



The Five-Day Community for Spiritual Formation

Sunday 24th–Friday 29th November 2019 - Cliff College, Derbyshire

Worship ~ Teaching ~ Silence ~ Reflection

with

Cathy Bird and Steve Radley

Divine Darkness, Divine Light

Through a programme of worship, teaching, silence and reflection based on a Benedictine monastic pattern

The Five-Day Community for Spiritual Formation

aims to

- root spirituality in Christian faith and tradition
- provide opportunity for participation in community life
- form people for life in a changing world

Divine Darkness, Divine Light will be explored in daily presentations by

Cathy Bird Having worked in social policy and research, Cathy was ordained as a Methodist minister in 1997. She has always ministered in urban environments and is passionate about mission as justice, inclusivity and hospitality. A lover of the winter months, in 2013 Cathy travelled to Svalbard in the Arctic Circle to research '[The Divine Heart of Darkness](#)', published in 2017. An experienced writer of liturgy and hymns, a Spiritual Director and leader of retreats, Cathy is also a qualified life coach.



Steve Radley is an Anglican Priest and photographer who combines the creativity of photography with theology and well-being. He has served in parish ministry and the RAF Chaplains' Branch. On leaving the military he undertook professional photographic training. Combining his lifelong passion in photography with his ministry and study he now leads image-based retreats and workshops. Through this he aims to help people see new possibilities in life, deepening relationships with self, others and God, fostering a sense of peace. Steve's website can be found [here](#).



The Five-Day Community for Spiritual Formation

will cost £495 per person

This includes full board in single accommodation, daily teaching and full use of the facilities at Cliff College

Please see note below on bursaries. Payment in instalments is also an option.

Community for Spiritual Formation: Trustee Board:

Rev. Dr. Sheryl Anderson
Mrs. Jill Baker
Rev. James Bamber
Mr. Kenneth Boyd-Browne
Rev. Oseias da Silva
Rev. Nicola Vidamour

More about the theme...

Cathy: Advent occurs at the darkest time of the year; a time of year that I will invite us to explore as a wondrous time, a time of intimacy, care and inner sight. Together we will think about why it is that in the Christian tradition, light has come to be exalted, venerated, worshipped even, whilst darkness has become demonised and feared. How can we use the experience of darkness to lift our spirits, challenge our hearts and minds and draw us closer into the heart of God?

Steve: 'God saw the light was good and separated the light from the darkness'. Advent is a time we traditionally light candles to focus on Jesus as the light of the world, however we cannot see light without darkness. It is the interplay of light and darkness which creates beauty and mystery, shape and texture. Photography means, 'drawing with light' and the accessibility of this art form in its digital medium allows us to explore God's creation of light and darkness and see the world in new ways.

Cliff College was, historically, a Methodist Lay Training College, which now provides theological education and training with a particular focus on mission and evangelism. Set in the Derbyshire Peak District, the college has extensive grounds amidst excellent walking country and fine views. www.cliffcollege.ac.uk



Daily programme:

7:15am	Morning prayer
8:00am	Breakfast
9:00am	Presentation 1
10:00am	Silent reflection time
11:00am	Plenary sharing
11:45am	Community time
12:30pm	Lunch & free time
2:30pm	Presentation 2
3:30pm	Silent reflection time
4:30pm	Plenary sharing
5:15pm	Holy Communion
6:00pm	Dinner
7:15pm	Listening circles
8:45pm	Transition to worship
9:00pm	Night prayer, followed by Great Silence (until 7:15am)

Leadership team for this event:

Jill Baker: Methodist lay person,
retreat & pilgrimage leader, based in Glasgow

James Bamber: Methodist superintendent minister
currently in Huntingdon, Cambs.

Oseias da Silva: Methodist minister
in the Forest circuit, London

Rev. Catherine Dixon: Methodist minister
currently in East Anglia

Andrew Lightowler: Methodist lay person,
dad & volunteer, based in Leeds

Kristin Markay: Methodist minister
currently based in Lambeth, London

To find out more

or request a registration form, contact the Registrar,

Jill Baker, 11, Duthie Park Gardens, Glasgow. G13 1GB 0141 959 7951

by email fivedaycsf@btinternet.com

Bursaries or grants towards this kind of Spiritual Formation experience are often available. Do consider contacting your local church or regional church body. More information about possible grant funding is available on the Community Website <https://5daycommunity.com/>



The Five-Day Community for Spiritual Formation

operates as the British expression of

The Five-Day Academy

for Spiritual Formation (academy.upperroom.org).

This is one of the programmes offered by The Upper Room which is charged to be ecumenical and international in scope. It is a subsidiary of Discipleship Ministries, a general agency of the United Methodist Church, USA.