

## PERSONAL GROWTH AND MINISTRY DEVELOPMENT

### GRIEF & LOSSES OBSERVED & HONORED SERIES

Grief is the natural response to loss. When the pandemic hit, we found ourselves dealing with losses in ways we had not had before. Grief was intensified. Recognizing this, ICM is offering a series to observe and honor the grief and losses we have experienced as well as those which we anticipate in these fragile times.

#### HONORING GRIEF & LOSSES WORKSHOP

This workshop seeks to draw participants to recognize losses and work through the grief process with God in order to find wholeness.

**August 10-12, 2023 | Trinity Methodist Church Petaling Jaya**

Look out for more info!

#### INDIVIDUALLY DIRECTED RETREAT (5-DAY)

"Lie down to rest, wake up in glory" (John Wesley). This guided retreat seeks to prepare the retreatants to personally and tangibly prepare for death and dying well by God's grace.

**September 26 - 30, 2023 | Chefoo Methodist Centre Camerons**

**Facilitated by Bishop Emeritus Dr Ong Hwai Teik**

#### LIFE BEYOND LOSS & GRIEF RETREAT

Coping with Loss & Grief can be a roller-coaster journey. This challenging ride however, can be a catalyst for a deeper spiritual journey with God. The retreat seeks to forge a meaningful pathway forward into understanding our Loss & Grief, in the presence of an all-embracing and ever-compassionate God.

**September 29 - October 1, 2023 | Rumah Methodist, Frasers**

**Facilitated by Rev Peggy Seow**

### OASIS - KNOWING GOD KNOWING SELF

Oasis is a half-day contemplative prayer retreat hosted by a local church for the spiritual growth of their faith community. Spiritual practices like Scripture meditation, silence and solitude will be incorporated as part of the rhythm of this retreat space. The theme of the retreat evolves around Knowing God and Knowing Self. It is a space to listen to God and His invitations for the season.

**Saturday, Sept 2, 2022 | 9.00 am - 12.30 pm | Wesley Methodist Church, Kuantan**

**Facilitated by Ng Wai Ling & Team**

### THE ENNEAGRAM AND SPIRITUAL GROWTH

This Enneagram Series consists of a three-part workshop covering the topics on Introduction to Enneagram, Going Deeper into the Enneagram, and Enneagram and our Spiritual Life. This series aims to help participants gain a deeper understanding of self, their compulsions and the path of growth. It is targeted at individuals who are inclined to the contemplative practices, and are involved in the ministry of spiritual formation in some ways. Due to limited spaces, priority is given to those who have completed at least two of the following ICM programs: Journey, LGT, SFL, GDLC or ITSF.

**April 15, May 27, June 10, 2023 | 9.00 am - 4.00 pm | TRAC Conference Room PJ**

**Facilitated by Dr Lee Soo Tian**

### PRAYER PRACTICES

'Introduction to Prayer' is a 6-session online course for those who want to deepen their understanding and practice of various forms of prayer. Learn how to engage with God through scripture meditation and contemplation. This course includes weekly sessions with input, experiential prayer practices & group conversations. Guided meditations and reflection questions will be provided for personal prayer during the course.

**6-weekly sessions (2nd Half of 2023) | Online via Zoom**

**Facilitated by Tang Swee Kit**

## 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

03-7954 2836 | [icm@trac.org.my](mailto:icm@trac.org.my) | [www.trac.org.my](http://www.trac.org.my)



**INSTITUTE FOR CHRISTIAN MINISTRY**  
TRAC • The Methodist Church in Malaysia

# SCHEDULE 2023

# ICM

TRINITY  
ANNUAL  
CONFERENCE

TRAC INSTITUTE  
FOR CHRISTIAN MINISTRY

# LEADERSHIP DEVELOPMENT

## SPIRITUAL FORMATION & LEADERSHIP (SFL) WEEKENDS New Cohort 2023-2024

### Why SFL?

The main aim of SFL is to equip leaders with the theology and practice of spiritual formation and leadership. The SFL series comprises of a total of four 3D2N intensive stay-in weekends. Each retreat which is scheduled once every 6 months over two years focuses on the formation of the inner life of the leader.

