

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 Tuesday of each month, 10:00-11:30 am, and begin October 8, 2025.
- **Retreat Options:** November 3-6, 2025 or April 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 spiritual direction **OR** one in-person retreat at Bayside Camp
 - **Alumni Complete \$375** – monthly online gatherings plus 7 sessions of spiritual direction **AND** one in-person retreat at Bayside Camp.

**Bursaries are available for next generation pastors and pastors under 40.*

Contact Cheryl Ann - cherylann.beals@baptist-atlantic.ca for more information about bursaries.

Register: atlanticbaptist.ca/sozo-alumni

To sign up or 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 pastored in N.B., N.S., and N.L. She and her husband now live in Halifax, N.S. Sandy studied spiritual formation at the Emmaus Formation Centre and is a trained spiritual director. Besides her work and playing with her grandchildren, Sandy enjoys travelling, mysteries, and a good cup of coffee.