



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

### **May 2022**

We were delighted to host music@mallng, Six Brandenburgs: Six Commissions on Saturday 23<sup>rd</sup> April.

Chamber Domaine performed all six of Bach's Brandenburg concertos along with six new pieces, each inspired by one of the concertos. The music was performed in the Abbey church.

The Centre provided space for refreshments and relaxation between the concerts and a hideaway for performers preparing and resting.

It was an amazing day; everyone was infused by the sense of peace and holiness encountered in the Abbey grounds. We look forward to more events during the music@mallng festival September 22<sup>nd</sup> -October 2<sup>nd</sup>.

The events listed in this newsletter can also be found at <https://stbenedictscentre.org/programme/>

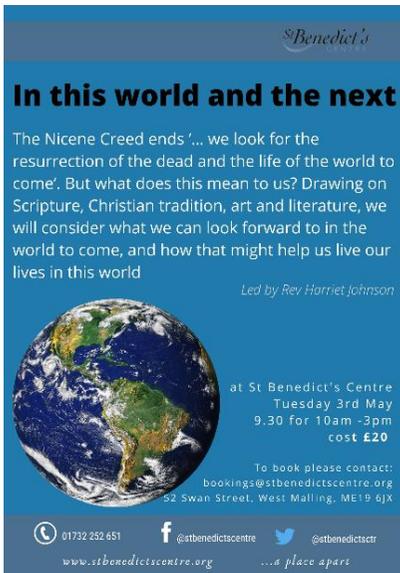
# Forthcoming events at the Centre

## Weekly Wednesday Eucharist

All are welcome to join us in the Pilgrim Chapel for a Eucharist held every Wednesday 12.15 – 12.45pm.  
No need to book.

## In this world and the next

Tuesday 3<sup>rd</sup> May; 9.30 for 10am-3pm



*St Benedict's*

### In this world and the next

The Nicene Creed ends '... we look for the resurrection of the dead and the life of the world to come'. But what does this mean to us? Drawing on Scripture, Christian tradition, art and literature, we will consider what we can look forward to in the world to come, and how that might help us live our lives in this world

*Led by Rev Harriet Johnson*

at St Benedict's Centre  
Tuesday 3<sup>rd</sup> May  
9.30 for 10am - 3pm  
cost **£20**

To book please contact:  
[bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)  
52 Swan Street, West Malling, ME19 6JX

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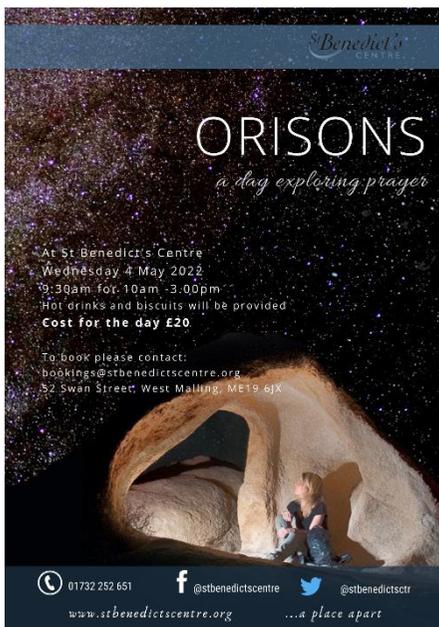
Our Wisdom day will offer the opportunity to reflect together on the gospel accounts of Christ's resurrection and what these might reveal to us about our own promised resurrection. As well as Scripture we'll also draw on Christian tradition, including art and literature, to ponder what we too can look forward to in the world to come, and how

that might help us live our lives in this world.

Cost £20 including hot drinks; please bring your own lunch. To book: [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)

## Orisons day

Wednesday 4<sup>th</sup> May; 9.30 for 10am -3pm



Orisons offers a way of working with wisdom and discernment through an appreciation of the characters, events and values of the Christian faith.

It invites you to add depth and insight to your understanding of life and the Christian Bible through the playful means of 104 photographic cards and linked commentaries,

biblical verses and prayers. The simple act of drawing a card and pausing to reflect can inspire fresh thinking on all the thorny issues confronting us in our daily lives.

Led by Rev Martin Henwood, the day will run from 10am-3pm

Cost £20.00 including hot drinks. Please bring your own lunch. To book contact [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)

## St Benedict Days: Listening

*St Benedict's*

### ST BENEDICT DAYS

St Benedict's wisdom for daily life in 2022  
A series of days focusing on Benedictine values



**Listening**  
Benedict's instructs us to listen with the ear of our hearts for the voice of God

Tuesday 10th May  
Coffee from 9.30  
starting at 10 am ending at 3 pm

Please bring lunch with you hot drinks and biscuits will be provided  
**Cost £20**

To book please contact:  
bookings@stbenedictscentre.org  
52 Swan Street, West Malling, ME19 6JX

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Tuesday 10<sup>th</sup> May; 9.30 for 10am -3pm

The second in a series of wisdom days exploring the principles of Benedictine Spirituality, led by Rev Jane Winter. Our focus this time is on listening to God. We are constantly bombarded by words and sounds, the cacophony of noise can make it very difficult to truly listen to the voice of God.

