

OVERVIEW

What is the Four-Day Academy®

The Four-Day Academy offers an intentional pause—four days to rest into God, listen deeply, and recover holy rhythms with companions on the journey in a monastic patterned retreat of worship, teaching, silence, and community practices. With the theme “Breathe on Me, Breath of God,” this spiritual retreat offers an opportunity to catch your breath physically, mentally, and spiritually, and allows God to breathe on you with power and grace. We come together to be empowered by the Spirit, to gain hope, and to share it with the world.

Register online at:

**2027 Four-Day Academy
for Spiritual Formation**

<https://igrc-reg.brtapp.com/fourday>

Online registration is available at:

**2027 Four-Day Academy
for Spiritual Formation**

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Registration begins November 1, 2026

Leadership Team

Team Leaders:

Rev. Ann Champion

pastorann59@gmail.com

Rev. Joy Schlesselman

jschlesselman17@gmail.com

Worship Leaders:

Rev. Mary Brady

marybrady90@gmail.com

Rev. Carl Johnston

uch.pastorcarl@outlook.com

Listening Circles:

Rev. Paul Dinges

WaldoD@msn.com

What attendees have said about previous Academy offerings:

“As always, the five day enhances my spirit and my intellect. It is a beautiful marriage of the two.”

“This Academy was just what I needed and at the right time. Faculty was awesome and their presentations were challenging.”

“This has helped me sit in silence and search for God’s closeness and words for my soul and my ministry.”

Breathe ON ME BREATH OF GOD

A Four-Day Academy for Spiritual Formation®

APRIL 19-23, 2027

King’s House at the
National Shrine of Our Lady of the Snows
424 S Demazenod Dr.
Belleville, IL 62223
(618) 397-0584



**The Academy
for spiritual formation®**

Sponsored by The Academy for Spiritual Formation®
and the Illinois Great Rivers Conference
of The United Methodist Church

**APR
19-23
2027**

Does the Four-Day Academy® qualify for continuing education credit?

Yes. If you choose to seek credit, you will be provided with the necessary form while at the retreat to be signed by the faculty. The form must then be submitted to the leadership team with a \$15 payment at the conclusion of the event. A commitment to full-time participation is expected.

What does it cost?

Single occupancy: \$850 before January 15, 2027
\$900 after January 15, 2027

Double occupancy: \$700 before January 15, 2027
\$750 after January 15, 2027

\$100 non-refundable deposit is required at the time of registration.

First time attendees: \$200 discount

Registration closes on March 19, 2027

(Must be paid in full)

TEACHING FACULTY



Dan Wolpert is a Spiritual Director, Presbyterian pastor, and the author of six books and multiple articles on spirituality, healing, and social transformation. Co-founder and former Executive Director of the Minnesota Institute of Contemplation and Healing, he has taught in the fields of psychology and spiritual formation in numerous settings around the world. When not on the road, he lives in Seattle spending as much time with his grandchildren as possible.

Recommended Reading: *Looking Inward, Living Outward: The Spiritual Practice of Social Transformation* by Dan Wolpert (Upper Room 2024) and *The Pink Robe Chronicles: Womanist Wisdom for Healing, Liberation, and Love* by Melva Sampson (Broadleaf Books 2026).



Regina M. Laroche, farmer/storyteller/dancer/retreat leader, is founder of Diaspora Gardens, a Land-Art-Spirit practice rooted in regenerative relationships with land, community, and heritage. She engages farming, arts, mentoring, and spiritual

connection to repair, celebrate, and grow a future of justice and abundance. As the daughter of an Afro-Caribbean refugee and an African American sharecropper, a mother, sibling, and spouse, she is devoted to healing wounds of inequity and strengthening bonds of land, community, and ancestry. Regina participated in the Two-Year Academy for Spiritual Formation #23, and served on a number of Academy teams.

Recommended Reading: *Rest is Resistance: A Manifesto* by Tricia Hersey (Little, Brown Spark 2022) and *Dance — the Sacred Art: The Joy of Movement as a Spiritual Practice* by Cynthia Winton-Henry (Skylight Paths 2009)

DAILY SCHEDULE

Arrival Day

3:00-5:00 p.m. Check in
5:15 Eucharist
6:00 Dinner
7:00 Welcome & Orientation
7:30 Listening Circles
8:45 Night Prayer
9:00 Silence until Morning Prayer

Typical Day

7:30 a.m. Morning Prayer
8:00 Breakfast
9:00 Morning session
10:00 Silence and solitude
11:00 Discussion with faculty
11:30 Community time
12:00 Lunch and free time
2:30 Afternoon session
3:30 Silence and solitude
4:30 Discussion with faculty
5:15 Eucharist
6:00 Dinner
7:30 Listening Circles
8:45 Night Prayer
9:00 Silence until Morning Prayer

Departure Day

7:30 a.m. Morning Prayer
8:00 Breakfast
8:45 Morning Session I
10:00 Morning Session II
11:15 Eucharist
12:00 Lunch and departure