

PERSONAL & MINISTRY DEVELOPMENT

OASIS FOR PERSONAL GROWTH



In light of the TRAC's Vision to "Come, Follow & Become Like Jesus", ICM is delighted to take OASIS to your door step, as a one-day or half-day retreat on-site! The theme for OASIS 2019, **Knowing God, Knowing Self** is designed to equip you for personal growth. You will get to experience three spiritual disciplines essential for a deepening life with God - silence & solitude, scripture meditation and spiritual conversations.

While each OASIS varies in its focus and coverage, the overall theme "Knowing God, Knowing Self" encompasses the following:

Growing in Awareness of God

- Tracing God's hand in our faith & life story
- Cultivating a listening & conversational relationship with God in prayer
- Learning to cultivate a discerning heart

Growing In Awareness of Others

- Cultivating Spiritual Community
- Life-Giving Conversations
- Discerning God in Community

Growing in Awareness of Self

- Seasons of the Soul & Stages of Life
- Crafting a Life-Giving Rhythm
- Inner Life: Recognizing Our Path for Growth

OASIS SCHEDULE FOR 2019:

Sat, March 2, 2019 | 9am - 4pm Wesley Methodist Church, Kuantan (Open to All)
Contact: Tok Ee 012-9512133

Wed, May 22, 2019 | 9am - 4pm Wesley Methodist Church, Kampar (Open to All)
Contact: 05-4651817 or Fai Woh 016-5111757

Sat, June 15, 2019 | 9am - 4pm SS Methodist Church, PJ (Hosted by SSMC LBS, Open to All Women)
Contact: 03-77269172 or Ps Kok Moi 012-9153987

For updated information and registration, please refer to the respective contacts above. You may also email icm@trac.org.my

Food For The Soul - ENCOUNTERING GOD THROUGH PHILIPPIANS

(In partnership with TRAC Board of Christian Education)

This is an invitation to spend a weekend immersing our hearts, minds and souls in the Word of God through readings, interaction and contemplation - the disciplines foundational to our personal growth. There will be times of 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.

This second installment of encountering the Bible explores the topic of joy in the midst of suffering, persecution and hostility from the book of Philippians. Come read, mark, learn and inwardly digest God's Word so that we can become Christians who are passionate for Christ regardless of our circumstances.

DATE May 10 -12, 2019

VENUE Rumah Methodist, Frasers

FACILITATORS • Dr Samuel Ong
• Tang Swee Kit

CSI Co-Sojourners Internship Community

The CSI is a new initiative, designed to expand the capacity of our ICM resources. We want to train a pool of sojourners who can assist ICM in journeying with others as companions in spiritual conversations and help co-facilitate spiritual practices in retreats and other formation-related equipping initiatives. It is a 2-year process integrating workshops, retreats, prayer and soul care exercises, spiritual direction, practicum and supervised internship opportunities.

We are looking for people with a disposition of accompanying others and inclined towards the contemplative journey.

CSI is largely by invitation (preferably graduates of Journey or SFL). However, if this piques your interest, please get in touch with us at icm@trac.org.my for a conversation.

DATE April 2019 - Nov 2020

FACILITATORS A Team of Spiritual Directors & Spiritual Companions

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 serve Him with greater intimacy and freedom.

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

TRINITY
ANNUAL
CONFERENCE

ICM

TRAC INSTITUTE FOR CHRISTIAN MINISTRY



INSTITUTE FOR CHRISTIAN MINISTRY
TRAC • Methodist Church in Malaysia

LEADERSHIP DEVELOPMENT

Spiritual Formation & Leadership (SFL) WEEKENDS

ICM invites all leaders & potential Leaders in TRAC to join the 6th cohort of the leadership community for 2019-2020. The whole course covers 4 weekend retreats and participants are encouraged to commit themselves to attend 2 retreats a year over a span of 2 years. The SFL weekends integrates times of silence, solitude, scriptural meditation and community, focusing on themes of spiritual leadership and the inner life of the leader.

SCHEDULE & CONTENT FOR THE 2-YEAR PROGRAM (2019 - 2020)

SFL1 Personal Spiritual Formation
• The Challenges & Biblical Understanding of Spiritual Leadership
• Encountering God in Silence & Solitude
• Leading from Within
• Spiritual Rhythms in the Life of a Leader
DATE March 15 - 17, 2019
VENUE Chefoo Methodist Centre, Camerons

SFL2 Personal Leadership Stages & Development
• Embracing Your Leadership Journey
• The Person and the Work of the Leader
• Challenges & Traps of a Leader
• The Call to Shepherding: The Wounded Healer
DATE Sept 27 - 29, 2019
VENUE PD Methodist Centre

SFL3 Discernment: The Heart of Spiritual Leadership
• Discernment: Recognizing & Responding to the Voice of God
• Constructing a Discerning Life
• The Discernment Process for Decision-Making
• The Role of Community in Discernment
DATE March 13 - 15, 2020
VENUE PD Methodist Centre

SFL4 Communal Discernment & Leading Together
• The Church as a Spiritual Community
• Discerning God's Will Together: A Process for Corporate Discernment
• Practicum on Communal Discernment
• Prerequisites for Communal Discernment
DATE Sept 26 - 28, 2020
VENUE PD Methodist Centre

FACILITATORS • Rev Dr Chew Toy Yow • Dr Herbert Tan • Tang Swee Kit • Ng Wai Ling
• Rev Ronald Yap • Dr Lilian Koh • Cheong Seng Gee

EXPLORING DISCERNMENT GROUP For Leaders

We know that as a Christian leader, you sincerely want to follow where God is leading - but it's not always clear where that is. Having other people listen with you for God's call can be helpful. Learning to listen to one another as you serve together as a team can help to clarify God's direction for your ministry, group or church.

