

2015 ST. JAMES ANNUAL RETREAT

FCJ Centre, October 16 & 17, 2015

“Draw near to God, and he will draw near to you.”

St. James is pleased to continue the tradition of holding an annual Retreat, which this year will be hosted in Calgary at the FCJ Centre, where we are pleased to have The Rt. Rev. Derek Hoskin, retired Bishop of Calgary, as our guest speaker. The retreat will be an opportunity to draw nearer to God through both teaching and practical exercises.

The intention is to help the people of St. James to grow in the knowledge and love of God, and that each participant would be encouraged and strengthened in their own personal relationship with God and their relationship with their brothers and sisters in Christ.

The FCJ Centre is an ecumenical Christian retreat centre in downtown Calgary. It maintains numerous conference rooms with coffee and snacks available throughout the day, a dining hall, chapel, as well as a fairly large campus just off the Elbow River and has easy access over the bridge to Lindsay Park. While dormitories are available, this year's Parish Retreat will not make use of them as we will not be staying overnight.

FORMAT

The retreat will take place on the evening of Friday the 16th and all day Saturday the 17th of October.

Friday evening will take place at St. James starting at 7:00 pm and will provide for an overview of the agenda and introduction to the events of the weekend, a meditation by Bishop Derek, an introduction to small groups and time for discussion before concluding in communal Night Prayer ending at about 9:00 pm.

Because participants will not be staying overnight, everyone will be encouraged to take up a number of disciplines over the Friday and Saturday, particularly focused on the time between the dismissal Friday night and Saturday when we gather at the FCJ Centre.

Saturday morning participants will gather at the FCJ Centre at 9:00 am. A full lunch and supper will be served, along with coffee and snacks throughout the day. Please have an appropriate breakfast before arrival.

Saturday will begin with Morning Prayer followed by the first talk given by Bishop Derek, small group discussions and exercises as well as time for private reflection, prayer and meditation.

The afternoon will include two more talks on related topics. Each talk will be followed by small group discussion time, and there will be an hour long break between the two sessions.

The evening will end with supper followed by the celebration of Holy Communion in the chapel ending around 8:00 pm.

SPIRITUAL EXERCISES

Throughout the retreat, we will engage in a number of spiritual exercises, many of them inspired by the soul training exercises from James Bryan Smith's *Apprentice* series. The intention is two-fold. Over the course of the retreat, these exercises will help us to turn our hearts and minds towards God, and secondly they will provide practical ways in which we can cultivate and sustain our faith at the retreat and beyond.

The three main practices corporately exercised throughout the retreat will be a media fast, intentional quiet while we focus on God and finally living our the retreat devotionally to God.

Additional exercises will be referenced and made available to anyone desiring to use them throughout the retreat or beyond.

REGISTRATION

The registration fee is \$60 per person. This fee covers all of the FCJ Centre's fees, snacks and coffee throughout the entire retreat and lunch and supper on Saturday as well as incidental costs related to the retreat agenda.

Please speak to clergy or one of the organizers if the registration fee would be financially difficult to pay.

