



# The Five-Day Community for Spiritual Formation

Sunday 14<sup>th</sup> – Friday 19<sup>th</sup> June 2020

- Drumalis Retreat Centre, Larne, Northern Ireland

Worship ~ Teaching ~ Silence ~ Reflection

with

**Gemma Simmonds and Brian Thorne**

## Divine Intimacy, Ordinary Holiness

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 Intimacy, Ordinary Holiness** will be explored in daily presentations by

**Gemma Simmonds:** A sister of the Congregation of Jesus, Gemma is director of the Religious Life Institute in the UK and works as a Senior Lecturer in Pastoral Theology at the Margaret Beaufort Institute Cambridge. She is a trustee of the ecumenical Community of St. Anselm based at Lambeth Palace, London and a regular broadcaster on religious programmes. Gemma's most recent book, *The Way of Ignatius*, was published by SPCK in 2018 and featured as the online Lent retreat for [www.pray-as-you-go.org](http://www.pray-as-you-go.org) on Android and iOS apps.



**Brian Thorne:** Emeritus Professor of Counselling at the University of East Anglia, Norwich and a Lay Canon of Norwich Cathedral. For many years, Brian has been a beacon for the person-centred approach to counselling and life and also for the mystical experience of spirituality. He is the author of many books including: 'Behold The Man' (a study of the Passion and Crucifixion), 'Infinitely Beloved' (exploring divine intimacy). His commitment to both the person-centred approach and to his Christian faith makes him an exceptional figure in both the psychological and theological worlds.



**The Five-Day Community for  
Spiritual Formation  
will cost £675 per person**

This includes full board in single accommodation, daily teaching from internationally known speakers and full use of the facilities of Drumalis.  
[www.drumalis.co.uk](http://www.drumalis.co.uk)

#### Community for Spiritual Formation: Trustee Board:

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

### More about the theme...

#### **Gemma: Ordinary Holiness – Discovering What We Already Have**

American Trappist monk and spiritual writer Thomas Merton wrote: 'In prayer we discover what we already have [...] We already have everything but we don't know it and don't experience it. Everything has been given to us in Christ. All we need is to experience what we already possess'. During this week we will explore what it means to discover and experience what we already possess.

**Brian: The risks of intimacy, human and divine** Intimacy with another human-being and with God are often seen as hugely desirable experiences. They are, however, threaded through with unexpected challenges and dangers to the extent that in our contemporary culture the fear of intimacy characterises many relationships and works against the creation of true community. It also leads to much hypocrisy and to a prevailing inauthenticity in both Church and society which provides fertile soil for deception and abuse.

#### **Daily programme:**

7:30am	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
2:15pm	Presentation 2
3:15pm	Silent reflection time
4:15pm	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 7:30am)

#### **Leadership team for this event:**

**Sheryl Anderson:** Methodist minister, currently chair of the Liverpool Methodist District  
**Andrew Baker:** Methodist minister in Scotland, former mission partner in the South Caribbean  
**Kenneth Boyd Browne:** Lay Ecumenical, Spiritual Director, Pilgrimage Leader based in London and Ireland  
**Elizabeth Oliver:** Methodist minister happily retired and living in Glasgow  
**Nicola Vidamour:** Methodist minister, currently serving in Milton Keynes

### **To find out more**

or request a registration form, contact the Registrar, Nicola Vidamour

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by email [fivedaycsf@btinternet.com](mailto:fivedaycsf@btinternet.com)

or visit <https://5daycommunity.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](http://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.