Benedict's first instruction is: 'listen carefully, my child, to the master's instruction, and attend to them with the ear of your heart...' Listening is one way in which we remain rooted in Christ, not just responding to his call but hearing his presence in the midst of all the other noises that easily distract us.

During the day we will discover what Benedict meant when he required a deep intentional listening from the monks who joined his community. We will look at what the bible teaches us about listening. We will consider how we can listen deeply to God when we do not live in a monastic community and how we can apply this to enrich our daily living.

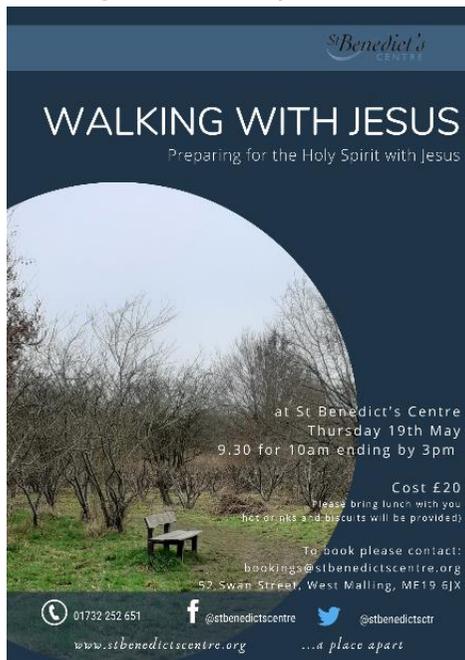
Cost £20 including hot drinks. Please bring lunch with you. To book contact [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)

## Walking with Jesus

Thursday 19<sup>th</sup> May; 9.30am for 10am-3.30pm

Our regular monthly walk from St Benedict's Centre

reflecting on an aspect of Jesus' life.



Join us for a leisurely walk through quiet lanes, meadows and paddocks as we reflect on how Jesus prepared his disciples to receive the Holy Spirit - "And I will ask the Father, and he will give you another Advocate, to be with you for ever."

We will gather together and then walk

in the morning. Following lunch you will be able to walk in the grounds, retrace the morning walk or sit to reflect further on Jesus' teaching as we prepare for the coming of the Holy Spirit at Pentecost.

The day will conclude with an act of worship in the Pilgrim Chapel.

Cost £20 including hot drinks. To book:

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

## Two Ears, One Mouth

Tuesday 24<sup>th</sup> May; 9.30 for 10am -3pm

led by Dr Deborah Watkins

*St Benedict's*

# Active Listening

Two ears, one mouth

*led by Dr Deborah Watkins*

St Benedict's Centre  
Tuesday 24th May 2022  
9.30 for 10am - 3pm  
Cost £20  
Please bring your own lunch. Hot drinks will be provided.

A day of theory and practice developing skills for active listening.

Active listening is the skill of deeply listening to another person, being fully present with them and creating safe space in which they can talk.

To book please contact:  
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Practicing the skills of deeply listening to another person's story and being heard ourselves.

A day of theory and practice developing skills for active listening

Active listening is the skill of deeply listening to another person, being fully present with them and creating safe space in which they can talk.

We are delighted Deborah is able to share her knowledge and skill with us for this active listening day. Deborah has an extensive mental health career, as a qualified nurse, teacher, psychotherapeutic counsellor and supervisor. Alongside her role as Counselling Network Coordinator and wellbeing trainer for the Rochester Diocese, she has a private counselling practice and works as a spirituality and wellbeing trainer with the Royal College of Nursing and the NHS.

Cost £20 including hot drinks. To book:

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

## **Further ahead...**

### **June**

14<sup>th</sup> Benedictine Day: Conversion of life.

16<sup>th</sup> Pottery Day: we experience ourselves as being held, healed, formed, and re-formed in the loving hands of God.

23<sup>rd</sup> Walking with Jesus.

28<sup>th</sup> Quiet Day with Mother Anne (Malling Abbey).

### **July**

11<sup>th</sup> Pilgrimage Day: meet the saints who influence the life of St Benedict Centre.

19<sup>th</sup> Walking with Jesus.

**All our events can also be found at**

**<https://stbenedictscentre.org/programme/>**

**Copies of this newsletter can be downloaded from our website: <https://stbenedictscentre.org/blog/>**

## Day Guests



Our 10 quiet study rooms offer the space to rest and reflect in solitude at the Centre.

You can book one of these rooms for £12.

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

Your booking can be changed or cancelled at short notice if need be, at no cost.

Did you know we offer gift vouchers for individual quiet days – the perfect gift for someone in ministry.

To book your day of rest and retreat, or to purchase a voucher contact: [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org).

Don't forget you can find us on:  
[www.stbenedictscentre.org](http://www.stbenedictscentre.org) twitter: @stBenedictsCtr  
Facebook: @StBenedictsCentre