



Augusta/ Atlanta Virtual Cohort

November 2020 – January 2022

Facilitator: Michelle Bauer

OVERVIEW

The *School of Contemplative Life (SCL)* will introduce you to the contemplative tradition and ground you in the life-giving practices that support it. This slow-paced communal and formational experience will impact you in deep, life-altering ways, growing your awareness of God, self and mission. You are invited to join us as we make an important investment in our spiritual growth and well-being. Additionally, if you're interested in Sustainable Faith's *School of Spiritual Direction* but have not had experience with contemplative practices, this is the place to start.

The School of Contemplative Life consists of eight retreats, held every other month across 15 months. The content for each retreat builds upon the other. The first four focus on the journey inward – into your soul. The second four focus on developing awareness of how the inner work you have embraced touches the outer world, culminating in a Rule of Life and a stronger sense of mission. All retreats offer a consistent rhythm of communal, experiential learning, across 3 teaching/ discussion sessions, followed by times of individual communion with God.

FACILITATOR

Michelle Bauer serves as the Pastor of Spiritual Formation and resident Spiritual Director at the Vineyard Church of Augusta (Augusta, GA). She holds a Master of Arts in Spiritual Formation and Leadership from Spring Arbor University and received her training in spiritual direction from Sustainable Faith's School of Spiritual Direction. She does life with her husband, Chris and three sons August, Luke and Sam.

Please call or email for more information or to have a question answered.
I look forward to hearing from you!

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RETREAT TOPICS

Module 1: Soul Rest

Focus: Retreat / Discovery

Key Practice: Sabbath

Retreat 2: Soul Room

Focus: Silence & Solitude

*Key Practice: Silent reflection & prayer
Periods of Solitude*

Retreat 3: Soul Awareness

Focus: Self-Awareness

Key Practice: Self-exam via Enneagram

Retreat 4: Soul Feeding

Focus: Being nourished through Scripture

Key Practice: Lectio Divina in various forms

Retreat 5: Soul Connect

Focus: The Body

Key Practice: Centering Prayer / Prayer Walking

Retreat 6: Soul Healing

Focus: Inner Healing

*Key Practice: Attachment inventory
Steps toward Healing*

Retreat 7: Soul Discernment

Focus: Discernment

*Key Practice: Clearness Committee &
Group Spiritual Direction*

Retreat 8: Soul Making

Focus: Contemplative Activism

Key Practice: Developing a Rule of Life

LOCATION

Online – Zoom.com. You are encouraged however, to find an "away" place to retreat - hotel, Airbnb, borrowed cabin, etc. Hopefully, this will offer space for rest, focus and uninterrupted times of prayer and reflection.

DATES & TIMES

Retreats will take place over a 24-hour period beginning with a 6pm session on Friday and ending around 3pm on Saturday. We will not be online the entire time. The retreat will consist of 3 – 2-hour sessions with space in between for rest, meals and individual prayer and reflection.

Retreat 1: Nov 6-7 2020

Retreat 2: Jan 8-9 2021

Retreat 3: Mar 5-6 2021

Retreat 4: May 7-6 2021

Retreat 5: Jul 9-10 2021

Retreat 6: Sep 10-11 2021

Retreat 7: Nov 5-6 2021

Retreat 8: Jan 7-8 2022

COMMITMENTS

- Commit to the entire journey (registration & payment per year)
- Practice the practice that was the retreat-focus in between retreats
- Read the books (1 per retreat + an introductory text prior to retreat 1)
- Write a one-page reflection (due 1 few days before each retreat)
- Meet with a spiritual director (every other month)
- Meet with a soul companion (cohort member) for conversation and prayer once during the month in between retreats

REQUIRED READING

(List NOT finalized)

Invitation to Retreat by Ruth Haley Barton (read before module 1)

Sacred Rhythms by Ruth Haley Barton (chapter pertaining to module)

The Critical Journey by Janet Hagaberg

Sabbath, Wayne Mueller

Invitation to Silence and Solitude by Ruth Haley Barton

Opening to God by David Benner

Book on Body (TBD)

The Road Back to You by Ian Crohn and Suzanne Stabile OR Sacred Enneagram, Chris Huertz

The Relational Soul by Jim Cofield and Rich Plass

Desiring God's Will by David Benner

Book on Rule of Life (TBD)

COSTS

- Tuition - \$1700 (8 retreats)
\$300 non-refundable deposit to reserve spot - Balance may be paid in monthly installments
- Books
- Spiritual Direction
- Credit card fee (can be avoided by using electronic check)

HOW TO SIGN UP

Go to SustainableFaith.com; click on schools then School of Contemplative Life

Complete the application.

I will contact you to answer questions & confirm your desire to participate.

Upon confirmation, you will receive an invoice. Your spot is not reserved until you pay the deposit.