The Academy for Congregational Excellence (A.C.E.) invites clergy to participate in a unique cohort opportunity this fall. **Body & Soul** is a 12-week group covenant experience focused upon a holistic approach to spiritual, emotional, relational and physical flourishing. Beginning Tuesday, **September 2**nd, a Body & Soul group is launching in Mobile.

Through Body & Soul, clergy participants will:

- Participate in physical training (aerobics, Christ-centered yoga, flexibility exercises) as a group with a trainer twice weekly;

- Engage in a weekly online group discussion;

- Meet as a cohort once or twice monthly for three months with a group facilitator (Rev. Cheryl Bray) to engage in dialogue related to spiritual formation, work-life balance, relational dynamics, etc. (A book or group curriculum will be used by the group).

A typical weekly schedule for Body & Soul will include physical training on Tuesdays and Thursdays. Cohort-facilitator meetings will take place on Tuesdays once or twice monthly.

Cost for Body & Soul is $700 per participant. Clergy who successfully complete the 12-week experience will be reimbursed $350 by A.C.E.

An **orientation session** for Body & Soul Mobile will be held **Friday, August 21**st at Dauphin Way UMC at 2:00 p.m. The orientation is not required for participation but highly encouraged. For questions about Body & Soul or to register for the orientation session, please notify: Kim Doss – admin@mobileumc.org (251-345-3313), Sandy Gutting – sgutting@mchsi.com (850-291-1244) or Bill Kierce – wckierce@gmail.com (334-750-4820).

“May God Himself, the God of peace, sanctify you through and through. May your whole spirit, soul, and body be kept blameless until the coming of our Lord Jesus Christ” (1 Thessalonians 5:23, NIV)