

Rhythms of the Spirit

Nurturing a Contemplative Life

July 28-August 1, 2014

Rhythms of the Spirit is a unique opportunity to explore and practice the contemplative life together. To develop a more contemplative life, time is necessary to practice contemplation. To allow time for practice, the schedule offers a focused and expansive approach to each day:

- Morning prayer followed by the practice of Lectio Divina
- Evening prayer followed by silence
- Morning and evening prayers with contemplative elements from Taizé, Iona, Renovare and others
- A keynote talk each day with members of the leadership team focused on contemplative practices for life and ministry
- Relaxed lunchtime conversations around tables focused on helpful spiritual practices
- Observe the "great silence" each night after evening prayer as a group

Keynote Speaker: Jeff Savage



Jeff has been a pastor for more than 30 years and has served First Baptist Church of Springfield, Oregon since 1988. In addition to earning a BA in history and a Master of Divinity degree, Jeff's Doctor of Ministry degree centered on spiritual formation and leadership. A retreat leader with a focus on contemplative practices, Jeff and his wife

Janet also offer retreat space for clergy colleagues at their home above the McKenzie River at Vida, Oregon.

Do you struggle for balance between prayer and activity?

Do you long for more silence and solitude in your life and ministry?

Green Lake offers a beautiful setting for listening to the voice of God in new ways.

Leadership Team



Rev. Betty Wright Riggins

Rev. Wright Riggins is a graduate of Oasis Ministry for Contemplative Spiritual Direction and has a certification from the Green Lake Coaching Center. Rev. Wright Riggins is ordained in the American Baptist

Churches USA and teaches as an adjunct professor at Palmer Theological Seminary where her courses focus on spiritual direction and formation, the practice and theology of prayer and dealing with grief and loss. She holds two Masters degrees from California State University, Los Angeles, an MDiv from Eastern Baptist Theology Seminary and is Principle of TrustOne, a spiritual direction and coaching ministry.



Rene Colson Hudson

Rene is a spiritual director, chaplain, and former local church pastor with degrees from Wheaton College, Palmer Theological Seminary and a certificate in spiritual direction through Oasis Ministries in Camp

Hill, Pennsylvania. In addition to her spiritual direction practice (the Anam Cara Group), she serves as Chaplain of Riverview Estates, a long-term care community near Philadelphia.



Brad Berglund

A classical guitarist, an ordained American Baptist minister, and an adjunct seminary professor, Brad works ecumenically leading retreats and pilgrimage experiences around the world. The author of two best-selling books on the topic of worship

renewal, *Reinventing Sunday* and *Reinventing Worship*, Brad is an internationally recognized worship designer and leader. Visit Brad at: www.illuminatedjourneys.com and www.thethreshold.us.

Registration fee: \$80. Travel, meals and accommodations are additional.

To register:

Call Green Lake at (920) 294-3323