

The spiritual Retreats are designed for one to get away from their normal activities and to spend time getting reacquainted with God. Our spiritual retreats allow you to examine the priorities of life and to make concrete and practical resolutions for improvement. Retreats can be a powerful step toward personal transformation. Stress is not a stranger to any of us. What better way to spend time with God while taking care of the body, mind and spirit.

- Prayer and Meditation
- Yoga and Zumba
- Time Management and stress reduction
- Storytelling (Planting Seeds of Hope)
- Life Style Wellness (Nutrition)
- Services of Prayer and Healing

Come to the Gammon Retreats and **unclutter** your mind and watch God work!

President Dean Ken Walden
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Gammon Theological Seminary Christian Education Programs Retreats

2019

CLERGY RETREATS

February 18-21
March 11-14
April 1-4
July 8-11
August 5-8

SPIRITUAL RETREATS

February 25-28
March 18-21
April 15-18

WRITERS RETREATS

July 22-25
August 19-22
September 16-19

2019

**Pathway to Physical
Mental, and Spiritual
Renewal**

February - April

**SPIRITUAL
RETREAT**

'You have to go deeper to go further'



**Gammon Theological Seminary
Christian Education Programs**

Retreat Schedule

MONDAY

9:00 am Registration
9:30 am Continental Breakfast
10:00 am Meditation, Prayer and Storytelling
(Gammon Chapel)

11:00 am **Workshop I**
Spiritual Resilience: Bouncing Back from Defeat!
12:30 pm **Lunch**

1:30 pm **A Space For Discovery**

TUESDAY

9:30 am Continental Breakfast
10:00 am Meditation and Prayer (Gammon Chapel)

10:30 am **Workshop II**
How Personality Shapes Your Spiritual Path: Exploring the Enneagram
12:00 **Lunch**

1:00 pm **Workshop III**
Health and Wholeness
2:30 pm **Yoga or Zumba** (pick one)

WEDNESDAY

9:30 am Continental Breakfast
10:00 am **Workshop IV**
Respecting 'Body Intelligence' and Its Lessons on Spiritual, Physical and Mental Health
11:30 am Meditation and Prayer (Gammon Chapel)
12:30 pm **Lunch**
(Optional Chair Massage)

1:30 pm **Workshop V**
Using Spirituality as a Therapeutic Reponses to Building Resilience

THURSDAY

9:30 am Continental Breakfast
10:00 am Meditation and Prayer
(Gammon Chapel)

10:30 am **Workshop VI**
Seeing With Light
12:00 **Lunch**

1:00 pm **Workshop VII**
The Power of Habits and Attitude

Presenters



Dr. Anthony Alford, is a native of Dayton, Ohio He was a George O. Printz Scholar and earned the Master of Divinity from Lexington Theological Seminary in Lexington, Kentucky and he earned the Doctor of Ministry in Preaching and Ethics from the McCormick Theological Seminary in Chicago, Illinois.



Dr. Dawn Britt, is a native Atlantan. She received her Master of Divinity degree from Candler School of Theology at Emory University. She earned a post graduate certificate in Asian Religions and Healing from Boston University. Britt subsequently earned her Doctor of Ministry from Gammon Theological Seminary.



Kimberly Broerman, is a Christian spiritual director, teacher and retreat leader. After serving as a pastor at Saint Mark UMC in Atlanta, she created *Deep Waters Center for Prayer and Exploration*, where she guides folks in exploring the spiritual life through one-on-one conversations, small groups, talks, retreats and workshops



Dr. Terry Hillard, is the Executive Director of Gulfside Assembly, Waveland, MS. She is an Elder in the MS Conference of the UMC with various levels of leadership connecting the church with the community.



Dr. Maxie Harper Norris, received her education in nursing from Dillard University in New Orleans and received her master degree and PhD. From Emory University. She served as associate professor in the Nell Hodgson Woodruff School of Nursing. Following retirement she has devoted her energy and experience to issues of health and wholeness.



Dr. Bridget Piggue, serves as the Director of Spiritual Health at Emory University Hospital Midtown where she is also a certified Clinical Pastoral Educator. In her teaching and writing, she challenges leaders to move toward greater self-awareness, mental health and wholeness.



Rev. Samuel Townsend, is a native of Detroit, MI. He received his Master of Divinity from Gammon Theological Seminary, ITC., Atlanta GA. He is a poet, an avid reader, and life long learner. Presently he serves as the Senior Pastor of Laster Chapel UMC in College Park, GA., and Chaplain at Emory University Hospital.

Registration Form

Gammon Spiritual Retreats

Cost: \$300 or \$500.00 with campus housing.
Optional Housing Available at the Clarion Inn and Suites Hotel. Group rate \$120
(includes breakfast)

\$100 Scholarship available (upon request)

CEU Credits will be offered

Registration/Housing on a space available basis.

Breakfast and lunch included in registration

Name _____

Address _____

City _____ State _____ zip _____

Phone _____

Email _____

Limited 50 participants, per retreat dates

Please check the date you will be attending

Dress comfortably for activities

Note: Monday-Thursday

February 25-28 **deadline: Feb.**

March 18-21 **deadline: Feb. 1**

April 15-18 **deadline: Mar. 29**

Limited space, don't miss out!

Register online: www.gammon-itc.org or mail to:

Gammon Theological Seminary

Attn: Minister Brenda Bennefield

653 Beckwith Street, S.W.
Atlanta, GA 30314

Please make checks payable to Gammon Theological Seminary