



A Five-Day Community for Spiritual Formation

Sunday 10th–Friday 15th July 2022 – St. John's College, Durham

Worship ~ Teaching ~ Silence ~ Reflection

with

Gemma Simmonds & Andrew Walker

Divine Intimacy, Ordinary Holiness

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

The Community for Spiritual Formation

creates transformative space for people to be in communion
with God, self, others, and creation for the sake of the 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 Research Fellow in Pastoral Theology at the Margaret Beaufort Institute Cambridge. She is Chair of Trustees of the ecumenical Community of St. Anselm based at Lambeth Palace, London and a regular broadcaster on religious programmes. Gemma's most recent book, *Dancing at the Still Point: Retreat Practices for Busy Lives* was published by SPCK in July 2021.

Andrew Walker



Andrew Walker is an Anglican parish priest, Ignatian Spiritual director and Psychosynthesis trained supervisor. He is a co-director of the London based Ignatian Spirituality Course and a volunteer at the Chelsea Physic Garden.

The Five-Day Community for Spiritual Formation

will cost £650 per person

This includes full board in single accommodation, daily teaching and full use of the facilities at St. John's College (No parking available).

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

Community for Spiritual Formation:

Trustee Board:

Sheryl Anderson

Jill Baker

James Bamber

Kenneth Boyd-Browne

Andrew Lightowler

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.

Andrew: It could be argued that the individual journey before God mirrors something of the human race's spiritual evolution. From slave to servant, from servant to friend, from friend to lover. So the invitation is one of ever-growing intimacy into which we are all invited...

St. John's College is one of the colleges of Durham university. Founded in 1909 and set in a series of beautiful, listed buildings in the heart of Durham city, the college enjoys stunning views of Durham Cathedral and boasts gardens and lawns stretching down to the River Wear. Please note that it is not possible to park at or near the college.



Outline daily programme (times may vary)

7:45am	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
7:15-8:45pm	Listening circles
9:00pm	Night prayer, followed by Great Silence (until 7:45am)

Leadership team for this event:

Andrew Baker: Methodist Minister

Currently based in Strathclyde, Scotland

Kenneth Boyd Browne: Christian Spiritual Companion
and Psychotherapist, based in London

Kristin Markay: Methodist minister

currently based in Lambeth, London

Elizabeth Oliver: Retired Methodist Minister,
living in Glasgow

Nicola Vidamour: Methodist minister
currently based in Milton Keynes

To find out more

or request a registration form, contact the Registrar,
Nicola Vidamour, 5, Plowman Close, Greenleys, Milton Keynes MK12 6AG
01908 322366

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 (<https://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.