



# A Three-Day Community for Spiritual Formation

5pm on Tuesday 18<sup>th</sup> July – 2pm on Friday 21<sup>st</sup> July 2023

Ripon College, Cuddesdon (near Oxford) OX44 9EX

Worship ~ Teaching ~ Silence ~ Reflection

with

**Sam Wells**

## Who Are You? Living a Godly Life.

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.

#### **Who Are You? Living a Godly Life.**

Recognising that we live our lives in multiple identities, Sam Wells will explore six identities and how each is vital. While showing and extensively illustrating what is entailed by each identity, he accepts that almost no one fulfils all six. Nonetheless, articulating the six helps surface and clarify difficult questions, like how those we greatly admire turn out to be flawed in troubling ways. Having set out the six identities, he will finally explore how these six may become an agenda for faithful living.



Revd Dr Sam Wells has been Vicar of St Martin-in-the-Fields since 2012. He has served as a parish priest for 25 years – 10 of those in urban priority areas. He also spent 7 years in North Carolina, where he was Dean of Duke University Chapel. Sam is also Visiting Professor of Christian Ethics at King's College. He is a regular contributor to Thought for the Day on BBC Radio 4's *Today* programme. He has published 44 books, including works on Christian ethics, ministry, liturgy, and preaching. Among his recent books is *Humbler Faith, Bigger God* (Eerdmans 2022).

The Three-Day Community for Spiritual Formation  
will cost £350 per person

This includes full board in single accommodation, daily teaching and full use of the facilities at Ripon College, Cuddesdon. Ensuite rooms will be allocated in order of booking.

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

To find out more or request a registration form, contact the Registrar,  
Nicola Vidamour 01908 322366 [fivedaycsf@btinternet.com](mailto:fivedaycsf@btinternet.com)

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

Niall Briggs: Methodist Pioneer Community Worker based in Bristol

Andrew Lightowler: Dad to two wonderful boys, husband to Jo and volunteer, living in Leeds.

Nicola Vidamour: Methodist minister, currently based in Milton Keynes

**Ripon College, Cuddesdon** is an Anglican theological college established in 1854 by Bishop Samuel Wilberforce. His vision was for a college independent of any specific Church faction, and with a focus on the discipline of daily prayer and spiritual formation. The whole College site is an extremely attractive venue with a mix of historic and modern buildings. Travel directions are available [here](#).

### Provisional Programme (times may vary)

#### Tuesday

5:00pm Registration opens  
5:45pm Welcome & Grace  
6:00pm Dinner  
6:45pm Orientation  
7:30pm Holy Communion  
8:15pm Listening Circles  
9:00pm Night Prayer  
followed by the Great Silence  
until Morning Prayer

#### Wednesday and Thursday

8:00am Morning Prayer  
8:15am 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 the Great Silence until  
Morning Prayer

#### Friday

8:00am Morning Prayer  
8:15am Breakfast  
9:00am Presentation 1  
10:00am Break  
10:15 Presentation 2  
11:15am Community time  
11:30 Holy Communion  
12:30 Lunch  
followed by departure

**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.

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

Sheryl Anderson  
Jill Baker  
James Bamber  
Kenneth Boyd-Browne  
Andrew Lightowler  
Nicola Vidamour

Registered Charity Number: 1188824