

Through a programme of  
teaching, silence,  
worship 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**



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.

## The Five-Day Community is organised by a small team:

**Sheryl Anderson** is a minister and the Chair of the Liverpool Methodist district.

**Jill Baker** is a lay Methodist based in Glasgow and currently Vice-President of the Methodist Conference.

**Kenneth Browne** is a spiritual director, psychotherapist and Celtic spirituality workshop leader, based in London.

**Oseias da Silva** is a Methodist minister in the Forest circuit, London.

**Jonathan Mead** works in London as a minister and Learning and Development Officer in the Methodist Church.

**Nicola Vidamour**, team leader, is a Methodist superintendent minister in London.

### 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 Hinsley Hall's facilities.

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

## The Five-Day Community for Spiritual Formation

# Community in a fragmented world

**Sunday 13<sup>th</sup> – Friday 18<sup>th</sup> May 2018**  
**Hinsley Hall, Leeds**



**Worship ~ Teaching**

**Silence ~ Reflection**

with

**Elaine Heath**  
**Roger Walton**

## Community in a fragmented world

will be explored in daily presentations by



**Elaine Heath:** Elaine is Dean of Duke Divinity School, North Carolina and an Elder in the United Methodist Church. She has published a number of books, focussing on evangelism and spirituality, evangelism and gender, the new monasticism, and emergence in church and in theological education. She is also the co-founder of the [Missional Wisdom Foundation](#), which provides opportunities for clergy and laity to learn how to live in intentional communities and how to develop missional communities and social enterprise in diverse social contexts.



**Roger Walton** is an ordained presbyter in the British Methodist Church and currently Chair of the Yorkshire West Methodist District. As well as varied circuit appointments, Roger was Connexional Secretary for Adult Learning 1987-1999, then Director of the Wesley Study Centre, Durham. During 2016-17, Roger was the President of the British Methodist Conference. His research interests are in Christian education and a variety of topics concerning Discipleship and he has published several books on these subjects.

## 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 morning prayer)

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## To find out more

or request a registration form,  
contact the Registrar, Jonathan Mead  
[jonomead@aol.com](mailto:jonomead@aol.com)  
33, Dyne Road, London. NW6 7XG  
by email [fivedaycsf@btinternet.com](mailto: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/>

## More about the theme...

**Elaine:** How can established congregations join in with the "new thing" that God is doing (Isaiah 43:18)? What are the skills, attitudes, and habits needed for clergy and laity to participate in God's work of renewal in the church, while holding fast to our grounding in Christ? I will guide us through these and related questions, drawing from my academic research and from leading and mentoring in a variety of new monastic and missional ministry settings.

**Roger:** New monastic communities are emerging all over the place at the moment, even in unlikely settings such as soft play initiatives, young people committed to social justice and among bankers! I will explore how such communities or groups form around a sense of call, provide corporate strength and accountability, include voices from the margins, and remain outward looking. In other words, how do Christ-centred rhythms and rules help us to grow into God's mission?

**Hinsley Hall** is now the Diocese of Leeds Conference Centre and offers a warm welcome in a comfortable setting with attractive, peaceful grounds and good access by public transport from Leeds city centre, 1.5 miles away.

For more information about travel and facilities, see [www.hinsley-hall.co.uk/](http://www.hinsley-hall.co.uk/)

