

Filling
THE
Reservoir:

The Prayerful Life
and Daily Ministry

March 31 & May 5, 2012

Course Description -This experiential course in contemplative Christian spirituality will re-introduce us to the church's classical disciplines and help us make the connection between our prayer and daily ministry in the world. In the two Saturday sessions, the terms "Christian spirituality" and "spiritual formation" will be defined. The traits of a healthy prayer-life will be discussed. Several time-honored & foundational devotional practices will be explored, including: "centering prayer," *lectio divina*, Luther's "Garland of Four Strands," the *examen*, and a "rule" of life. And an ancient admonition to church leaders will be discussed in light of our own baptismal calling to service in daily life.

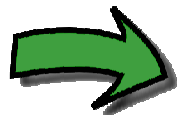
This course will consist of the 2 Saturday classes (9 a.m.-4p.m.) plus 5 evening sessions of 2 hours each. The dates and location for small group participants will be decided later. The registration fee, which covers the course, lunch and breaks, is \$175. per person. You are also required to purchase the textbook for the course. Dr. Largen will be live at Grace, Waynesboro and it will be "same time" LIVE at Ebenezer, Marion and St. John, Norfolk!

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The enrollment cost is one of the following:

- **\$25.00** for a rostered leader to attend the two large group meetings as continuing education.
- **\$87.50** per person if you are bringing a friend that is new to ACTS or if you have not participated in ACTS before. Name of new person you are bringing: _____

(Be sure they register to activate your special rate.)

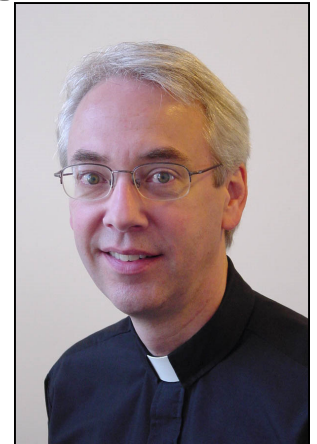
- **\$175** per person is the regular registration fee.
- **\$900** if you have a group of 6 or more from your congregation or parish.
(Registration information for each person will need to be sent in)



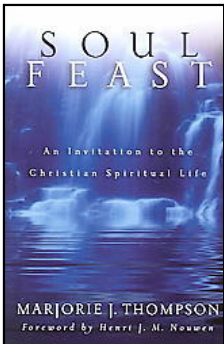
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Instructor-- The Rev. Dr. John Largen is the Pastor to the Seminary Community for Spiritual Formation at our Lutheran Theological Southern Seminary in Columbia, South Carolina. In his role as Seminary Pastor, he offers special programs in Christian spirituality to help students, faculty, staff, and family members to grow into a healthy life of prayer and service. A Virginia Synod pastor, he grew up at St. John, Roanoke and served the former Quicksburg Parish in Shenandoah County.



The Rev. Dr. John Largen



Textbook-- A modern classic in Christian contemplative spirituality will serve as our discussion guide for the five Small Group Gatherings: Soul Feast by Marjorie J. Thompson. It is available at Amazon.com, ISBN-10: 0664229476



Please check which course: Waynesboro Norfolk Marion

REGISTRATION FORM

Name _____
 Address _____
 City _____ State _____ Zip _____
 Home phone (____) _____ Cell phone (____) _____
 Email address _____
 Home Church _____ City _____

I have enclosed a check for \$ _____ payable to the Virginia Synod.

My payment will be from my congregation/parish with the group discount.
 Congregation/Parish name _____

I want to pay by credit card.
 (Master card or Visa)

Name (as it appears on your card): _____

Billing Address _____

City _____

State _____ Zip _____

Card # _____

Expiration Date _____

Amount to be charged \$ _____



Please send your registration to: Lenae Osmondson, 520 W 21st Street, Suit J, Norfolk, VA 23517 or email the above information to: synodeast@vasynod.org. If you have any questions call 757.622.9421.