



# **A Three-Day Community for Spiritual Formation**

**5pm on Tuesday 20<sup>th</sup> – 2pm on Friday 23<sup>rd</sup> July 2027**

**St. John's College, 3 South Bailey, Durham DH1 3RJ**

**Worship ~ Teaching ~ Silence ~ Reflection**

**with Isabelle Hamley**

**Abundant life?**

***Scripture, wholeness and mental health***

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.**



**Isabelle Hamley** is Principal of Ridley Hall, Cambridge and a well-known speaker and broadcaster on BBC Radio 4. She has written extensively about the book of Judges, and around questions of justice, violence and otherness. Isabelle has also had a focus on theological anthropology, what it means to be human, in particular on questions of spirituality, scripture and mental health.

Over the course of the Three-Day Community, we will explore how Scripture speaks of the abundant life that Jesus promises, particularly in relation to mental health, wholeness and flourishing. We will reflect on the nature of the life promised, on the reality of living in a broken world, and the spiritual resources given by Scripture and tradition for times of trouble and uncertainty.

## **This Three-Day Community for Spiritual Formation**

**will cost £480 per person**

**This includes full board in single accommodation and daily teaching.**

A non-refundable deposit of £150 will be required at the time of booking, with two further non-refundable payments of £165 becoming due at the end of March and May 2027.

Please see this page on our website for suggestions about possible bursaries

<https://www.communitysf.org.uk/how-we-work/> . .

**To find out more or to register**, please go to <https://membermojo.co.uk/communitysf/store>

Niall Briggs is a Methodist Local Preacher and community worker, living in Stroud, Gloucestershire

Andrew Baker is a retired Methodist Minister living with his wife, Jill, near Killin in Stirlingshire

Julia Reid is a Methodist minister, currently based in Cumbria (Penrith).

Ruth Sprague is a Methodist Worship Leader, based in Birmingham.

## The Venue

**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 boasts gardens and lawns stretching down to the River Wear. It is situated very close to the Cathedral, where participants may wish to sit or wander during times of silence and reflection. Please note that it is not possible to park at or near the college. The city is also hilly and the historic nature of the college means that step-free access is not always straightforward. The college website has further details about accessibility ([www.stjohnsdurham.ac.uk/hospitality/conferences](http://www.stjohnsdurham.ac.uk/hospitality/conferences)).



### Provsional programme (times may vary)

#### Tuesday

|        |                                             |
|--------|---------------------------------------------|
| 5:00pm | Registration                                |
| 5:45pm | Welcome and Grace                           |
| 6pm    | Dinner                                      |
| 7pm    | Orientation                                 |
| 7:45pm | Listening circles                           |
| 9:00pm | Night Prayer, followed by the Great Silence |

#### Wednesday and Thursday

|         |                                             |
|---------|---------------------------------------------|
| 8:00am  | Morning Prayer                              |
| 8:30am  | Breakfast                                   |
| 9:30am  | Presentation                                |
| 10:30am | Silent reflection time                      |
| 11:30am | Plenary sharing                             |
| 12:15pm | Community time                              |
| 12:45pm | Lunch & free time                           |
| 2:15pm  | Presentation                                |
| 3:15pm  | Silent reflection time                      |
| 4:15pm  | Plenary sharing                             |
| 5:15pm  | Holy Communion                              |
| 6:00pm  | Dinner                                      |
| 7:15pm  | Listening Circles                           |
| 9:00pm  | Night Prayer, followed by the Great Silence |

#### Friday

|         |                                   |
|---------|-----------------------------------|
| 8:00am  | Morning prayer                    |
| 8:30am  | Breakfast                         |
| 9:30am  | Presentation                      |
| 10.30am | Silent reflection                 |
| 11.00am | Plenary Sharing                   |
| 11:15am | Community time                    |
| 11.30am | Final Worship with Holy Communion |
| 12:30pm | Lunch followed by departures      |

**The Community for Spiritual Formation** operates as the British expression of The 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.

#### The Community for Spiritual Formation Trustee Board (as at July 2026)

Sheryl Anderson, Jill Baker, Niall Briggs, Kevin Highfield,  
Kristin Markay, Julia Reid, Val Reid, Roger Walton.

<https://www.communitysf.org.uk/>

Registered charity number: 1188824