



**A Five-Day Community for Spiritual Formation**  
**Sunday 12<sup>th</sup>–Friday 17<sup>th</sup> July 2026 – Ripon College, Cuddesdon, Oxford**

Worship ~ Teaching ~ Silence ~ Reflection

with **Barbara Glasson** and **Steve Radley**

# Practising Peace

**How can we live as peace-makers in a disordered world?**

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.



**Barbara Glasson:** Peace is an elusive concept - generally we all think it's a 'good' thing but don't really know what it is or how it might be achievable. More than this, there is always a tension between peace and justice. As a pastoral theologian, Methodist presbyter, city centre minister and college tutor I have wrestled with what peace might look like both personally, in community and global contexts. I won't be coming with answers, but in my recent book 'Peace is a Doing Word' I have explored peace as a verb, a way of being, rather than an aspirational destination. In this retreat I hope to explore this further through sharing insights and listening to the gathered community in an atmosphere of creativity and mutual learning.



**Steve Radley:** Research shows exposure to a threatening experience for under a second will be etched into our long-term memory. A non-threatening experience takes 15 seconds. This means our minds are drawn to the sadnesses of the world, and it becomes hard to see its beauty. Yet God's wonderful world has far more that is life-giving than life-limiting. Using contemplative photography, mindfulness, and *visio divina* we will learn to see our world in new ways: beauty is never more than a step away. This awareness provides hope, equipping us to become the peace we long to see in our world. I am a practical theology doctoral student, researching healing through photography from trauma induced moral injury. I have personal experience of mental ill-health following my war deployment as an RAF chaplain to Afghanistan and the Gulf. My ministry brings together this study and personal experience.



**With opportunities to weave facilitated by Ruth Sprague:** As a freestyle weaver I find the processes of spinning and weaving to be prayerful – an opportunity for conversation with God. I will be bringing a range of creative resources including weaving resources to Cuddesdon for members of the community to use as they wish. These resources are simply another way to facilitate conversation with Creator, Son and Spirit. As we independently reflect on what Barbara and Steve share with us, we also acknowledge and explore how our thoughts and experiences manifest collectively in any way God leads us.

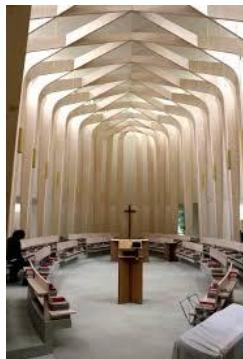
## Practising Peace will cost £725 per person

This includes full board in comfortable accommodation, daily teaching and creative opportunities

We ask for a non-refundable **deposit of £150** to secure a booking, with two further payments in April and May 2026.

More details from [treasurer@communitysf.org.uk](mailto:treasurer@communitysf.org.uk)

**Bursaries or grants** towards this kind of Spiritual Formation experience are often available. Do consider contacting your local church, circuit, or regional church body; see the [Community website](#) for further suggestions.



### The venue: Ripon College, Wheatley Road, Cuddesdon, Oxford OX44 9EX

The ethos of Ripon College (Faithful worship – Eager learning – Diverse community: Formation for generous service in God’s Church) is an ideal setting for The Community for Spiritual Formation. The accommodation and conference rooms are well-appointed and comfortable and the Chapel (pictured) is a particularly beautiful space, where the Community will gather for worship three times each day. The college offers mostly single ensuite accommodation (first come, first served).

For more information about travel and facilities, see <https://www.rcc.ac.uk/>

### 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) |

**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 (September 2025)  
Sheryl Anderson, Jill Baker, James Bamber,  
Andrew Lightowler, Kristin Markay, Julia Reid,  
Val Reid, Nicola Vidamour.

Registered charity number: 1188824

### To register for Practising Peace:

please go to the Community website:

[Practising Peace – The Community for Spiritual Formation](#)

#### Leadership team for this event:

**Jill Baker:** Methodist lay person, living in the Scottish Highlands

**James Bamber:** Methodist minister, currently based in Huntingdon

**Julia Reid:** Methodist minister, currently based in Penrith

**Val Reid:** Retired Methodist Minister, living in Salisbury

