

School of the Spirit Alumni Retreat

“In returning and rest, you shall be saved . . .” Isaiah 30

I love the image of this fellow. It's obvious he's been working full throttle. He's tired. He needs rest. Renewal, too. So he pulls up a wheel barrow, takes a seat, and returns and rests in God's arms ~ perhaps for a lunch break or simply a sacred pause. . . Maybe I love this image because I identify with it.



School of the Spirit alumni often identify with such an image and ask,

- How do I maintain the rhythm of work, rest, and renewal that has become so sustaining for me?
- How do I stay connected with the SOS community as well as continue to stay under the tutelage of the Spirit within the sacred rhythms we've cultivated?
- Where do I find ongoing support and accountability for the life-giving rhythms that have become my Rule of Life?
- How do I continue to nurture my soul for the expression of my call?
- What's next for me in my journey with God?
- Where do I go to be refreshed and refocused in my longing to stay awake, stay present, and abide in Christ?

In response to these questions and our shared desire for ongoing connection, we have established a “sacred rhythm” for those who have completed the School of the Spirit experience - an annual alumni retreat.

The purpose of these annual retreats is to give you a chance to:

- **Return** to a rhythm - a place, a practice, a community that nourishes your soul
- **Rest** in God
- **Reflect** on your longing and how you may need to arrange your days to meet that longing
- **Recalibrate** for what's ahead
- and **Take next steps** in leaning into and living the “with God” life you long for through the teaching and guidance of a master teacher who will build on the foundation of the School of the Spirit experience

Awakening to the Holy: Neuroscience, Awareness and the Renewing of the Mind



Anthony J. D'Souza is a Jesuit priest, 71 years of age. From a young age, Fr. Tony knew he wanted to be a priest. "Going where he is sent," his background is extensive. He has been the Provincial of the Bombay Jesuits, has worked as the Director of the Retreat House in Bandra, Mumbai, and before that, as the Pastor of Holy Family Church, Andheri East, Mumbai, and manager of Holy Family School in the same place. He founded the Ashankur social welfare centre in 1987 to feed the hungry children of neighborhood schools, and today the centre caters to the social needs of the neighborhood.

Fr. Tony completed his Masters and has a Doctorate in Clinical Psychology from the School of Professional Psychology, Wright State University, Dayton, Ohio. As a part of his doctorate, he did his internship for a year in the Denver Diocese at Denver Health (Denver General Hospital) in 1993-94. He is also the founder of Premanjali, the first institute of its kind in the country to train professional psychologists and to help families develop healthy relationships at different levels. This institute was founded as a response to the felt need of the neighboring dioceses expressed in their respective synods.

He has offered retreats and seminars in different parts of India, as well as Canada, England, Spain and the United States ~ for staffs, students, as well as people who wish to deepen their spiritual life by deepening their union with God. All proceeds from his talks and retreats are given to support and promote Premanjali and its varied works.

An internationally acclaimed spiritual leader, Fr. Tony created *Discovering Awareness*, a step-by-step program for building inner peace, emotional flexibility, and strength. These are some of the topics Fr. Tony will be discussing at our fall retreat. A longtime friend and student of famed spiritual teacher Anthony de Mello, Fr. Tony integrates de Mello's teachings of Christianity and Eastern spirituality with his experiences as a professional psychologist and spiritual guide to help people achieve emotional well-being and spiritual awakening.

In Fr. Tony's words . . .

Every time you realize you are God's masterpiece, new possibilities are created for peace, joy and love. I offer talks, meditations, and prayers to help people meet their soul, to help them awaken experientially to the fact that they are, indeed, God's masterpiece, and allow this awareness to open their hearts to compassionate living.

We start with ourselves. We can't be at peace when our heart is at war, we can't love when we hate, nor can we understand others when we fear them. We can discover how to "Fear Not" and "Judge Not" through awareness, a path that transcends evaluation or judgment and leads to compassion. As we practice awareness, fear is replaced by love that opens the door to deeper understanding of oneself and others.

*The tool of AWARENESS
is the only tool that has been
found to help us discover
and awaken our True Self
~ Fr. Tony D'Souza*

SCHOOL
of the
SPIRIT

When:

September 24-26, 2017 (Sunday at 4:00 pm-Tuesday at 3:30 pm)

What:

In Romans 12:1-2, Paul speaks of presenting/placing ourselves before God as a living sacrifice to do his work in us. Paul also speaks of being transformed by the renewing of our mind. Many of us do not know *exactly* what that means, yet the renewing our our mind is at the crux of the being transformed into Christ image. In this retreat, Father Tony will help us better understand how to live out: “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.” Isn’t that what we all really long for?

Who:

- Those who have completed a one-year *School of the Spirit* experience
- Current *School of the Spirit* participants



Where:

Catholic Conference Center, Hickory NC
1551 Trinity Lane, Hickory, NC 28602
828-327-7441

www.CatholicConference.org

Registration Cost:

This COST is for food and lodging only. To help cover the cost of Fr. Tony’s airfare, honorarium, plus other incidentals, a **Love Offering** will be received at the retreat. If the love offering doesn’t meet the need, I trust the additional funds needed will come in another way.

- **SINGLE room = \$255 (2 nights, 6 meals)**
- **DOUBLE room = \$195 (2 nights, 6 meals)**

TO REGISTER:

- Remit your non-refundable deposit check to **Davidson United Methodist Church** (DUMC), with “2017 Fall Refresher” on the memo line, along with the following form to:
Registrar Ann Starrette • PO Box 1288 • Troutman, NC 28166
SINGLE room (\$255) = non-refundable deposit \$130 (balance \$125 due Sept 1)
DOUBLE room (\$195) = non-refundable deposit \$100 (balance \$95 due Sept 1)
- Balance is due by September 1, 2017. Make check out to DUMC and mail to above address, **UNLESS YOU PREFER TO PAY IN FULL NOW**.
- Contact Ann at starrette@mindspring.com if you have questions.



Awakening to the Holy

Neuroscience, Awareness and the Renewing of the Mind
September 24-26, 2017 (Sunday at 4:00 pm-Tuesday at 3:30 pm)
Catholic Conference Center, Hickory NC

Alumni Retreat

NAME _____

POSTAL ADDRESS _____

CITY, STATE, ZIP _____

EMAIL _____

Best PHONE _____

(mark appropriate boxes below)

- SINGLE ~ non-refundable deposit \$130 (FULL payment \$255)
or
 DOUBLE ~ non-refundable deposit \$100 (FULL payment \$195)

name of preferred roommate: _____

AMOUNT ENCLOSED \$ _____

- DEPOSIT
or
 FULL PAYMENT



The tool of AWARENESS

*is the only tool that has been found to help us discover
and awaken our True Self*

~ Fr. Tony D'Souza

PLEASE MAKE A COPY OF THIS FORM AND YOUR CHECK AS A CONFIRMATION OF PAYMENT