This new initiative is exploratory and conversational in nature. We will be dialoguing with leadership groups on the principles, processes and practices in group discernment. We will discover nuggets of wisdom gleaned from early church traditions, reflect on biblical examples and consider the building blocks for healthy group collaborative processes and principles.

The aim of this initiative is to help leaders listen to God and to each other in order to lead together more cohesively.

We will explore what helps and what hinders our listening to God as a group and together co-create an intentional, God-centered and life-giving group discernment process and practice as a leadership community.

FACILITATORS Ng Wai Ling & Cheong Seng Gee

For 2019/2020, we are engaging leadership groups of local TRAC churches for this collaborative learning initiative. If your leadership group is interested in this initiative, please contact icm@trac.org.my

THE JOURNEY (9th COHORT)

The Journey 2019 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 monthly individual spiritual direction sessions, and attend an organised 4D3N contemplative retreat.

The Syllabus:

- Resisting the Temptation of Moral Formation
- Why We Sin When We Know So Much
- Drawing Near to God When God Seems Far Away
- Going on With God in Dark Nights
- How To Put On Christ

Application for The Journey 2019 opens in January 2019!

DATE July 4, July 11
July 26 - 29, 2019 (Retreat)
Aug 8, Aug 22,
Sept 5, Sept 19, Oct 3

TIME 7.30 - 10.00 pm

VENUE TRAC HQ (No. 2 Jalan 5/39, Petaling Jaya)

FACILITATORS • Lim Siew Lan • Dr Sul-Jade Ho
• Ng Wai Ling • Tang Swee Kit

SPIRITUAL FORMATION & QUIET CONTEMPLATIVE RETREATS 2019

FORGIVEN To Forgive (Lent Retreat)

This Retreat explores the theme of "Forgiveness"; that is, as God in Christ has forgiven us, we forgive ... and in so doing - experience the liberating power of forgiveness.

April 5 - 7, 2019 (Fri-Sun)
Rumah Methodist, Frasers
Rev Peggy Seow

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.

June 25 - 29, 2019 (Tues - Sat)
Chefoo Methodist Centre, Camerons
Bishop Dr Ong Hwai Teik

Enneagram RETREAT

(for those who have foundational knowledge of the Enneagram)

This retreat integrates relevant prayer exercises together with the Enneagram tool to help one grow in understanding of self and one's path for growth as prompted by our Maker.

June 28 - 30, 2019 (Fri-Sun)
Rumah Methodist, Frasers
Dr Lee Soo Tian

Beginner's Retreat*

This is an introductory retreat for those who are new to the contemplative tradition. The goal is to cultivate a listening and responsive posture towards God in our lives.

July 12 - 14, 2019 (Fri-Sun)
PD Methodist Centre
Tang Swee Kit & Team

The Journey 2019 RETREAT

This is a 4D3N individually-directed retreat for all participants who are part of the three-month Journey 2019 program.

July 26 - 29, 2019 (Fri-Mon)
Rumah Methodist, Frasers
A Team of Facilitators

Grace, Gravity & Growing Old

(in collaboration with TRAC MSF)

This retreat looks at the theme of ageing reflectively and seeking new insights and life-giving ways to live in the later season of life, thus cultivating a vital inner and outer life.

Aug 2 - 4, 2019 (Fri-Sun)
PD Methodist Centre
Dr Alex Tang

Prayer RETREAT (8-Day Individually-Directed)

An extended individually-guided prayer retreat to allow one to review your life in the presence of God and in so doing find rest and renewal for the soul.

Sept 29 - Oct 6, 2019 (Sun-Sun)
Rumah Methodist, Frasers
Rev Peggy Seow

REFLECTING ON Our Year with God*

(Mandarin Sessions (with Mandarin/English spiritual direction))

This retreat offers an opportunity to review your past year in the presence of God and discover His loving invitations to us for the season.

Oct 18-20, 2019 (Fri-Sun)
Rumah Methodist, Frasers
Kong Lee Ang & Tang Swee Kit

Facilitators RETREAT

(for CSI Community)

This is a training-cum-retreat for the CSI community to learn the arts and sciences of facilitation and the work of the Spirit in formation retreats.

Nov 30 - Dec 3, 2019 (Sat-Tue)
Rumah Methodist, Frasers
Koichi Ohtawa

SCHEDULE
2019