



St Benedict's Centre Newsletter

February 2020

This is our second newsletter of the year. We hope you enjoyed the first and found something to interest you in our forthcoming programme.

To update you with our staffing news. We are advertising for a Housekeeper, you can find details: <https://stbenedictscentre.org/vacancies/> Please do share this opportunity. We have a growing group of volunteers who contribute to hospitality, programme planning and administration. We are very grateful to them. We continue to have a steady number of day guests. We have launched our 2020 programme. This newsletter updates the programme more will follow.

February:

Orisons 27th February 2020



We are excited to offer a day course called '**Orisons**'. 'What is Orisons?' we hear you say.

Orisons is the old English medieval word for prayer, from 'orare' to speak and 'oracle', the means by which God speaks.

Orisons presents 104 picture cards and

commentaries, and prompts people to make connections with what is happening in their lives and how the Holy Spirit may be guiding them.

It uses the various characters, events and values of the bible and Christian faith to develop wisdom and discipleship in participants.

The simple act of drawing a card, reading its commentary and pausing to reflect can stimulate and inspire fresh thinking on all the thorny issues confronting us in our daily lives.

What might be said about the course.....

- A valuable time away listening to how God is working in our life.

- Learning a method of meaning-making that is both fun and serious.
- Working with lived experiences as they are encountered and exploring how the Holy Spirit is at work.
- A Sharing of the Christian Wisdom Tradition amongst Christians.

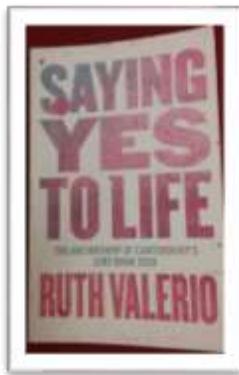
The day will be led by the resource author Martin Henwood, Vicar of Holy Trinity, Dartford. It will include explanation about using the resource with others and time to explore the cards for yourself in a prayerful manner.

The day runs from 9.30am – 3pm. The cost of the day is £20. Please bring your own lunch.

To book please contact: bookings@stbenedictscentre.org

March:

Saying Yes to Life Lent 2020



During Lent we shall be running two courses using Ruth Valerio's new book '**Saying Yes to Life.**' We will be focusing on a chapter a week and radio Kent podcasts looking at the creation story and considering how we respond in meaningful and practical ways to the life that is all around us. Archbishop Justin has chosen this as his Lent book

for 2020. Ruth Valerio is the new canon theologian in Rochester Cathedral so it is very appropriate to be offering this course during Lent. The grounds of the St Benedict Centre at St Mary's Abbey are a fabulous living example of life tended and flourishing.

The course will run on Mondays: March 2nd, 9th 16th, 23rd, 30th April 6th

The afternoon session runs from 3.15pm ending with the opportunity to join the Sisters for Vespers at 4.45.

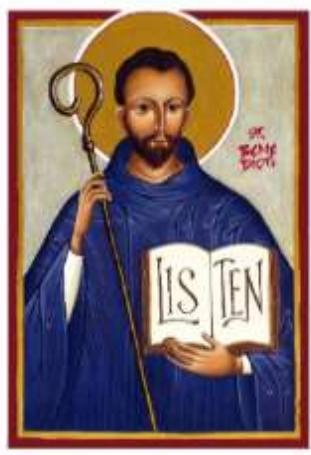
The evening session runs from 7pm - 9pm and includes joining the Sisters for Compline.

The cost is £10. Participants will need to have their own copy of the book.

To book a place please contact
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March

The Saints at St Benedict's Centre Pilgrimage Day 23rd



2020 has been designated the Year of Pilgrimage. For many people the cost of pilgrimage be that in time, finance or energy can be prohibitive. Why not come on pilgrimage for the day at St Benedict's. We have five named saints at the centre: St Benedict, St Gundulf, St Anselm, St Hilda and St Eanswythe. They all have a story to tell and inspire us in our own faith journey. Our day will include an introduction to these saints, time to spend listening to them, time in prayer and the opportunity to make our own pilgrimage in their company using the building and grounds of St Benedict's Centre.

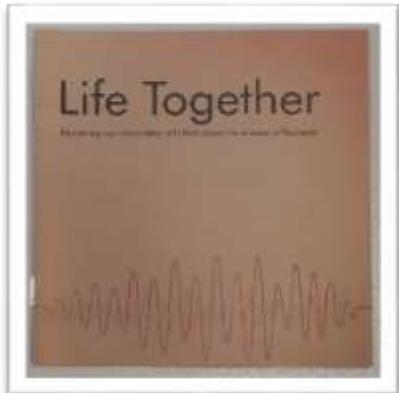
introduction to these saints, time to spend listening to them, time in prayer and the opportunity to make our own pilgrimage in their company using the building and grounds of St Benedict's Centre.

The cost is £20. Participants will need to bring their own lunch and a change of footwear in case the ground is soggy or damp!

To book a place please contact
bookings@stbenedictscentre.org

April

Abiding with Christ Quiet Day 21st April



We are delighted to offer a series of Quiet Days this year focusing on the three aspects of Benedictine tradition that feature in Rochester Diocese's Life Together resource.

Sr Anne will be leading this first day during which we learn what stability in Christ means in the Benedictine tradition and how we can learn the practice of stability in our own situations.

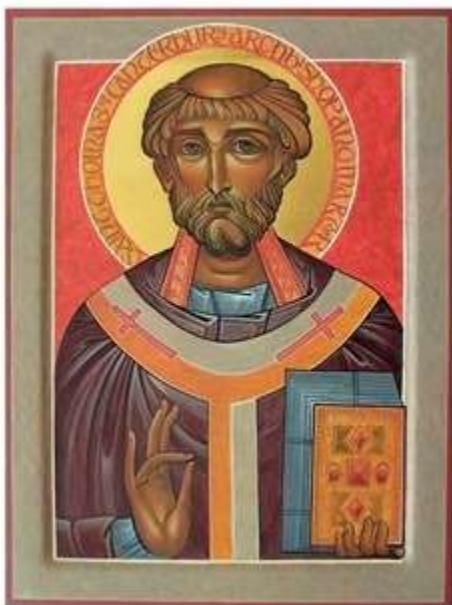
The cost is £20. Participants will need to bring their own lunch

To book a place please contact
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Looking ahead....

June:

Angles and Angels: Icon Retreat



We are delighted to be offering an Icon writing week in June. The week will be led by Amanda de Pulford an experienced Icon writer and teacher. You can see her work at:

<https://amandadepulford.tumblr.com/about>

The course will focus on the saints that are named at St Benedict Centre: St Gundulf, St Anselm, St Eanswythe and St Hilda. Amanda is based in Kent and is excited to be offering the course at St Benedict's. We will learn in the context of the rhythm of prayer joining the Sisters for the daily offices.

The dates for the course are 14th – 20th June 2020. The cost is £350 which includes the teaching, all the course materials and a light vegetarian lunch.

Spaces are limited for this course so if you are interested please register: bookings@stbenedictscentre.org

Day Guests



Day Guests are always welcome at St Benedict's Centre. You can book an individual study/retreat room for £12.

This includes hot drinks, the use of the beautiful grounds, the opportunity for private prayer in the pilgrim chapel and to join the Sisters in their daily offices.

To book your day of rest and retreat contact: bookings@stbenedictscentre.org.

We look forward to welcoming you to St Benedict's.

This is just a taste of things to come. We hope to have another newsletter out soon offering more events that enable us to come apart awhile and encounter God.