

SOZO ALUMNI

FOR THOSE WHO HAVE COMPLETED THE RESILIENCE OR SOZO JOURNEY

Sozo Alumni is an ongoing spiritual support for alumni who have finished The Resilience Journey or the Sozo Journey, or both. It's a community of 6-12 pastors; a place to stay connected with Sozo friends and find encouragement to cope with the complex demands of ministry. But more importantly, it's a place to find support for one's ongoing spiritual formation and spiritual practices.

Sozo Alumni Memberships Include:

- **Monthly online gatherings** – All online gatherings include supportive spiritual community, spiritual practices, reflection, and sharing. The online gatherings are held the first Wednesday of each month, 1:30-2:30 pm, and begin October 7, 2026.
- **Choose from three levels of Sozo Alumni membership:**
 - **Alumni Basic \$50** – Monthly online gatherings
 - **Alumni Choice \$225*** – Monthly online gatherings plus 7 sessions of one-on-one spiritual direction OR one in-person retreat at Bayside Camp
 - **Alumni Complete \$375*** – Monthly online gatherings plus 7 sessions of one-on-one spiritual direction AND one in-person retreat at Bayside Camp.
- **Retreat Options:** November 2-5, 2026 or Spring 2027

Registration deadline: September 30, 2026

Register: atlanticbaptist.ca/sozo-alumni

**Save an extra \$25 on your registration with a discount code received from the Sozo team during Oasis 2026.*

Contact Cheryl Ann - cherylann.beals@atlanticbaptist.ca for more information about bursaries available for Next Gen pastors and pastors under 45.

For more information contact Sandy:

Sandy Sutherland, Sozo Centre Team Member sandy.suth2020@gmail.com



Facilitator: Rev. Sandy Sutherland

Sandy is a retired pastor married to a retired pastor. She and her husband have two adult children and two grandsons. Sandy has her M.R.E. from Gordon-Conwell Theological Seminary and has studied spiritual formation at the Emmaus Formation Centre. She is a trained spiritual director. Sandy has pastored in NB, NS, and NL. She and her husband now live in Halifax, NS. Sandy is passionate about spiritual formation. Besides her work and playing with her grandchildren, Sandy enjoys travelling, mysteries, and a good cup of coffee.



[ATLANTICBAPTIST.CA/SOZO](https://atlanticbaptist.ca/sozo)