

# RESILIENCE JOURNEY

## COHORT #7: WILDERNESS WANDERINGS & DESERT TEACHINGS

*We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. (Romans 5:3-5 NLT)*

### **What is Resilience Journey?**

*Resilience Journey* is a personal journey in community with God and other spiritual leaders for CBAC pastors. It is a process designed to support you in self-discovery, God discovery, and the discovery of others in the community. It is all about deepening relationships with God, self, and others. *Resilience Journey* acknowledges the reality of adversity in life and ministry and points to the greater reality of God's faithfulness and trustworthiness in His presence and power in us and with us. God uses adversity and struggles to grow his leaders. *Resilience Journey* helps us to see God, ourselves, experiences, and circumstances in light of who God is and what He is doing.

This is our seventh cohort since 2017. It now runs every other year. There are usually 6-10 pastors. Consistently, RJ Alumni have affirmed the transformational experience of the RJ process and community.

The focus is our personal transformation so we may become instruments of God's transforming power in his church and world. May God's presence through His Holy Spirit lead us and transform us for His glory.

### **Resilience Journey Summary**

- Experience the presence and power of God
- Experience spiritual community with other pastors
- Cultivate greater resilience
- Cultivate spiritual formation
- Explore theology of suffering, adversity, and resilience
- Discover how God shapes leaders through adversity
- Explore resilience and spiritual leadership
- Increase self-knowledge and awareness
- Opportunity for self-reflection
- Develop tools and resources to strengthen resilience
- Develop support systems
- Identify potential obstacles to resilience in ministry
- Explore, understand, and further healing of personal adversity and suffering
- Transformation: healing, growth, freedom, and empowerment
- Explore spiritual warfare

## The process is...

- **...Biblical.** It explores biblical themes like: wilderness, struggle, and suffering. Resilience in the life of Jesus and the disciples and other biblical figures, such as Paul and his life and teaching. God often forms his leaders through experiences of adversity.
- **...Spiritual.** The RJ looks at topics like: God's presence and power in our lives in times of adversity, and a theology of suffering and resilience. How does a spiritual leader practically grow in resilience and spiritual maturity?
- **... Relational.** The RJ is a safe community of pastors journeying together for learning, sharing, growth and healing.
- **... Holistic.** RJ looks at spiritual, emotional, psychological, physical, social, and vocational aspects of resilience.
- **... Experiential.** The RJ draws from pastors' personal life experiences of adversity, struggle, resilience and learning. It will also use various exercises, activities, and experiences as teaching tools.
- **...Transformational.** The RJ intentionally seeks to support pastors in growing deeper in their relationship and experience of the Trinity. It is an opportunity to spiritually explore, discover, heal, grow, and be transformed in Jesus Christ through the Holy Spirit.

## Requirements

- Open and willing to participate
- A desire to learn and grow
- A sense of call to participate
- Commitment to full attendance and completion of assignments
- Full attendance at both retreats
- Letter of support from church leadership
- A computer and internet that can run Zoom
- Agreement to participate in research project
- Successful completion of an interview with Cheryl Ann Beals
- Commitment to applying learning

## Details

Beginning September 17, 2026 and ending May 2027.

## Resilience Journey includes:

- **Online gatherings** – The online gatherings (22-24 sessions) are usually held three weeks on and one week off.
- **Two Four-day Retreats:** October 26-29, 2026 and Spring 2027 (after Easter)
- **Six Spiritual Direction Sessions**
- **Materials**
- **Some of the 6-8 books**
- **Prep time of 2-3 hours per week of reading and reflection**

## Tentative Schedule (With off dates)

- **2026:** September 17, 24, October 1, 8, 15, 22, Retreat October 26-29, November 5, 12, 19, 26, December 3
- **2027:** January 7, 14, 21, 28, February 4, 11, 18, 25, March 4, 11, 18, 25, April 1, 8, 15, 22, 29, May 6, 13, 20, 27

## Cost

|                                                                     | BY SEPTEMBER 4, 2026 | AFTER SEPTEMBER 4, 2026 |
|---------------------------------------------------------------------|----------------------|-------------------------|
| General                                                             | \$550                | \$600                   |
| Are you newly ordained or soon to be ordained? (2024, 2025, 2026)** | \$200                | \$250                   |
| Are you under 45?**                                                 | \$400                | \$450                   |

**Register:** [atlanticbaptist.ca/resilience-journey](https://atlanticbaptist.ca/resilience-journey)

Save an extra \$50 on your registration with a discount code received from the Sozo team during Oasis 2026.

\*\*Contact Cheryl Ann - [cherylann.beals@atlanticbaptist.ca](mailto:cherylann.beals@atlanticbaptist.ca) for more information about bursaries.

## Contact:

Cheryl Ann Beals, Director of the CBAC Sozo Centre for Soul Care  
[cherylann.beals@atlanticbaptist.ca](mailto:cherylann.beals@atlanticbaptist.ca) | 902-830-5929 (cell or text)



### Designer & Facilitator: Rev. Dr. Cheryl Ann Beals

Rev. Cheryl Ann Beals is the Director of CBAC's Sozo Centre for Soul Care, since 2013, and former pastor of Victoria Road United Baptist Church, Dartmouth, NS. She has been in ministry since 1987 including: Missions in Carolina, Brazil, Christian counsellor, pastoral support, Canadian Ministries Manager & Manager of Global Discipleship for Canadian Baptist Ministries. Cheryl Ann is a graduate of Acadia University with a Doctor of Ministry degree (2016). Her areas of research were Clergy burnout, well-being and resilience. She is also a trained spiritual director (2019).

Her passion is to live in a growing closeness and freedom in Jesus Christ, while assisting others to do the same, especially Christian Leaders. She has a desire to see healthy resilient spiritual leaders and healthy spiritual communities where people are set free and equipped to follow Jesus, even in the midst of difficulty & suffering. She takes great pleasure in watching people and things grow. Spiritual conversations about how God is at work thrill her. She enjoys spending time with friends and family, gardening, especially veggies and herbs, thrift shopping, and getting away with God on retreat.



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