

## Rhythm of the Day

- Morning Prayer
- Breakfast
- Faculty Lecture
- Silent Reflection
- Discussion with Faculty
- Community Time
- Lunch
- Free Time
- Faculty Lecture
- Silent Reflection
- Discussion with Faculty
- Break
- Eucharist
- Supper
- Listening Circles
- Night Prayer
- The Great Silence

*The Academy for Spiritual Formation creates transformative space for people to be in communion with God, self, others, and creation for the sake of the world.*

**For more information, visit  
[www.upperroom.org/academy](http://www.upperroom.org/academy)**



## Registration Information

More information, along with a link to register, can be found at [www.umcna.org/4DaySFAcademy](http://www.umcna.org/4DaySFAcademy).

Cost for the 4-Day Academy is \$788. Your deposit of \$100 will secure your spot. Registration is open now through October 1, 2026.

Limited scholarship funds are available. If you are able, please consider a contribution to the scholarship fund. Contact Rev. Dale Clem for information. [dale.clem@umcna.org](mailto:dale.clem@umcna.org)

## The Leadership Team

Rev. Dale Clem, Retreat Leader  
Rev. Ted Amey  
Lyn Cosby  
Hanna Schock  
Pam Townsend  
Rev. Steve West

## Sponsors

The Upper Room  
Academy for Spiritual Formation  
Alabama-West Florida Conference  
of the United Methodist Church  
North Alabama Conference  
of the United Methodist Church  
Episcopal Diocese of Alabama

# Alive with Christ

## 4-Day Academy for Spiritual Formation

October 5-9, 2026  
Camp Sumatanga  
Gallant, Alabama



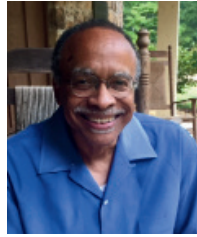
Even when we were dead through our trespasses, (God) made us alive together with Christ—by grace you have been saved.  
*Ephesians 2:5, NRSV*

# What Makes You Come Alive?

Have you wondered if it is possible to actually make progress in the spiritual life? We may desire to be alive with Christ, but find our passion fading. The Academy for Spiritual Formation grants breathing space for undivided attention to the Divine, away from our tech-filled world which often diverts our energy in dozens of directions. You are invited to come away for a few days to listen to your soul, the Holy of Holies within with trusted Spiritual guides.

The mystic Howard Thurman asks, "What makes you come alive?" Through daily worship, lectures, and quiet time participants will be guided to explore what makes them alive with Christ, and spiritual practices to sustain them.

**"Don't ask yourself what the world needs. Ask yourself what makes you come alive because what the world needs is people who have come alive." Howard Thurman**



**Luther E. Smith Jr.,** Professor Emeritus of Church and Community at Candler School of Theology, Emory University in Atlanta,

writes and speaks extensively on issues of church and society, congregational renewal, interfaith cooperation, Christian spirituality, and the thought of Howard Thurman. His most recent book is *Hope is Here! Spiritual Practices for Pursuing Justice and Beloved Community*. Dr. Smith is Coordinator for the "Pan-Methodist Campaign for Children in Poverty." He is an ordained minister of the Christian Methodist Episcopal Church, and has taught for over 30 years in the Academy for Spiritual Formation.



**Nathan and Vivianne Foster** live, teach, and write in a small retreat center named Vilayala,

which means "life unhurried," in Eastern Ontario. Viv, a Certified Spiritual Director, has a heart for young people and worked with Youth for Christ. She contributes weekly content and voice to the "Dwell" app.

After a decade as a licensed social worker and a dozen years as a professor, Nate joined the team at Renovaré ministry, which focuses on Spiritual Formation. As its Director of Community Life, he created the "Fellowship of the Burning Heart" and its Listening Groups as well as the Renovaré "Life with God" podcast. Speaking and teaching comes out of the learning spaces in his own life, from which he authored two memoirs, *The Making of An Ordinary Saint: My Journey from Frustration to Joy with the Spiritual Disciplines* and *Wisdom Chaser: Finding my Father at 14,000 Feet*.

