

Registration Information

We recommend that you register early as space is limited! Payment options are available by check or credit card.

Cost includes a single room with private bath, all meals, and tuition. A non-refundable registration fee of \$100 is required to reserve your Academy space. This amount will be applied to your total cost.

Register by check or credit card at
www.virginiafivedayacademy.org

* Limited Scholarship Assistance is available.
Contact Rev. Kyungsuk Cho
(kyungsukcho@vaumc.org), for info.

Virginia UMC Conference Clergy may be eligible for Continuing Education funds.

Total cost \$495

Two CEUs are available for a fee of \$10.
Forms will be available during the event.

The Academy will be held at:
Roslyn Retreat Center
8727 River Road
Richmond, Virginia 23229

The Virginia Five-Day Academy
for Spiritual Formation, Inc. is a
nonprofit 501(c)3 entity.

Questions? Jeff Haugh
(804) 687-3938
JeffHaugh@vaumc.org



The Academy
for spiritual formation

Faculty Presenter



Dr. Linda McKinnish Bridges, pilgrim on the journey of life, with educational preparation in Biblical Interpretation and Business Management (PhD Southern Seminary and MBA, Wake Forest University School of Business), has tried to follow the leading of the Spirit with pilgrimage trips to Ireland, Scotland, and Wales. Recently she traveled to Assisi to study the lives of Saints Francis and Clare.

As founding faculty of the Baptist Theological Seminary in Richmond, professor of New Testament (Union Theological Seminary, Wake Forest University School of Divinity), she has been aware that the study of spirituality is bedrock to theological formation. As a student of ancient Celtic Spirituality for the last several decades, she understands that living a contemplative life helps to prepare one to live abundantly in the midst of mighty change. She welcomes the conversation this weekend regarding these matters of the heart.

The Virginia Five-Day Academy
for Spiritual Formation, Inc.®

In Partnership With The Upper Room



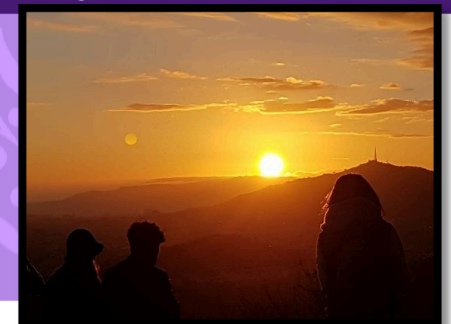
FINDING SHELTER ON THE JOURNEY

Feb 13-16, 2026

ROSLYN RETREAT CENTER
RICHMOND, VIRGINIA

You are invited to join us
for a time of Spiritual
Refreshment and
Exploration.

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age." -Matthew 28:19-20 NRSV



About the Academy

The Three-Day Academy for Spiritual Formation is designed for:

- Persons seeking spiritual growth
- Laity and clergy
- Worship, study, rest and renewal
- Silence, solitude and community
- Prayer and reflection
- Learning spiritual disciplines
- Deepening your relationship with God

2026 Leadership Team

Team Leader
Rev. Jeff Haugh

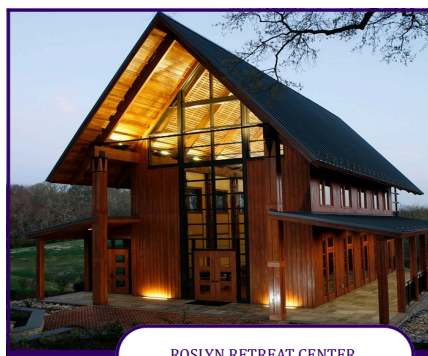
Worship Leader
Rev. Drew Colby

Listening Circle Coordinator
Rev. ReNe'e Teague

Spiritual Directors
Rev. Kim Barker-Brugman
Dr. Loyd Allen

Registrar & Treasurer
Rev. Kyungsuk Cho

Hospitality Coordinator
Cathy Bowen



ROSLYN RETREAT CENTER



The Virginia Five Day Academy for Spiritual Formation creates safe space to be in communion with God, self, others, and creation for the sake of the world.

Worship

Worship shapes the heart and soul of this gathering. With no more than fifty participants, the community is just the right size for rich worship experiences. Following ancient practices the day begins with Morning Prayer and closes with Night Prayer; we begin and end each day with God. The Sacrament of Holy Communion or Eucharist is celebrated every day as well, a time to “taste and see the goodness of the Lord.” The *Upper Room Worship Book* offers a wide variety of musical selections and liturgies that are theologically sound and appropriate for this spiritual formation journey.

Community

Throughout our time together you will meet in a small group called a Listening Circle. Here you will be invited to reflect on your spiritual journey and share how God is working in you during the academy. As the week goes on, the group can be a sacred place for spiritual growth and intimacy.

Daily Rhythm

The academy offers an opportunity for you to deepen your relationship with God through a daily rhythm of prayer, worship, learning and reflection. Each day includes teaching by a gifted spiritual leader (Dr. Linda McKinnish Bridges), periods of silence, morning and evening prayer, Eucharist, listening circles and community time. Time for rest and reflection are part of each day.



Who Will be There?

A basic knowledge of the Christian faith is assumed, and so is a willingness to grow and struggle. Some participants may be skeptical in their faith and others may be deeply trusting; the key is a desire to grow in one's relationship to God. Along with a mix of clergy and laity, several denominations will be represented. All are welcome to this community. This is your place to retreat, rest and grow!

[Daily Schedule]

7:30 am Morning Prayer

8:00 am Breakfast

9:00 am Faculty Presentation

10:00 am Silent Reflection Time

11:00 am Plenary Discussion

11:30 am Community Time

12:00 pm Lunch and Free Time

2:30 pm Faculty Presentation

3:30 pm Silent Reflection Time

4:30 pm Plenary Discussion

5:15 pm Eucharist Service

6:00 pm Dinner and Free Time

7:30 pm Listening Circles

8:45 pm Night Prayer

Great Silence until Morning Prayer