

## Recommended Readings

- **I Am My Body: A Theology of Embodiment**  
by Elisabeth Moltmann-Wendel
- **The Body Keeps the Score**  
by Bessel van der Kolk, M.D.
- **Savor: Mindful Eating, Mindful Life**  
by Thich Nhat Hanh
- **Health and Healing: The Philosophy of Integrative Medicine and Optimum Health**  
by Andrew Weil, M.D.

### Questions?

Contact **Rev. Lisa McKee**, retreat leader.  
mckee.lisa1@gmail.com 304-549-5520



**The Academy**  
for spiritual formation®  
a program of The Upper Room

"The Academy has been an answer to prayer and has provided me with the rich spiritual nourishment I needed to give me renewed strength and enthusiasm for my faith journey. The times for prayer, silence and reflection have been invaluable, and being part of a Christian community seeking to grow closer to God and to each other in order to better share Christ's love with the world has been a true privilege. It is an experience that has changed me in ways for which I will be forever grateful."  
- Lori Lonergan, Layperson from Wisconsin

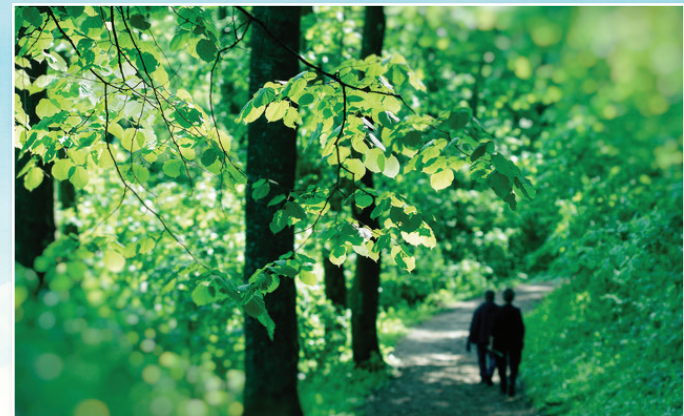
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# Managing stress: body, mind, and spirit.

## Five-Day Academy for Spiritual Formation

### April 19–24, 2020



John XXIII Pastoral Center  
Charleston, WV

Date: **April 19–24, 2020**

Registration opens January 3rd and closes April 6th.

Cost: **\$650.00** (SCHOLARSHIPS AVAILABLE)

<https://academy.upperroom.org/event/five-day-west-virginia/>

Registration will open January 3rd, 2020

Cost includes: Housing, Meals, and All Activities (participants are responsible for \$150 non-refundable deposit due upon registration)

No refunds after April 19th.

## Theme

### **Managing Stress: body, mind, and spirit.**

How would your life change if you understood stress management as a spiritual practice? As you think about this retreat, we hope you are excited about engaging with the rhythms of learning, worship, fellowship and silence. In today's frantic and demanding world, these rhythms are essential to developing a healthy relationship with stress.

Location: **John XXIII Pastoral Center  
Charleston, WV**

*A place of peace*

Experience genuine Christian hospitality at this modern facility nestled in a picturesque natural setting just minutes from downtown Charleston, West Virginia. John XXIII is a beautiful facility with walking trails and plenty of space for silence and reflection. The facility has recently been renovated and is comfortable and welcoming!

Participants will have private hotel style rooms (shared rooms for married couples are optional). Breakfast, lunch, an afternoon snack, and dinner will all be provided on site. The staff are wonderful about working with food sensitivities and preferences.

For additional information about John XXIII please visit  
<https://johnxxiiipc.org/about/>

## Who Should Attend?

Lay and clergy from any denomination seeking spiritual growth.

**Continuing Education Units available**

## Faculty



**Daniel Wolpert**, a healer and student of the spiritual life, worked as a research scientist, psychologist, spiritual director, farmer, teacher, and construction worker before earning his Master of Divinity degree at San Francisco Theological Seminary (SFTS). Over the past thirty years he has taught in the fields of psychology and spiritual formation, led retreats, and delivered talks in such settings as the Art of Spiritual Direction Program at SFTS, the Youth Ministry and Spirituality Project, national ministry conferences, UCLA, UND medical school, Luther Seminary, the 5-Day Academy for Spiritual Formation and numerous other settings around the world. Daniel is the co-founder and Executive Director of the Minnesota Institute of Contemplation and Healing ([www.micahprays.org](http://www.micahprays.org)). He is the author of *Leading a Life with God*, *The Practice of Spiritual Leadership* (Upper Room 2006), *Creating a Life with God: The Call of Ancient Prayer Practices* (Upper Room 2003), co-author of *Meeting God in Virtual Reality* (Abingdon 2004), and *The Collapse of the Three Story Universe: Christianity in an Age of Science* (MICAH 2013) as well as numerous articles and book chapters on meditation and healing.



**Debra G. Bell, M.D.** is a board-certified family physician and a diplomate of the American Board of Integrative Holistic Medicine. She has over 30 years of experience in conventional medicine and complementary and alternative medicine. She currently practices as a consultative Integrative Medicine physician at the Penny George Institute of Health and Healing in Minneapolis. She practiced for 13 years at a primary care Integrative Medicine Center she started in Crookston MN. She also held a position as Clinical Assistant Professor in the Department of Family and Community Medicine at the University of North Dakota School of Medicine. Prior to living in Crookston, she lived in Vermont and California where she offered home birth, family practice and integrative medicine services. Debra has a particular interest in health and spirituality. She is co-founder of the Minnesota Institute of Contemplation and Healing (MICAH), a center dedicated to the practice and study of spiritual formation and leadership, healing and the arts.