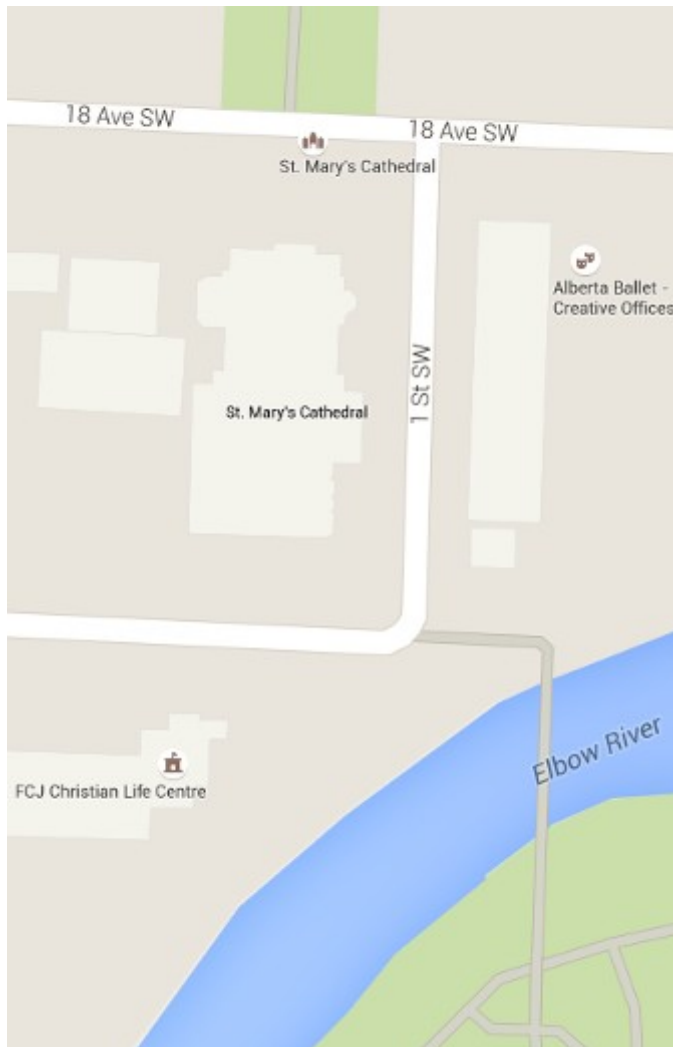
In order to register for this event, you must complete the registration form and provide payment either in cash or a cheque, made payable to St. James Anglican Church. These payments are not tax deductible and will not show up on your contributions statement. A staffed registration table will be available every Sunday from the 13th of September through the 4th of October.

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HOW TO GET THERE

The FCJ Centre is located 219 19th Ave SW, just south of St. Mary's Roman Catholic Cathedral. There is a parking lot available through the main entrance to the FCJ Centre, located behind the building. The FCJ Centre is roughly a 25 minute drive from St. James.



An organized carpool will be available for anyone who does require a ride. Interested drivers or participants should note that on their registration forms. Participants will be contacted prior to the retreat.

Aim to arrive at St. James on Friday evening by 7:00 pm, and at the FCJ Centre on Saturday morning by 9:00 am.

The retreat agenda will be finished by 9:00 pm Friday evening and at 8:00 pm Saturday evening.

OTHER SITE POLICIES

Please bring your own Bible as they will be used throughout the retreat and will be useful for some of the exercises that will be available to try. Bring whichever Bible you would normally use at home, including one on an electronic device if that is how you normally read your Bible at home.

All participants will be required to sign a media consent form at registration to allow a group photo to be posted on the website. Participants may bring cameras, but should not take pictures during services or presentations. Pictures may be taken of the grounds during free time, though photographers should be respectful of anyone engaged in prayer. Photographs may also be taken during meal times.

While the retreat will occur indoors, there may be opportunities, depending on the weather, to explore the FCJ Centre's gardens, labyrinth or the park across the river. Suitable clothing and potentially an extra pair of outdoor footwear should be brought if you intend to do so.

Please indicate on your registration form if you have any dietary concerns that you would like the FCJ kitchens to try to accommodate for Saturday. This information must be presented to the FCJ Centre in advance or they may not be able to provide alternate menu options.

While the FCJ Centre does have some Bibles on hand, we would encourage all participants to bring their own Bibles, as there may be time for Bible reading and devotional study throughout the day.

CONTACT INFORMATION

There will be a retreat table set up in the Narthex every Sunday from the 13th of September through the 4th of October.

For any questions about the registration process or the retreat, please contact:

Alan and Rose Ann Gilmour at 403.239.3422 or by email at awgilmour@icloud.com,

Matthew Perreault at 403.620.0838 or by email at matthewdperreault@gmail.com,

or

Sheila Vanderputten at 403.288.1363 or by email at sheilavanderputten@gmail.com.