. 1006

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Guided Imagery Prayer Workshop      Cost \$25 per person      0.3 CEUs awarded

Name: \_\_\_\_\_ Phone: [   ] \_\_\_\_\_

Address: \_\_\_\_\_ ZIP: \_\_\_\_\_

e-mail: \_\_\_\_\_

Home church/district \_\_\_\_\_

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PRAYING AND  
SINGING THE  
CHRISTIAN YEAR  
With G. Edwin Zeiders



**A Series of Four Webinars following the Church Year**

**Beginning with Advent/Christmastide/Epiphany**

**Saturday, November 7 (online via Zoom)**

**9 AM – 3:30 PM (with 45 minute lunch break)**

**COST: \$125 for four webinars, 2.5 CEUs awarded**

(minimum of six registrants required)

Each webinar will include four sessions covering Spiritual Preparation (getting ready); the lectionary; music; liturgies; prayers; preaching/teaching; and chancel or area decor. Input and dialogue, Power Point and idea sharing.

Remaining dates of the series:

Singing and Praying for Lent, Saturday, January 16

Singing and Praying for Eastertide, Saturday, February 20

Singing and Praying for Pentecost, Saturday, April 17

REGISTRATION DEADLINE: November 3, 2020

**Praying and Singing the Christian Year**

\$125, 2.5 CEUs (four webinars)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home church/district \_\_\_\_\_

e-mail: \_\_\_\_\_

Phone \_\_\_\_\_ Text capability? yes no

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# When Life is Like a Labyrinth

*Presenter: Beth Knight, MAPC, Spiritual Director/Pastoral Counselor*

Thursday January 14 (9 am – 2:30 pm)

Online via Zoom

- ❖ **Explore with us what it might be like to set the intention of your life being like a labyrinth.**
- ❖ **Through the labyrinth contours, journey with us as a pilgrim and draw nearer to God.**
- ❖ **Share in an imaginary process of naming and honoring Spirit’s movements in your life.**
- ❖ **Center your life in prayer with other folks who are intentional about quiet prayer and sacred time together.**

Walking labyrinths is an ancient prayer and meditation practice. For Christians, the posture of giving oneself prayerfully to a labyrinth walk invites and evokes closeness to the Holy in a full body experience. Often entering a labyrinth replicates being on a pilgrimage. In fact, labyrinths were built inside churches, or on church properties, for such a purpose: to offer a mini-pilgrimage experience when one could not avail them self to travel or go on an extended pilgrimage. But what if someone does not have access to a prayer labyrinth... perhaps they them self might be the labyrinth?

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Questions? [centerformation1@gmail.com](mailto:centerformation1@gmail.com) or 717-249-1512, ext. 1006

When Life is Like a Labyrinth  
\$35 /.5 CEU’s

Thursday, January 14, 9 am – 2:30 pm

Registration deadline: January 7, 2021 (Minimum of 4, maximum of 12)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ ZIP: \_\_\_\_\_

e-mail: \_\_\_\_\_ Phone \_\_\_\_\_

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