

Key Faculty

Donald McCown, PhD, MAMS, MSS, LSW, is co-directing curriculum development and teaching for the retreat and ongoing support efforts. Dr. McCown is Professor of Health and Director of the Center for Contemplative Studies at West Chester University of Pennsylvania. For more than 40 years, he has studied contemplative practices in Christian, Buddhist, and secular clinical contexts, as a practitioner, clinician, teacher, and scholar.

Kyle Babin, BMus, MM, DMA, MDiv, is co-directing curriculum development and teaching for the retreat and ongoing support efforts. The Rev. Dr. Babin is the 12th Rector of the Church of the Good Shepherd. Father Kyle served as director of music and organist in a number of parishes before discerning a call to ordained ministry. He holds a Doctor of Musical Arts degree from Manhattan School of Music, and a Master in Divinity degree (cum laude) from Virginia Theological Seminary.

Ruth Cunningham, a guest presenter, is a classically trained musician, a sound healing practitioner, and a founding member of Anonymous 4. She combines these skills to improvise vocal and instrumental music that connects people to its healing and spiritual power.



REGISTER TODAY



**The Church of the Good Shepherd,
Rosemont**

1116 W. Lancaster Ave.
Bryn Mawr, PA 19010


www.goodshepherdrosemont.com

Questions?

Please contact Father Kyle Babin at
kbabin@goodshepherdrosemont.com.




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www.trustformeditation.org



Sharing Contemplative Prayer on Campus

*A LEARNING RETREAT
FOR STUDENT LEADERS
JUNE 4-9, 2023*




What better way to spend the last days before spring semester than to cultivate calm and connection in a beautiful retreat house setting. From

Sunday evening to Friday morning, we'll be together, deepening our own practice and learning to guide a group in various modes of contemplative prayer.

We will have a chance to network and get to know how contemplative groups might work at other local colleges and universities. We will explore the possibilities not just of quiet prayer, but of other modes, such as art and music. You will develop plans for weekly—and special—meetings on your campus. And, perhaps, we can even plan a way to bring all our groups together by semester's end!

This retreat will be just the start. You will stay connected to each other and to the retreat leaders through an online resource center, monthly news of the emerging network of groups, and ideas for session themes and practices shared from other student leaders, as well as from the faculty. You will be held and upheld in your work on your campus.

- Five days, all meals and expenses paid
 - Art field trips and music workshops
 - Deepen your own practice
 - Explore new dimensions in prayer
 - Meet others with shared interests
 - Learn to gather and guide a group on your campus
 - Detailed manual and ongoing, personalized support
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TOPICAL OUTLINE

Arrival day (4-6pm)

- Getting to know each other
- Dinner at local restaurant

Day 2: Introductions and Overview

- Considering the role of contemplative practice and prayer on campus
- Developing your personal practice—mindfulness and centering prayer

Day 3: Definitions and Identity

- Who am I?
- How could I dare to do this?
- Continuing cultivation of personal practice

Day 4: Your role as leader I

- Skills of guiding and instruction
- Preparing for your first group
- Leader's manual and online resources
- Continuing cultivation of personal practice

Day 5: Your role as leader II

- Guiding and instruction practice (small groups)
- Leading dialogue
- Continuing cultivation of personal practice

Last day: Getting started

- Nuts and bolts of networking and marketing
- Q&A
- Final practice together
- Goodbye lunch