



# AWAKENING

## CONTEMPLATIVE LEADERSHIP FOR EVERYDAY CONNECTION

March 17-20, 2025 · Holy Wisdom Monastery · Middleton, Wisconsin

Clergy work can be deeply fulfilling, but the challenges of polarization, burnout, and hidden suffering often stem from disconnection—within ourselves and with those we love. This retreat is a space to recover and re-connect! The engaged contemplative path invites us to become unashamedly aware, turning toward connection with compassion and courage. This path is rooted in our moments of awakening and our commitments to practice, grief, and celebration.

You are not alone. You are the mystery of Christ revealed, and everything we experience—wounds, joys, and all—unfolds within God, in whom we live and move and have our being. As Howard Thurman writes, the “nerve center of our consent” lies in how “the sound of the genuine” resonates through you and me.

So, follow your awakened heart as you settle into the rhythms we are providing at this retreat. To your own self be true. We are making this together.

### Is this for me?

Awakening is designed for pastors (ministers of word and sacrament and commissioned ruling elders). Participants will dig into the contemplative path alongside others.

### How much does it cost?

#### Event Registration includes:

Lodging, meals, workshops, worship, and access to Holy Wisdom Monastery's amenities.

- **Are you registered as a full participant in PLR?** One yearly event is included in your PLR registration cost, double occupancy (you must register for the event), each additional event is \$100.
- **Are you a PLR alumnus?** This event is \$100 (double occupancy)
- **Are you a PLR coach, spiritual director, or paraclete?** This event is free of charge for you (double occupancy)
- **Are you a registering as a regular participant?** The cost is \$200, double occupancy inside the OPSF territory, \$250 outside.
- **Add \$150 for single occupancy.** Limited spots available.

**Is the cost prohibitive for you?** OPSF has reserved a few double-occupancy rooms for those requiring financial support. Travel assistance may also be available for participants who live 250+ miles from the event. To receive financial support, participants must serve a congregation in the OPSF region. To request scholarship assistance, complete the registration form.

## Retreat Leader

### Troy Bronsink

Troy Bronsink is a coach, consultant, teacher, and author dedicated to creating brave spaces for leaders to seek the common good.

Integrating Christian contemplation with trauma-informed leadership, Troy creates space for awareness, listening, healing, group agreements, and belonging. He writes, “Let me start with this: there is power, liberation, and beauty when we stop to see and trust what is inside. You have this within you too!”



Troy is founder emeritus of The Hive: A Center for Contemplation, Art, and Action, a community of practice offering 10,000 hours of small group training annually. As The Hive's executive director for seven years, he learned the value of mindful and contemplative practices in helping leaders listen deeply, lead from within, and grow at the speed of trust.

Introduced to contemplative Christianity and meditation thirty years ago, his journey has deepened his practice through mentors in community organizing, abolitionism, mindfulness, embodiment, integral coaching, the narrative enneagram, internal family systems, and Christian mysticism. This has shaped his belief in soulful leadership as a vital force for transformation in work and relationships. Troy has integrated this into his role as an ordained Presbyterian PC(USA) pastor for 20 years. He has presented at TEDx, Creative Mornings, and universities, as well as consulted with hundreds of nonprofits, small businesses, and congregations. Troy is the author of *Drawn In* (Paraclete Press, 2010), singer-songwriter of *Songs to Pray By*, a member of The Living School (CAC), and contributes poetry and essays to multiple publications. Learn more at [www.troybronsink.com](http://www.troybronsink.com).

## What is offered?

### **Awakening is designed for respite, spirituality, and practice.**

This retreat is intentionally light, offering space to engage with the land, reflect on love and loss, laugh, and share beauty. It is a shared community experience, designed to create the conditions for being overcome by an oceanic oneness with God and all creation. We are so glad you've accepted the invitation to co-create this sacred time together.

## Where is the Retreat?

**Holy Wisdom Monastery**, is located just outside Madison, WI, and is home to the Benedictine Women of Madison, a vibrant ecumenical Benedictine community. With its foundation in prayer, hospitality, justice, and care for the earth, the monastery provides an ideal setting to connect with the land, reflect on love and loss, share laughter, and celebrate beauty.

Holy Wisdom offers communal prayer through and our retreat will include space for participants to join in these spiritual practices.

## Questions?

Contact Omaha Presbyterian Seminary Foundation's Director of Programs, the Rev. Tricia Dillon Thomas, at [programs@opsf-omaha.org](mailto:programs@opsf-omaha.org).

## What does the schedule look like?

**The sample schedule below will give you an idea of what to expect.** The schedule may change slightly.

### **Monday, March 17**

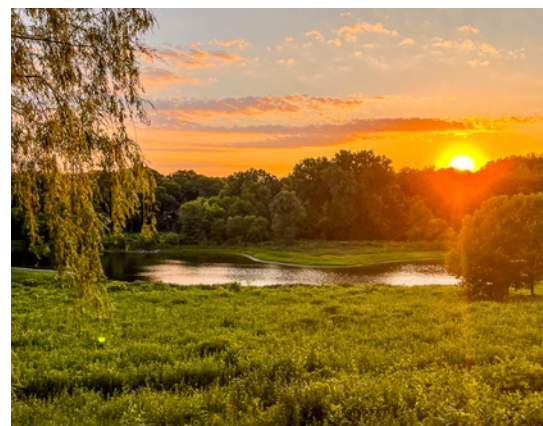
- 4:00 PM** Check-In
- 4:45 PM** Welcome & Opening Circle
- 5:15 PM** Dinner
- 7:04 PM** Optional Sunset Contemplative Walk with Troy
- 7:30 PM** Session One: Listening Within in for the Sound of the Genuine
- 8:30 PM** Practicing Journaling/Reflection Alone Together
- 9:00 PM** Gathering for Connection: Share snacks, drinks, music & poetry

### **Tuesday, March 18 - Wednesday, November 13**

- 8:30 AM** Breakfast
- 9:30 AM** Opening Worship with Song/Poem & Triad Reflection Prompt
- 10:30 AM** Session with Troy
- 12:00 PM** Lunch
- 1:00 PM** Community or Solitude Time
- 3:00 PM** Session with Troy
- 5:15 PM** Dinner
- 7:05 PM** Optional: Sunset Mindful walk with Troy
- 7:30 PM** Session with Troy
- 9:00 PM** Gathering for Connection

### **Thursday, March 20**

- 8:30 AM** Breakfast
- 9:30 AM** Session Eight: Celebration of Gifts & Triad Conversations
- 10:15 AM** Closing Worship & Communion
- 11:00 AM** Sending



## How do I register?

Register at  
<https://tinyurl.com/OPSF-Awakening>

