Scheduling a 9-Month Program

When a Spiritual Formation Program is organized at the monthly meeting or quarterly meeting level, the scheduling of the program is up to the group. Nine continuous months is the need. We have started programs in the fall and in January. Usually, the opening and closing retreats begin in the evening of one day and end with dinner on the second. The midyear retreat is one day. For a January start, folks sometimes take time off in the summer and extend the program to 12 months. We try to meet the needs of the Meeting involved.

9-month Program Location and Cost

For meeting or quarterly meeting programs, the opening and closing retreats are usually held at a local monthly meetinghouse. The cost to a meeting or quarter is usually $50 per person and must cover the travel costs of facilitators, if needed.

What You Need to Do for a Program

To ensure the most positive experience in your Spiritual Formation Program, you need to help find others in your region, quarter and meeting who want to participate in the program with you. A regional group of about twelve people is a good size. Go to your Meeting and the other Meetings in your quarter and find those folks! The group undertaking the program designates a small group to serve as an Oversight Committee for the duration of the program. It is their job to help keep the small groups on track and to take care of administrative details.

Our Offerings to You

The Spiritual Formation Collaborative of the Philadelphia Yearly Meeting currently offers three ways for you to deepen your Spiritual Walk:

A 9-month program offered to Meetings and Quarters

A weekend retreat in the fall for anyone who wishes to participate

An Annual Sessions two-day retreat

We have some other ideas in the works too!

The Spiritual Formation Collaborative consists of 12 members from 8 meetings across PYM. We work in groups to offer our programs.

For more information or questions, contact our Clerk, Susan Thompson, at 267-847-6396 or sthompson@healthfederation.org.

The Spiritual Formation Collaborative of PYM

Invites You into a Deeper Experience on your Spiritual Journey

www.pym.org/spiritual-formation-program-collaborative/

Offering #1

Annual Sessions Retreat

Begun in 2018, the Spiritual Formation Collaborative offers a 2-day retreat yearly to begin Annual Sessions. On the first day of Annual Sessions, we gather to begin to prepare ourselves for Sessions so that we may be grounded in the Spirit. Our focus is on strengthening our ties to Spirit and each other through deep listening. Then, in the morning on the next day, we re-gather in worship with the intention of grounding both ourselves and Sessions.

Testimonial on the Retreat:

"The power of talking about sacred things with listening Friends verifies the truth. Then the strength of hearing the spiritual journeys of others makes me realize that I am not fumbling alone. And wow, when like-hearted Friends gather, our Light feels touchable!"

Offering #2

Fall Weekend Retreat

PYM's Spiritual Formation Collaborative Weekend Retreats are designed to create a deeper communion with Spirit, spiritual formation, and/or spiritual nurture. Weekend retreats refresh, renew, deepen the relationship with Spirit, and create spiritual friendships.

Goals include time to retreat, to reflect, and to deepen relationship with Spirit and each other. In addition, there are opportunities for networking and connecting with fellow seekers on the spiritual path. There are occasions for participants to share their stories and be wholly/holy listened to, to encourage and nurture each other, to share gifts, ideas, and resources, and to enjoy music and relaxation.

Offering #3

A 9-Month Program Community

The Spiritual Formation Program components of two weekend and one one-day retreat, personal spiritual disciplines, readings, devotional groups and prayerful support combine to provide a structured community in which each member may discern God's call and prepare to follow it. Throughout the nine months, many insights and deep relationships are forged in this intimate exchange.

The Spiritual Formation Program encourages Friends to take seriously God's call in their lives. This is done through a structured, supportive community where:

- Each person commits to full participation in the entire program so that everyone will have a rich experience;
- Each person undertakes a daily spiritual practice for the entire program, a critical component of spiritual formation;
- Each person is a member of two regional groups that meet monthly: a reading and a spiritual friendship group;
- The reading groups (7-10 people) gather to share, worship and discuss responses to assigned devotional readings. These are books about spiritual experience, prayer, scripture, community, the Religious Society of Friends and ministry;
- Smaller spiritual friendship groups of 3-5 within the larger reading groups are also formed and meet on another day each month, sometimes over a meal, to relate their on-going experience of their daily spiritual practices and to share how the Eternal is breaking in on their lives.