### Who Should Attend?

Members of the LCEC, Ministry Leaders, Small Group Leaders who have desires to grow and feel ready for God to 'strengthen the soul of their leadership'.

### What are the Core Modules?

- SFL1: Personal Spiritual Formation
- SFL2: Personal Leadership Development
- SFL3: Discernment as the Heart of Spiritual Leadership
- SFL4: Communal Discernment & Leading Together

### What to Expect?

The SFL weekends integrate practices of silence, solitude, scriptural meditation and community, focusing on themes of spiritual leadership and the inner life of the leader. Retreatants will meet with a Spiritual Companion for a conversation to co-discern God's activity in their life.

### Dates & Venue:

**SFL1: March 17-19, 2023 | SFL2: Sept 22-24, 2023**

**SFL3: March 15-17, 2024 | SFL4: Sept 20-22, 2024**

**PD Methodist Centre or Chefoo Methodist Centre, Camerons**

### Who are the Facilitators?

**Rev Ronald Yap | Dr Herbert Tan | Tang Swee Kit | Ng Wai Ling**  
**And other facilitators & a team of spiritual companions**

### Application Deadline

Application opens from Dec 5th, 2022. Please apply as a leadership team and plan on attending the 2-year program. Preference is given to those who attend as a leadership team of 4-5 leaders. Places are limited, first come first serve basis. Deadline for application: Feb 15th, 2023.

For more information, please email [icm@trac.org.my](mailto:icm@trac.org.my)

## OLM-PLUS CENTRAL DISTRICT 1 LEADERS

The theme for OLM-Plus is *Spirituality in Community for Leaders* and the main aim is to bring together local TRAC church leaders to explore, learn and understand what it means to live out their calling and role as a spiritual leader, and grow in becoming a leadership community.

All CD1 leaders, do block your calendar! Look out for more info nearer the date!

**Sat-Sun, March 11-12, 2023**  
**Sat, 9 am – 5 pm | Sun, 1 pm – 4 pm**  
**Grace Methodist Church, Sentul**

**Facilitated by**  
**Bishop Joshua Khong and Rev Ronald Yap.**

## GROUP DISCERNMENT FOR LEADERS

**D3 – Discover, Discern & Do** is a discernment and conversation tool for ministry and leadership teams. It uses a framework of discovering what we are learning and experiencing, discerning God's work in our ministry and out of that our collective actions and communal decisions are made.

**Sat, Feb 11, 2023**  
**CGMC Ipoh - Online via Zoom**  
**Zone Leaders & Cell Leaders**

**Sat-Sun, May 20-21, 2023**  
**Trinity Methodist Church, Kuching**  
**LCEC & Small Group Leaders**

**Facilitated by Wai-Ling Ng and team**

## ONLINE FORMATION COURSES

### Drawing Near to God When God Seems Far Away

This 6-session online course explores the topic of Spiritual Dryness - understand what God is doing and responding to God during these times. Participants will view teaching videos by Dr. John Coe (Talbot School of Theology), work through weekly experiential prayer projects, gather for bi-weekly communal online sessions and group spiritual direction, and attend monthly individual spiritual direction sessions.

**April 13, 27 | May 11, 25 | June 8, 22**  
**(6 Thursday evenings)**

**Facilitated by the ICM Team**

### Crises of Faith in Turbulent Times

An online Spiritual Formation  
Book Fellowship (SFBF)

Jesus' pronouncement, "I have come that they may have life, and have it to the full" is the counterpoint to the down drags of life in the contemporary sinful world. With each passing day we seem to encounter more predictions of desolation and rumours of wars, diseases and decay of morality. The answer to fear is that we have Christ with us in the storms of life. Faith is not just a comforting word. It is Christ in us.

SFBF uses John Eldredge's book, *Resilient— Restoring Your Weary Soul in these Turbulent Times*, as take-off points for discussion.

