

OTHER EQUIPPING OPPORTUNITIES

SELAH & SHALOM A RETREAT FOR TRAC WORSHIP COORDINATORS

This retreat offers a safe space for worship ministry coordinators/core leaders who are serving in TRAC to:

- Rest, Reflect and Refresh - body, mind and soul,
- Build Community among other leaders in worship ministry, and
- Share and Discern God's leading in building up the worship life of your church.

For more information, please call Juwita Suwito (012-202 3444) or email trac.worship@gmail.com

Organised by the TRAC Board of Worship & Music in collaboration with ICM.

DATES April 13 - 15, 2018 (Fri-Sun)

VENUE Templer Rainforest Retreat

FACILITATORS
Board of Worship & Music & ICM

BIBLE ENCOUNTER WEEKEND

(BEW1 - The Gospel of John)

BEW is an invitation to spend a weekend to immerse our hearts, minds and souls in the Word of God through readings, interaction and contemplation - disciplines foundational to our personal growth. There will be times for reading & studying, conversations & community as well as personal quiet meditation and prayer. This weekend invites us to be acquainted with the written Word in order that we may encounter the Person who inspired the Word.

BEW1 will kick off with the Gospel of John.

"For the word of God is living and active, sharper than any double-edged sword, piercing to the division of soul and of spirit, of joints and of marrow and discerning the thoughts and intentions of the heart." (Hebrew 4:12)

BEW is organized in collaboration with Whispering Hope Methodist Church

DATES May 25- 27, 2018 (Fri-Sun)

VENUE Rumah Methodist, Frasers

FACILITATORS
Dr Samuel Ong & Tang Swee Kit

FINDING PURPOSE TOGETHER

A RETREAT FOR SUPPORT STAFF

This retreat, aimed at developing the support staff in the TRAC local churches is based on two basic postures: we are all called to be "servants who lead" and we are called to seek purpose and live our purpose together - with our loved ones, church, community and country. The focus of this retreat is to create space for you to listen to your life in the presence of God and fellow participants.

The sessions are highly interactive and reflective. Times of prayer, silence, and solitude will be combined with conversations and community time. We believe that as you approach the retreat with generosity of spirit, you will gain clarity of your purpose in life, here and now, and discover frameworks and tools to embrace and live out your calling.

DATES July 23 - 25, 2018 (Mon-Wed)

VENUE PD Methodist Centre

FACILITATORS
Alvin Ung & Team
Leadership Mentor, Author & Adjunct Faculty of Regent College, Canada

COURAGE & CALLING IN VOCATION

A WEEKEND FOR MARKETPLACE LEADERS

This retreat is designed for professionals and leaders (young, emerging or seasoned) in the marketplace. It is an opportunity for you to pause and review your work life and vocational journey. Perhaps in learning to hear and discern the voice of the One who has first called you, you will also find renewed courage, faith and joy in responding to His call and invitation for the season.

Session 1 : The Call to Be Human
Session 2 : The Heavenly Meaning of Our Daily Work
Session 3 : Discovering My Calling
Session 4 : The Salt & Light Mandate

These sessions will integrate times of teaching & input, personal reflection and small group interaction.

Organised by Wesley Methodist Church, Sitiawan, in collaboration with Perak District & ICM.

DATES November 2 - 4, 2018 (Fri-Sun)

VENUE Chefoo Methodist Centre, Camerons

FACILITATOR
Rev Dr Tan Soo-Inn
Founding Director of Graceworks, Singapore



THANKSGIVING CELEBRATION

Sunday, 8th of July 2018 | 3 - 5 pm | Dream Centre, Petaling Jaya

Join us as we celebrate God's faithfulness and work, in and through the ministry of ICM over the last 10 years. It is a time of recollection, celebration and thanksgiving in community.

All Pastors, Leaders, Partners, Benefactors and Friends of ICM are invited to join us on this day!

Look out for more information!

INSTITUTE FOR CHRISTIAN MINISTRY (ICM)

Since 2008, ICM has been offering retreats and training in spiritual formation, ministry and leadership development, as part of the equipping arm of the Trinity Annual Conference (TRAC) of the Methodist Church in Malaysia. We are committed to the building up of the church towards a deepening life of discipleship so that we may live and follow Him with greater intimacy and freedom.



