

An Online Spiritual Retreat

Cosponsored by Urantia Foundation, Urantia Association,
the Urantia Book Fellowship, and UrantiaUniversity Institute

Saturday, July 11, from 11 am to 5:30 pm CDT

Join the Zoom Meeting: <https://us02web.zoom.us/j/4797008151>
Meeting ID: 479 700 8151

In each session we shall learn a contemplative practice that will enhance our spiritual journey.

11 am CDT A Brief Introduction to Worship: Gard Jameson and Bobbie Dreier

This will be a brief review of worship with a simple introduction to a method by which to immerse yourself in the experiential delight and adventure of communion with the indwelling Presence of God. Peter asks the evangelists, "to neglect not their daily worship." May we have the commitment to commune with God daily!

12 pm CDT Mindfulness and Living a God Conscious Life: Elisabeth Callahan

To participate in such a process of genuine personal transformation by the Spirit and the power of God's love is the greatest gift. We shall explore how to be ever mindful of God's eternal presence in our lives.

1 pm CDT Prayer Without Ceasing: Michael and Joy Perrie

We are encouraged to share our inner life with God. This is the great privilege and invitation of existence. We shall share the power of prayer in this inner adventure and some of our experiences with prayer.

2 pm CDT Spiritual Reparenting: Marvin Gawryn

We grow up initially in human families with decidedly imperfect parents. And then if we develop spiritually as intended, we transition into the universe family with God (in multiple manifestations) as our true spiritual parent(s). We will explore two early phases of this spiritual reparenting experience: the initial healing of our family-of-origin deficits, merging into the transformative beginnings of the eternal journey of "growing up" in God's family. We will also

experiment with a simple but profound adjunct to worship to help us along in these early stages of the spiritual reparenting journey.

3 pm CDT How Loving Kindness Becomes Service: Guy Perron and Agnès Lazar

The loving kindness meditation for us is the bridge between worship and unselfish service. It is an important part of our preparation to serve in God, with God, and for God. It is a great way for us to maintain a living spiritual connection with true spiritual forces for the continuous bearing of spiritual fruit to be bestowed on our fellows throughout the day.

4 pm CDT Closing Worship: Pato Banton and Antoinette "Roots Dawtah" Hall

It is our intention to share our Urantia inspired music, our most recent outreach experiences, and a moment of thanksgiving and group worship. We will also share a musical narration from The Words of Christ as our practice gift. We will discuss how this simple tool serves us and many others on a daily basis to deepen our understanding of the Master's inspiring teachings and increase our mindfulness of spirit presence. Lastly, we would like to highlight and discuss the emergence of the current planetary transformation and the loving call for an enhanced motivation to service as the ambassadors of the fifth epochal revelation.

5 pm CDT Closing Thoughts and Sharing: Gard Jameson

Please join us as we seek to love as God loves us!