

What is Nexus Journey?

The purpose of Nexus Journey is to provide a quiet space where retreatants can stop, rest, and refresh their spiritual journeys – a space where change and growth can take place. It is founded in “hospitality” in its deepest Christian meaning. Infused with the beauty of God’s created world, this space offers a place where we can deepen our relationship with God.

Who is Dr. (Rev.) Bob Shield?

Dr. Robert C. Shield serves as the Senior Pastor of the Trinity United Methodist Church in Beaumont, TX. Bob has a deep interest in spiritual formation and especially in the contemplative dimension of the Gospel. He has practiced Centering Prayer daily for many years and twice a year attends a ten-day intensive Centering Prayer retreat at St. Benedict’s Monastery in Snowmass, CO. Bob received his Master of Divinity degree from Perkins School of Theology at SMU and his Doctor of Ministry at Princeton Seminary, where he focused on bringing together Centering Prayer and Family Systems Theory. He is affiliated with Contemplative Outreach, the international organization that facilitates Centering Prayer throughout the world. Bob has served as Chair of the Texas Conference Board of Ordained Ministry and currently serves as Chair of the Order of Elders. He is married to Dr. Carla Shield, also a United Methodist Minister, and is the proud father of Cecily and Cara.

Who is invited to attend the Retreat?

You and your friends are! Nexus Journey Retreats are open to all who are seeking to deepen their spiritual journey.

Where is St. Francis Springs Prayer Center?

St. Francis Springs is a beautiful inter-faith retreat center located in Stoneville, NC (about a 40 minute drive north of Greensboro). Its mission is to promote spirituality through contemplative prayer and action. The retreat center is located on 140 acres and offers an inviting, peaceful environment.



What are the Details of the Retreat on October 29-31, 2010?

The Retreat will begin at St Francis Springs at dinner at 6:00 p.m. on Friday, October 29, 2010. Participants should try to arrive by 5:30 p.m. to check in and get settled in their rooms before dinner. The Retreat will end after lunch on Sunday, October 31, 2010. Reservations may be made on a first-come, first-served basis (1) online at www.4thdayjourney.org; (2) by calling 336-288-8544; or (3) by completing and mailing in the attached form which includes contact information.

What is the Cost of the Retreat?

The all-inclusive price is as follows:
Triple: (three to a room) \$175/person
Double (two to a room) \$195/person
Single (a room to yourself) \$235/person
Day rate: (no room accommodations) \$95

What is Centering Prayer? (As Defined by Contemplative Outreach)

“Be still and know that I am God.” Psalm 46:10

We may think of prayer as thoughts or feelings expressed in words. But this is only one expression. In the Christian tradition Contemplative Prayer is considered to be the pure gift of God. It is the opening of mind and heart – our whole being – to God, the Ultimate Mystery, beyond thoughts, words and emotions. Through grace we open our awareness to God whom we know by faith is within us, closer than breathing, closer than thinking, closer than choosing – closer than consciousness itself.

Centering Prayer is a method designed to facilitate the development of Contemplative Prayer by preparing our faculties to receive this gift. It is an attempt to present the teaching of earlier times in an updated form. Centering Prayer is not meant to replace other kinds of prayer, rather it casts a new light and depth of meaning on them. It is at the same time a relationship with God and a discipline to foster that relationship. This method of prayer is a movement beyond conversation with Christ to communion with Him

Centering Prayer is based on the wisdom saying of Jesus in the Sermon on the Mount: *“...But when you pray, go to your inner room, close the door and pray to your Father in secret. And your Father, who sees in secret, will reward you.”*

Matthew 6:6