INSTITUTE FOR CHRISTIAN MINISTRY
TRAC - Methodist Church in Malaysia

FOR FURTHER ENQUIRIES

Please direct all enquiries, calls and emails to:
Institute for Christian Ministry (ICM)
Trinity Annual Conference (TRAC)
No 2, Jalan 5/39, 46000 Petaling Jaya
Tel: 03-7954 2836

Email: icm@trac.org.my | Homepage: www.trac.org.my



TRAC INSTITUTE FOR CHRISTIAN MINISTRY

SCHEDULE
2018

CHRISTIAN SPIRITUALITY WEEKEND SEMINAR NORTHERN & CENTRAL DISTRICTS!

HOW NOT TO RUN AROUND LIKE A HEADLESS CHICKEN? A Seminar on Christian Spirituality for Urban Disciples

We are delighted to bring to you a weekend seminar on Christian Spirituality by Rev Dr Viv Thomas. This seminar addresses issues faced by both activists and those who lead an active, busy life. Most of us are often driven by a hurried pace of life, while juggling the multiple demands of personal, professional, family and ministry life. How does one not run around like a headless chicken but remain centred in Christ, in the light of the many challenges and needs around us? How does one discern what is of God amidst our world of noise, crowd and hurry?

This seminar focuses on how a disciple of Christ can learn to increasingly embrace, integrate and live out a Gospel-centred rhythm of grace. Learning to be 'contemplatives in action' is learning to be one who hears God's heart for His world and responds accordingly to bring transformation within and around us. You will be invited to engage in personal reflection and small group conversations throughout the seminar.

ABOUT THE SPEAKER

REV DR VIV THOMAS, an ordained Anglican, is the founder of Formation. He is a speaker, writer, mentor, spiritual director, retreat leader and organizational consultant with a passion for Spiritual Formation and Leadership Development. Living in the mega-city of London, he travels the world, teaching and leading seminars in Christian spirituality for people from all walks of life. Viv is also an Associate International Director of OM International while serving as the Hon. Teaching Pastor at St. Paul's, Hammersmith in London. (www.formation.org.uk)

This is organized by ICM in collaboration with PADERI & OM Malaysia

NORTHERN DISTRICT		CENTRAL DISTRICT	
DATES	Fri - Sun, June 29 - July 1, 2018	DATES	Fri - Sun, July 6 - 8, 2018
TIME	Fri, 8.00 pm - 10.00 pm Sat, 9.00 am - 4.00 pm Sun, Worship Service	TIME	Fri, 8.00 pm - 10.00 pm Sat, 9.00 am - 4.00 pm Sun, Worship Service
VENUE	Trinity Methodist Church, Penang	VENUE	SS Methodist Church, PJ

SPIRITUAL FORMATION & LEADERSHIP (SFL) WEEKENDS

SFL3 Discernment as the Heart of Spiritual Leadership

SFL4 Communal Discernment & Leading Together

SFL continues with its third and final modules this year focusing on the themes of discernment - individual and communal.

The SFL weekends integrate times of silence, solitude, scriptural meditation and community, focusing on themes of spiritual leadership and the inner life of the leader.

Target participants:
Leaders & Potential Leaders in TRAC.
Participants must complete SFL1/SFL2 in order to continue with SFL 3 & SFL 4. A Certificate of Completion will be given.

SFL 3	DATES March 16 - 18, 2018 VENUE PD Methodist Church
SFL 4	DATES Sept 28 - 30, 2018 VENUE Chefoo Methodist Centre, Camerons

TEAM OF FACILITATORS
Dr Lilian Koh, Tang Swee Kit
Cheong Seng Gee, Ng Wai Ling & Lim Siew Lan

THE JOURNEY SERIES (8TH COHORT)

The Journey 2018 is an intensive 3-month training which aims to equip maturing Christians with the theology and practice of spiritual formation and the understanding of the role of the Holy Spirit in spiritual growth.

Participants will listen to five podcast lectures by Professor Dr John Coe (Talbot School of Theology), engage in weekly prayer projects, be part of an on-going group spiritual direction as well as a monthly individual spiritual direction session and an organised 4D3N contemplative retreat.

Application for The Journey 2018 opens in January 2018!

