



**Tamara Shantz** (she/her) is a spiritual director and retreat facilitator who loves exploring Christian Contemplative spirituality, the Enneagram, Ignatian spirituality, and embodiment

(among other things)

She served as a pastor to students and young adults in the Mennonite community for over a decade, holds a Master of Divinity degree from Yale Divinity School, and is a certified Enneagram teacher through the Enneagram Institute. Tamara lives on the Haldimand Tract which is the traditional territory of the Haudenosaunee, Attawandoran, and Neutral peoples (Kitchener, Ontario) in an intergenerational house with her partner, mother-in-law, and their cat Melas. You can learn more about her and her work at <http://www.tamarashantz.com/>

**Overview:** The Enneagram give us insight into some of the deep, unconscious patterns of thought, feeling and behavior that form in us as humans. It is also an invitation into grace. Through the Enneagram, we learn about the nine different journeys of the soul: how we experience disconnection from God and our deepest self, and how the Spirit is inviting each of us back home.

In many ways, the Enneagram is inviting us into a practice of surrender; surrendering the habitual patterns of our personality's coping mechanisms so we can become more present to God's grace in every moment.

This tool for self awareness can help us cultivate a fuller capacity for compassionate presence, with ourselves, and with the communities we love and serve.



Alleggheny Mennonite Conference welcomes pastors, teachers and all who want to explore the way of Jesus from an Anabaptist perspective.

*Jesus-centered. Collaborative.  
Committed to place-based ministry.*

\*If you are unable to attend the full event, part-time registrations are accepted.

Generally the cost is \$50 per session attended, which includes meals offered during the time you are here, and \$50 per night for lodging in the Lodge, double occupancy.

If considering part-time, contact Kathy in the office - 814-443-2007 - with particular details so we can plan meal counts and can give you a final cost.

There are 12 contact hours available or 1.2 CEU's for this Study.

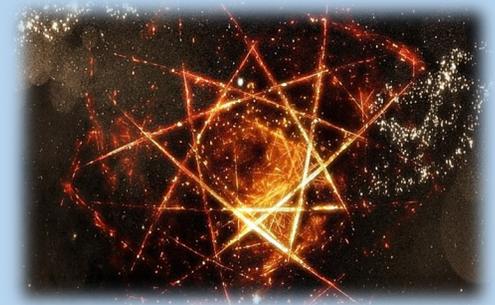
Alleggheny Mennonite Conference  
Mailing Address:  
PO Box 742  
Davidsville, PA 15928  
Phone: 814-443-2007

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[office@allegghenymennoniteconference.org](mailto:office@allegghenymennoniteconference.org)

## Alleggheny Mennonite Conference Pastors and Leaders Spring Bible Study

**April 21-24, 2025**  
at Laurelville Retreat Center,  
Mt. Pleasant, PA

### *Opening to Grace: The Enneagram and Spiritual Growth*



Led by  
**Tamara Shantz**

Master of Divinity degree.  
A background in social work,  
peace, and conflict studies  
and religious studies

# Pastors and Leaders Spring Bible Study

April 21-24, 2025

## Monday, April 21st

1:00 - Registration—in the Lodge

2:00 - Centering Prayer

2:15-4:15—Session 1: **Peacocks and Personality—Getting Started: An introduction of the purpose of working** with Enneagram, its theory of personality development and how it relates to Christian spirituality. The group will also be invited into some opening reflective exercises to begin connecting with self and building trust with one another. As there is time we will begin to engage with the Body Centre types.

5:00 - Dinner

7:00-8:30 -Conversations/games/hangout

## Tuesday, April 22nd

8:00 - Breakfast

9:15 - Centering Prayer

9:30-11:30 - Session 2: **Grounded Feet and Tender Hearts - Exploring the Body and Heart Centre types:** As we settle into our tour around the Enneagram, this session will focus on the experience of people at points in the Body and Heart Centre. We will consider the Sacred Gifts, Basic Fear/Desire, Passion, Fixation, and journey to healing for each Enneagram number. Contemplative practices, reflective exercises, and space for conversation will be integrated throughout.

12:00 - Lunch

1:30-3:30 - Session 3: **Quiet Minds - Exploring the Head Centre:** We will focus on our final three points of the Enneagram and the themes of the Head Centre. There will probably be some extra time in this session that could be used to explore topics of interest to the group: directions of stress/growth, the instinctual variants, using wake up calls and other aspects of the material in daily presence.

## Tuesday cont.

5:30 - Dinner at a local restaurant

Free evening

## Wednesday, April 23rd

8:00 - Breakfast

9:15 - Centering Prayer

9:30 – 11:30 - Session 4: **Spiritual Growth through the Enneagram:** This session will examine spiritual growth through the Enneagram with a particular emphasis on the Passions, or suffering heart, of each point. We will explore how this is significant for our own personal journeys as well as for deepening compassion for those we relate to in our communities and families.

12:00 - Lunch

1:30 - 3:30 - Session 5: **Praying with the Enneagram:** Our final afternoon session will be primarily experiential with most of the time going to individual prayer practice alongside teaching on approaches to prayer for the different Enneagram types and small group sharing time.

5:30 - Dinner

Free evening

## Thursday, April 24th

8:00 Breakfast

9:15 - Centering Prayer

9:30-11:30 - Session 6: **Getting Virtuous:** As we become more present and less under the sway of our automatic reactions, the Virtue of our Enneagram number begins to arise. This session will focus on the nine Virtues of the Enneagram.

12:00 - Lunch

1:30 - Goodbyes and Departure

Name/s: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Congregation: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

- **The cost is \$250.00 per person, early registration** before March 1st
- If registering between March 1 - April 10 the cost is **\$275.00 per person**
- Cost includes, registration, meals, and lodging at *Laurelville Retreat Center*.
- Lodging will be in the Lodge. **Bring your own linens (bedding for single beds, pillow, towels)**. (You may upgrade to a room at the Motel for a total additional fee of \$210. - that is \$70 per night. A limited number of rooms are available on a first come basis)  
*\* Part time is available (see back for details)*

**Please let us know of any dietary restrictions.**

**Please bring a snack to share.**

RETURN form and payment by 4/10 to:  
Allegheny Mennonite Conference  
PO Box 742, Davidsville, PA 15928 or register on AMC's  
website:  
[https://www.alleghenymennoniteconference.org/  
events/](https://www.alleghenymennoniteconference.org/events/)

*(Checks to be made out to AMC)*