



# The Community for Spiritual Formation

Friday 18<sup>th</sup> & Saturday 19<sup>th</sup> July 2025

An online overnight retreat  
with Bishop Sidwell Mokgothu

## Reawakening Sacramental Living

How do we lead lives that are 'outward and visible signs'  
that convey God's grace to the broken world?



**Rev Dr R Sidwell Mokgothu** is the Bishop of the Limpopo District of the Methodist Church of Southern Africa in Pretoria. Sidwell is a passionate trainer, speaker, coach and retreat leader who has presented at international platforms. He is a former liberation struggle activist, and an ecumenical leader grounded in social justice. He is an ardent proponent of a spirituality that balances the contemplative with prophetic action. Sidwell is the co-founder and advocate of the Sedibeng Spiritual Experience, whose formation was influenced by the Academy for Spiritual Formation. He is the current chairperson of the Africa Upper Room Ministries [AURM].

### Programme for the event

#### Friday 18<sup>th</sup> 7:00 – 8:30pm [UK time]

7pm Gathering, welcome & orientation

- Short shared silence
- Listening and Learning 1 – including questions for overnight reflection
- Night Prayer
- Disperse (participants spending time in silence if they wish/are able to do so)

#### Saturday 19<sup>th</sup> 9am – 1pm [UK time]

9:00am Morning Prayer

- Plenary – reflecting on the questions & theme together
- Listening and Learning 2
- An hour of silence (individually off screen)

12 noon Plenary sharing together

12.30pm Midday Prayer and close

### Further Information

To register for this event please email

[fivedaycsf@btinternet.com](mailto:fivedaycsf@btinternet.com)

by **Monday 30<sup>th</sup> June**

Worship material will be sent by email in advance. **It is important to be present for the whole event.**

**Cost:** Donations to the Community are invited with a suggested minimum amount of £10.

This can be Gift Aided; forms and bank details will be shared when you register.

To find out more about the Community for Spiritual Formation please visit:

<https://5daycommunity.com/>