



## **St Benedict's Centre Newsletter**

**March 2020**

Last month's highlights:

We had an excellent day exploring the Orisons prayer and discernment resource.

A group completed *Difference*, a course on reconciliation designed by the Archbishop's Reconciliation Leaders Network.

We hosted a West Malling Business Network meeting and look forward to welcoming this group again.

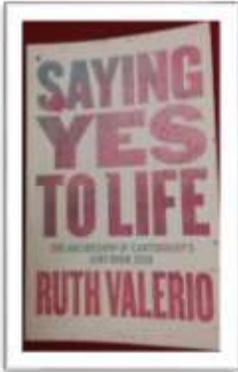
To update you with our staffing news. Our advertisement for a housekeeper has now closed. New job opportunities will appear on our website soon.

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.

This newsletter tells you about our forthcoming events.

**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 using Ruth's podcasts recorded by Radio Kent. We will look at the different themes of the creation story and consider how we can 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 was installed as canon theologian in Rochester Cathedral on 23<sup>rd</sup> February 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 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> April 6<sup>th</sup>

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

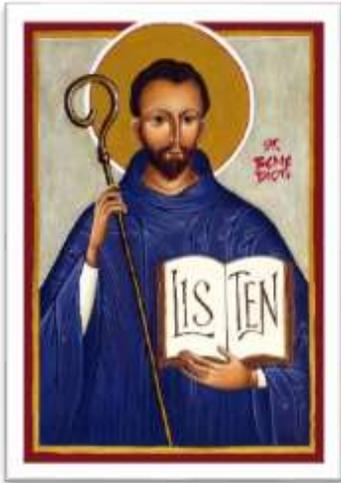
The **evening session** runs from 7pm - 9pm and includes joining the Sisters for Compline.

The cost is £10. To book a place please contact [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)

## March:

### **A Pilgrimage Day introducing the Saints at St Benedict's Centre with Sister Mary John**

**March 23<sup>rd</sup> 9.30 for 10am -3pm**



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

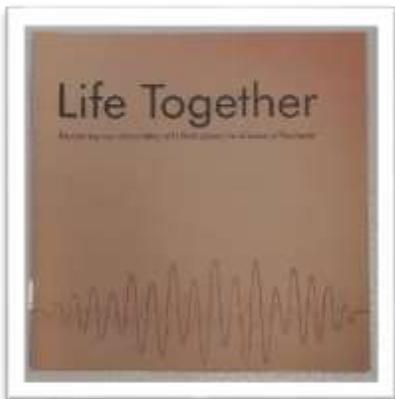
introduction to these saints, time to spend listening to them, time in prayer and the opportunity to make our own pilgrimage in their company using the building and grounds of St Benedict's Centre.

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](mailto:bookings@stbenedictscentre.org)

**April:**

## **Abiding with Christ Quiet Day 21<sup>st</sup> 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.

Sr Anne will lead this day based around the Benedictine practice of Lectio Divina. We will listen together to God's word in the scriptures to learn what stability in Christ means for each one of us and how we can practice stability in our own situations.

The cost is £20. Participants will need to bring their own lunch. The day will run from 9.30 for 10am – 3pm

To book a place please contact [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)

Looking ahead....

**May:**

## **2nd Mindfulness and Christian Meditation**

There is a growing interest in the relationship between mindfulness and Christian meditation. This day will explore the contribution Christian spirituality offers to meditation and the practice of mindfulness. The day will include input from a number of speakers. We will have the opportunity to join the sisters in their daily services. Some of the sisters will also contribute as speakers. Those arranging this day have secured significant sponsorship which means the cost including lunch is £10

To book: [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)

## **5th Quiet Day**

Dean Philip from Rochester Cathedral will be leading a quiet day for us. We are delighted to welcome Dean Philip to St Benedict's, Dean Robert from Canterbury led a day for Canterbury diocese in February and we have invited Dean Andrew from Southwark to lead a day next year.

To book: [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)

## **12th Quiet Day**

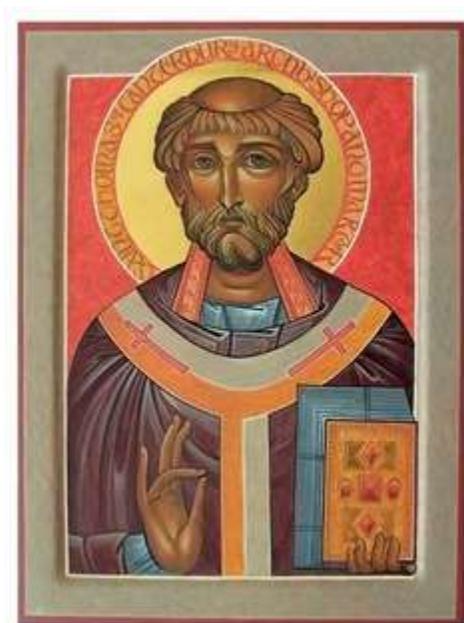
The second in our series of quiet days exploring the themes of the Rochester Diocesan Life Together resource. Benedictine obedience means to listen and respond to God. Sr Anne will be helping us to consider what this

means for us today and how being obedient can be a transformative experience.

To book: [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)

**June:**

## **Angles and Angels: Icon Retreat**



We are excited about this 'first' for St Benedict's Centre. We have never run a week-long event before and we hope many of you will be interested to come along. You do not need to be an artist to join this course. You will be given all the teaching and help you need. All you need is a desire to spend time

allowing God to speak to you through the lives of the saints who have a special place in the life of the Centre.

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 14<sup>th</sup> – 20<sup>th</sup> 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](mailto: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](mailto: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.

Contact details for St Benedict's Centre:

Phone: 01732 252651

Email: [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)

You can also find us on: [www.stbenedictscentre.org](http://www.stbenedictscentre.org)

twitter: @stBenedictsCtr facebook: @StBenedictsCentre