DATES	July 19, Aug 2, Aug 16, Aug 30, Sept 13, Sept 20, Oct 4 Aug 10 - 13, 2018 (retreat)
TIME	7.30 - 10.00 pm
VENUE	TRAC HQ, No. 2, Jalan 5/39, 4600 Petaling Jaya

TEAM OF FACILITATORS
Lim Siew Lan, Ng Wai Ling,
Dr Sui-Jade Ho & Tang Swee Kit

QUIET CONTEMPLATIVE RETREATS 2018

DATES & VENUE	RETREAT THEME	FACILITATOR
Jan 26 - 28, 2018 Rumah Methodist Frasers	JESUS THE GOOD SHEPHERD (In collaboration with DUMC) This retreat invites you to deepen your knowledge of the Good Shepherd of our lives.	Lim Siew Lan, Gan Jin Leong & Team
April 6 - 8, 2018 Rumah Methodist, Frasers	A RETREAT FOR MEN This retreat, is an invitation to all men to take extended space for quiet and renewal, as they reflect on what it means to give their whole heart, mind, soul and strength to follow and serve the King of kings.	Rev Dr Chew Tow Yow & Cheong Seng Gee
April 20 - 22, 2018 PD Methodist Centre	PRAYING THE MIRACLES OF JESUS (In collaboration with DUMC) This retreat invites you to know Jesus deeper through praying some of Jesus' miracles. You will be guided into the dynamics of silence, scripture meditation and prayer.	Lim Siew Lan, Gan Jin Leong & Team
May 18 - 22, 2018 Rumah Methodist, Frasers	WALKING WITH JESUS PART 2: HIS PASSION & RESURRECTION This retreat, the second part of a two-part individually-directed retreat focuses on the theme of being with Christ as He journeys through His passion and resurrection.	A Team of Retreat Directors
June 8 - 10, 2018 Chefoo Methodist Centre, Camerons	BEGINNERS' RETREAT (In collaboration with CGMC) This is an introductory retreat for those who are new to the contemplative tradition. You will be guided gently into the disciplines of silence, solitude and scripture meditations. The goal is to cultivate a listening and responding-to-God posture in our lives.	Rev Dr Chew Tow Yow
July 2 - 5, 2018 (Venue: to be confirmed)	A RETREAT FOR PASTORS (In collaboration with PADERI) This contemplative retreat is designed specifically for pastors. You are invited to come away from your regular demands of ministry life, carve out extended time and space for rest and renewal of the heart, mind, body and soul, in the presence of the One who first called you to Himself. (Please register with Rev Siew Woh, 019-328 9198, siewwoh107@gmail.com)	Rev Dr Viv Thomas

DATES & VENUE	RETREAT THEME	FACILITATOR
July 24 - 28, 2018 Chefoo Methodist Centre, Camerons	INDIVIDUALLY-DIRECTED RETREAT (5-DAY) This retreat allows you the extended space to be in quiet contemplation and prayer while being directed daily by the Retreat Guide.	Bishop Dr Ong Hwai Teik
Aug 10 - 13, 2018 Rumah Methodist Frasers	JOURNEY 2018 RETREAT This retreat is part of the Journey 2018 Series. It is an individually-directed retreat for all participants who have been accepted into the 3-month Journey series.	A Team of Retreat Directors
Aug 17 - 19, 2018 Rumah Methodist Frasers	DISCERNMENT RETREAT This retreat introduces the basic principles for discernment to help you pray through and to seek clarity for the life decisions that you desire to make.	Rev Peggy Seow
Aug 19 - 26, 2018 Rumah Methodist Frasers	INDIVIDUALLY-DIRECTED RETREAT (8-DAY) An extended and individually-guided prayer retreat to allow the opportunity for you to review your life in the presence of God in a quiet space, and in so doing find rest and renewal for the soul.	Rev Peggy Seow
Oct 12 - 14, 2018 Rumah Methodist Frasers	PAUSE & PONDER (In collaboration with EMC) This retreat offers an opportunity to review the past ten months of your life in the presence of God and discover His loving invitations to you for the season.	Ng Wai Ling & Tang Swee Kit
Nov 2 - 4, 2018 PD Methodist Centre	KEEPING THE SABBATH (In collaboration with Trinity MC PJ) This retreat invites you to explore the meaning of keeping the Sabbath as a command of God in your daily life. It focuses on the rhythms of ceasing, resting, embracing and feasting.	Dr Lilian Koh & Clarissa Chang

All retreats begin with check-in at 3 pm, dinner at 6.30 pm and intro session at 7.30 pm. Retreat ends after lunch on the last day. | Please go to www.trac.org.my for more details and online registration.