

# TRAC CHRISTIAN SPIRITUALITY SEMINAR

## NORTHERN & CENTRAL DISTRICTS!



### A Seminar on Christian Spirituality for Urban Disciples

This seminar is a weekend School for Everyday living. We will be paying attention to how we can encounter God in the middle of busy and often frantic lives. The pressure is on! Many leaders, people in the market place, students and parents are all under pressure to produce more and more. Social media has only increased this pressure. In this seminar we will look at other ways to live so we can accomplish what needs to be accomplished and still live a flourishing life. We will be focusing on Rest, Grace, Prayer, Identity and the Rhythms of our lives.

#### PENANG

**DATES** Fri - Sun, June 29 - July 1, 2018

**TIME** Fri 8.00 pm – 10.00 pm  
Sat 9.00 am – 4.00 pm  
Sun 9.00 am & 11.00 am

**VENUE** Trinity Methodist Church,  
Penang  
16, Jalan Masjid Negeri  
11600 Penang

**REGISTRATION** (FOR PENANG &  
NORTHERN DISTRICT)  
Contact Ms Susan Chuah  
+604 8287 445 | [seminars@penangtrinity.org](mailto:seminars@penangtrinity.org)  
Online Registration: <http://bit.ly/headlesschicken>

#### PETALING JAYA

**DATES** Fri - Sun, July 6 - 8, 2018

**TIME** Fri 8.00 pm – 10.00 pm  
Sat 9.00 am – 4.00 pm  
Sun 10.00 am

**VENUE** SS Methodist Church, PJ  
Lot 1044, Jalan Cempaka  
Kg Sg Kayu Ara  
Damansara Utama  
47400 Petaling Jaya

**REGISTRATION** (FOR SSMC, CD1 & CD2)  
Contact Ms Rosalind Chong  
+603 7726 9172 | [ssmethodist@gmail.com](mailto:ssmethodist@gmail.com)  
Online Registration: [www.ssmc.com.my](http://www.ssmc.com.my)

#### GENERAL PUBLIC REGISTRATION

Online Registration: [www.trac.org.my](http://www.trac.org.my) | [icm@trac.org.my](mailto:icm@trac.org.my) | +603 7954 2836

#### CONTRIBUTION PER PERSON:

##### Early Bird (Before 15th of May)

Group Registration : RM600 for 5 pax  
Individual : RM135

##### Normal (After 15th of May)

Group Registration : RM750 for 5 pax  
Individual : RM165

## ABOUT THE SPEAKER

### REV DR VIV & SHEILA THOMAS

**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. Viv is also an Associate International Director of OM International while serving as the Hon. Teaching Pastor at St. Paul's, Hammersmith in London. He holds a Masters in Human Resource Development, a Masters in Spiritual Theology from Regent College, Canada and a PhD from King's College, London where his research focused on Christian Leadership in relation to the Trinity. 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. He has written several books: *Wisdom Road*, *Future Leader*, *Second Choice*, *Paper Boys*, *The Spectacular Ordinary Life* and *The Spectacular Ordinary Organization*.



Viv co-teaches with his wife, **SHEILA THOMAS**, a spiritual director who accompanies and mentors people in their walk with God. Sheila has an MA in Christian Spirituality from Heythrop College, University of London. Besides volunteering in a numeracy and literacy program as well as serving as a debt counselor, she is passionate about encouraging and equipping people to live the mundaneness of their lives well.

### SEMINAR SCHEDULE

#### Friday (8.00 pm – 10.00 pm)

- 8.00 pm Welcome, Introduction & Worship  
8.30 pm **Session 1 - REST**  
We will focus on the centrality of rest if we want to live fully and well

#### Saturday (9.00 am – 4.30 pm)

- 9.00 am Worship  
9.30 am **Session 2 - CYCLE OF GRACE**  
How do we avoid a driven life and still fulfill God's plan for our lives?  
11.00 am Break  
11.30 am **Session 3 - PRAYER**  
Jesus invites us to pray so how do we pray well and not feel our prayer lives are a failure?  
1.00 pm Lunch  
1.45 pm **Session 4 - IDENTITY**  
Knowing ourselves well enables us to live in greater freedom and make better choices  
3.00 pm Break  
3.15 pm **Session 5 - SPIRITUAL RHYTHMS**  
How do we listen to God in the middle of our busy ordinary lives?  
4.15 pm Review of the Day

#### Sunday Worship Service (Open to All)

Sermon Title : **POWER** - Where does power come from? We will look at four sources of power to sustain our lives.

Organised by:



TRAC Institute for Christian Ministry  
www.trac.org.my | icm@trac.org.my



PADERI



OM Malaysia

Hosted by Trinity Methodist Church Penang & SS Methodist Church PJ.