

ADJUNCT FACULTY



REV. SUZANNE SEATON

The Rev. Suzanne Seaton is a retired Ordained Deacon in the United Methodist Church and served for over 30 years in the areas of spiritual direction and spiritual formation in a variety of settings. She has a Masters Degree in Social Work (MSW) from the University of Washington. Suzanne was a spiritual director and spiritual formation retreat leader for lay and clergy persons from a variety of faith traditions. She was faculty for 10 years in Seattle University's Pastoral Leadership Program. She has served on 6 leadership teams for the Two-Year Academy for Spiritual Formation at Mercy Center in Burlingame, CA.



DR. FRANK ROGERS JR.

Dr. Frank Rogers Jr. is the Muriel Bernice Roberts Professor of Spiritual Formation and Narrative Pedagogy at the Claremont School of Theology and codirector of the Center for Engaged Compassion. His research and teaching focus is on spiritual formation. Frank also is a spiritual director and Internal Family Systems practitioner. He earned his spiritual direction certificate of completion through Mercy Center in Burlingame, California and offers IFS therapy in private practice, as a consultant, and through retreats. Frank is a graduate of Princeton Theological Seminary and lives in Claremont, California, with his wife, Alane, and three sons, Justin, Michael, and Sammy.

SUGGESTED READINGS

Belden Lane: *Backpacking with the Saints*

Martin Laird: *Into the Silent Land*

Frank Rogers: *Compassion in Practice: The Way of Jesus*

Andrew Dreitcer: *Living Compassionately: Loving Like Jesus*

THE COURSES

Suzanne Seaton will be presenting on the topic: A Sacred Dance: Contemplation and Action

We are each called to a deeper relationship with God where we come to know ourselves as accepted and loved unconditionally. As God's Beloved ones, we know the importance of allowing our love to flow outward to all of humanity and the created world. The inward journey of prayer and contemplation sustains and nurtures us in the outward journey of love in action through works of mercy, social justice and peacemaking.

Frank Rogers will be presenting on the topic: Finding Our Compassionate Center in Turbulent Times

We are living in turbulent times. Political and religious divides are threatening the bonds of civil discourse that sustain our communities; all manner of parties are increasingly polarized around competing ideologies; and social and relational tensions are rising to frighteningly violent proportions. The turbulence wars within us as well. Fear, anxiety, dread, and enraged indignation wreak havoc within our souls and psyches. Where, in the midst of the cacophony both within and around us, can we find a center of clarity, peace, and hope for a transformative way forward?

Compassion offers such a restorative center. Compassion directed inward stills the storms within us and discerns the wisdom within our turbulent emotions. And compassion turned toward the other has the potential of relaxing polarized tensions and cultivating the bonds of our common humanity. Our week together at the Academy will explore practices, techniques, and tools that deepen our capacities to experience God as a source of love; to transform difficult emotions and internal drivenness into grounded self-compassion; and to embody genuine compassion toward others, even difficult people, with power, accountability, and empathic care.

APPLICATION FORM

Five-Day Academy for Spiritual Formation
October 21-26, 2018 | Canyon Camp | Hinton, OK
3 Continuing Education Credits

**Please Print*
Name: _____

Address: _____

City: _____ ST: ____ Zip: _____

Day Phone: (____) _____

Email: _____

Myers-Briggs Type If Known: _____

Church Where You Serve Or Attend:

Please Check The Following That Applies:

- | | | |
|---------------------------------|--------------------------------|---|
| <input type="checkbox"/> Male | <input type="checkbox"/> 20-29 | <input type="checkbox"/> Preferred Accommodations |
| <input type="checkbox"/> Female | <input type="checkbox"/> 30-39 | <input type="checkbox"/> Lodge, Double - \$550 |
| <input type="checkbox"/> Clergy | <input type="checkbox"/> 40-49 | <input type="checkbox"/> Lodge, Single - \$655 |
| <input type="checkbox"/> Laity | <input type="checkbox"/> 50-59 | <input type="checkbox"/> Regular Cabins - \$500 |
| | <input type="checkbox"/> 60-69 | |
| | <input type="checkbox"/> 70+ | |

Roommate Preference, If Double:

Roommates need to submit their registration together.

Name: _____

Special Dietary or Mobility Restrictions:

Mail application & \$100 deposit to:

Academy for Spiritual Formation
C/O Megan DeCastro
1501 N.W. 24th St.
Oklahoma City, OK 73106-3635

Make Checks Payable To: Annual Conference Council

Memo: Spiritual Formation

Register Online: www.okumc.org/SpiritualFormationAcademy

**Additional information and directions to the site will be sent to registrants.*

