

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 Methodist lay volunteer and pilgrimage leader, based in Glasgow.

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 the facilities of Drumalis Conference Centre.

## **The Five-Day Community for Spiritual Formation**

# **Living lightly in today's world**

**Sunday 28<sup>th</sup> May – Friday 2<sup>nd</sup> June  
2017**

**Drumalis Retreat Centre,  
Larne, Northern Ireland**



**Worship ~ Teaching**

**Silence ~ Reflection**

with

**Amy Oden  
Pádraig Ó Tuama**

## Living Lightly in Today's World

will be explored in daily presentations by

**Amy Oden:** Born and raised on the prairie of Oklahoma, the vast sky and open



plains have shaped my experience of God's presence. Teaching is my calling and I look forward to every day with students. Currently, I'm

Professor of Early Church History and Spirituality at Saint Paul School of Theology in Oklahoma City, Oklahoma.

**Pádraig Ó Tuama:** Poet, theologian and leader of the Corrymeela Community, I was born in Cork, and lived a nomadic decade before settling in Belfast in 2003. I speak a few languages badly, and bring a love of linguistics, theology, whiskey, poetry and biblical narrative to my work.



## 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  
2:30pm Presentation 2  
3:30pm Silent reflection time  
4:30pm Plenary sharing  
5:00pm 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)

~ ~ ~ ~ ~

## To find out more

or request a registration form,  
contact Jill Baker (Registrar)

11, Duthie Park Gardens, Glasgow,  
G13 1GB ☎0141 959 7951

by email [fivedaycsf@btinternet.com](mailto:fivedaycsf@btinternet.com)  
or visit <https://5daycommunity.com/>

## God's Welcome (Amy Oden)

God welcomes us into sacred, abundant life, setting the pattern for the way we welcome others. We will explore hospitality as a spiritual practice as we reflect on welcoming the stranger in our communities, in our lives, and in ourselves.

## The Theology of Story (Pádraig Ó Tuama)

We tell stories all the time - stories about the day at work, about the person in the shop, about faith, about limitation and about hope. We will chart some stories of the gospels, and find ways to tell our stories with the stories of the gospels, to reflect living lightly and to uncover the hopes and underbellies of each.

**Drumalis** is a beautiful, comfortable and peaceful retreat centre in Larne, Northern Ireland, now run by the sisters of the Cross and Passion who offer a warm welcome to all. The centre has wonderful grounds and sea views. It is situated only a mile from Larne ferry port and can be reached by train from Belfast airports or by road.



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