

# SPANDA CLERGY RETREAT

When: August 14th 4 PM - August  
16th 12 PM, 2018

Where: Lutheran Outdoor Ministries  
Center Oregon, IL

Sponsored by the CMA, Fox Valley,  
Prairie, and Western Associations of  
the IL Conference UCC

Led by Professional Certified Coach  
Rev. Brandyn Simmons, MBA,  
MGCM, PCC



**Spanda** (Sans.)(n) def.: tremor, vibration. The precise moment when the sun peeks over the horizon at sunset; the space between the inhale and the exhale; the nanosecond of creation - when potential births into reality.

When is the last time you can remember experiencing a Spanda moment? They exist every day, but we are often too overwhelmed or overworked to breathe them in. Clergy burnout is a real thing that goes beyond the disturbing statistics. Many of you have experienced it and all of us want to avoid it. Self care for clergy is almost non-existent and many are suffering the consequences.

Imagine three days of solitude, story-sharing, spiritual practices, and finding your True Self with other clergy who understand the enormous stress and pressure of accepting the call. Walk away with an intentional life/vocational plan crafted *for you, by you* that allows you to live a centered, healthy, and joyful life. Stress, cognitive dissonance, and aimless wandering - GONE.

Does this sound like something you need? Then join me on a three day journey to your True Self. These Spanda moments - where you can see your True Self clearly while having joy, congruence, and peace - aren't just momentary and fleeting, but your way of life.

Investment: \$299 - Includes three days and two nights of accommodations, food, and materials. (Some associations are offering need-based scholarships. No one will be turned away for inability to pay, so inquire when applicable)

What you need to bring: Notebook/Journal, Choice of adult beverage for evening social time

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**[WWW.REVCOACHBRANDYNSIMMONS.COM/SPANDA-RETREAT-REGISTRATION](http://WWW.REVCOACHBRANDYNSIMMONS.COM/SPANDA-RETREAT-REGISTRATION)**

## Spanda Retreat Summarized Agenda:

**Day 1: Meet, greet, become familiar with the retreat center and comfortable with the space so that we can get started on the journey. Build camaraderie with fellow clergy and, by the end of the retreat, you will have a cohort of clergy that will journey with you offering support and accountability.**

**Day 2: Introduction to True Self/False Self. Engage in spiritual practices and exercises that will help you to identify your True Self. This will lead to a deconstruction process of your False Self as you face what is holding you back from being YOU. You will choose a new name for your Self and shed the name that you have given to your False Self.**

**Day 3: Intentional Life/Vocational Plan. Now that you have identified who God made YOU to be, you will begin creating life goals that reflect who you are. You will write a letter to your future self that you will open in six months to gauge your progress of living into your True Self.**

**This is only a SUMMARY of the transforming practices and exercises that we will do. Past retreatants have walked away feeling REFRESHED, CENTERED, and finally having a sense of agency over their own lives.**

**Join us and begin your intentional journey now!**

**[www.revcoachbrandynsimmons.com/spanda-retreat-registration](http://www.revcoachbrandynsimmons.com/spanda-retreat-registration)**

**About the retreat center:**

**LOMC is a gorgeous setting on 460 acres of rolling hills, relaxing ponds, and beautiful prairies. There are hiking trails as well as a prayer labyrinth that you can take advantage of as there is time set aside for such solitude.**