**Aug 23 | Sept 6, 20 | Oct 4, 18**  
**(5 Wednesday evenings)**

**Facilitated by Rev Dr Chew Tow Yow**

# SPIRITUAL FORMATION COURSES & RETREATS

## QUIET CONTEMPLATIVE RETREATS

Be Thou My Vision	Life in the Spirit	Individually Directed Retreat (5-Day)	Listening to God (Mandarin Retreat)	Individually-Directed Retreat (8-Day)
This retreat invites us to start the year with the Lord. Not so much with plans and resolutions but taking time to be with Him, to listen to Him and be renewed in Him.	This retreat invites us to move out of our spiritual doldrums and be spiritually enthused, fulfilling our Christian mandate through the empowerment of the Holy Spirit.	This retreat is an invitation to come away with the Lord in extended space and time to experience quiet contemplation and intimacy with Him.	This is an introductory retreat for Mandarin Speaking retreatants 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 responsive posture towards God in our lives.	Is your life a busy one with many cares and concerns? Come take a Prayer Retreat and review your life in the presence of God. Unlock the knots in your heart through daily meditation, spiritual direction and Holy Communion. Find rest and renewal for your soul.
<b>January 5-7, 2023</b> <b>Rumah Methodist, Frasers</b>	<b>February 17 – 19, 2023</b> <b>Rumah Methodist, Frasers</b>	<b>March 28 – April 1, 2023</b> <b>Chefoo Methodist Centre, Camerons</b>	<b>May 19 – 21, 2023</b> <b>Rumah Methodist, Frasers</b>	<b>June 11 – 18, 2023</b> <b>Rumah Methodist, Frasers</b>
<b>Facilitated by</b> <b>Lim Siew Lan &amp; Team</b>	<b>Facilitated by</b> <b>Rev Dr Chew Tow Yow</b>	<b>Facilitated by</b> <b>Bishop Emeritus Dr Ong Hwai Teik</b>	<b>Facilitated by</b> <b>Kong Lee Ang</b>	<b>Facilitated by</b> <b>Rev Peggy Seow</b>
Retreat for Pastors (5-Day Individually Directed Retreat)	Come Follow Me (4-Day)	Ancient Christian Practices for 21st Century Life	Rest For Your Souls	Listening to Your Life
Experiencing the grace of rest, renewal and rejuvenation: this guided retreat for pastors seeks to facilitate a refreshing and re-centering encounter with the Lord - especially after a turbulent, traumatic and "transforming" pandemic season.	This guided retreat invites us to pray and reflect on Jesus's invitation to follow Him (Mathew 19:21). The retreat creates space for quiet prayer, walks, rest and reflection.	This immersive retreat aims to introduce retreatants to a selection of ancient Christian spiritual practices, namely the Daily Office, meditative prayer, and deepening one's experience of corporate worship and the Lord's Supper.	Jesus promises rest for our souls because his yoke is easy and light. Come away and learn from Jesus how to find rest for our souls through timeless spiritual practices that leads to renewal ~ silence, solitude, scripture meditation, prayer and reflection.	"Life can only be understood by looking backward, but it must be lived looking forward" ~ S. Kierkegaard. This retreat invites you to notice God's presence and work in your life through the spiritual practices of reviewing, reflecting and cultivating gratitude.
<b>June 27 – July 1, 2023</b> <b>Chefoo Methodist Centre, Camerons</b>	<b>July 19 - 22, 2023</b> <b>Rumah Methodist, Frasers</b>	<b>August 25 - 27, 2023</b> <b>Rumah Methodist, Frasers</b>	<b>October 20 - 22, 2023</b> <b>Rumah Methodist, Frasers</b>	<b>December 1 – 3, 2023</b> <b>Rumah Methodist, Frasers</b>
<b>Facilitated by</b> <b>Bishop Emeritus Dr Ong Hwai Teik</b>	<b>Facilitated by</b> <b>Lim Siew Lan &amp; Team</b>	<b>Facilitated by</b> <b>Dr Lee Soo Tian</b>	<b>Facilitated by</b> <b>Tang Swee Kit &amp; Team</b>	<b>Facilitated by</b> <b>Tang Swee Kit &amp; Team</b>

• All retreats begin with a check-in at 3pm on the first day and ends after lunch on the last day.

• All information are accurate at the time of printing.

• Please log into [www.trac.org.my](http://www.trac.org.my) for the latest updates and online registration.