

SOZO JOURNEY

PATHWAYS TO HEALING & TRANSFORMATION

What is the Sozo Journey?

Sozo is a Greek verb that means **to save, rescue, heal, to keep, to preserve, to protect, to prosper, to make whole and complete lacking nothing**. Sozo means the renewal and restoration of our lives to the fullness of our salvation that can only be found in Jesus Christ. The Sozo Journey is a guided walk along a pathway that leads to greater spiritual formation, wholeness and healing for ourselves, others, and our churches.

What does it involve?

Sozo Journey: Ministry in a Traumatized World is a formation and equipping process for CBAC Pastors and Leaders. The Sozo Journey is an online spiritual community. It involves spiritual practices, including Spiritual Direction and retreats, experiential learning, reading and reflecting, and provides tools to support you in your own healing and transformation, and becoming an instrument of God's healing and transformation for others, including your church.

What are some of the benefits?

- A greater understanding of Jesus as Saviour & Healer
- A fresh kingdom life paradigm for pastors & congregations
- Greater self-awareness and greater God awareness
- Experiences that deepen your relationship with God, self and others.
- Greater ability to embrace the fullness of our salvation (SOZO)
- Personal Spiritual healing & transformation
- Training & resources to help you become more of a facilitator of God's healing & transformation.
- A vision for your congregation as a healing community
- Tools to help your congregation become more of a healing community & culture.
- Recognition and Celebration

The process is...

- **...Biblical.** It explores biblical themes e.g., compassion, healing, transformation, trauma, grief, emotions, etc.
- **...Spiritual.** God's presence and power in our lives forming us to be like Jesus. We will do a theology of suffering, trauma, healing, and transformation. How does a spiritual leader find healing and become an instrument of healing?
- **...Relational.** A safe spiritual community of leaders journeying together for learning, sharing, growth, healing, and transformation.
- **...Holistic.** Looks at spiritual, emotional, psychological, physical, social, and vocational aspects.
- **...Experiential.** It draws from leaders' personal life experiences. It will also use various exercises, activities, and experiences as teaching tools.
- **...Transformational.** It intentionally seeks to support leaders 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.

What is the rhythm?

- **Online gatherings (22)** – The Sozo Journey follows a pattern of online sessions for two-three Thursday afternoons followed by a week with no online session so participants can complete assignments. All online gatherings include supportive spiritual community, spiritual practices, reflection, and sharing. The online gatherings will be most Thursday afternoons, 1:00-4:00 pm, with usually one Thursday off per month. **Tentative weeks off** may change. Please add dates to calendar.
 - Phase 1 (10) – SEPT 11 Orientation, 18, 25, OCT **2**, 9, 16, 23, 27-30 Retreat, NOV 6, 13, 27, DEC 4
 - Phase 2 (9) – JAN 8, 15, 22, **29**, FEB 5, 12, 19, **26**, MAR 5, 12, 19, **26**
 - Phase 3 (7) – APR 2, 9, 13-16 Retreat, 23, 30, MAY 7, **14**, 21, 28
- **Two retreats** – October 27-30, 2025 and April 13-16, 2026
- **Spiritual Direction** – Each participant will be assigned to meet with a Spiritual Director once a month for 6 one-hour sessions online.
- **Reading & reflection** – Most books are included. There will be 2-3 books purchased by participants (approximately \$50). Please allow time for reading and reflection.
- **Participants are also expected to attend Oasis in August** – There will be a time of celebration of completion and recognition at **Oasis 2026** at ADC.

Register: atlanticbaptist.ca/sozo-journey

Contact:

Cheryl Ann Beals, Director of the CBAC Sozo Centre for Soul Care
cherylann.beals@baptist-atlantic.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.