

# *St Benedict's* CENTRE

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

### **July 2022**



Welcome to our July newsletter. We enjoyed a very varied June, but the weather gave us opportunities to appreciate the wild flowers in our 'No Mow May' patch. 'Let it bloom in June' revealed pyramid orchids for the first time. We also spotted a range of iridescent insects.

St Benedict's Centre, in the wonderful grounds of Malling Abbey, provides space for us all to breathe deeply and slowly, to take time to take in God. It is a place of safety for many who come burdened with difficult questions and for those who arrive tired in need of God's grace and refreshment.

Everyone finds a space of sanctuary, everyone is welcome!

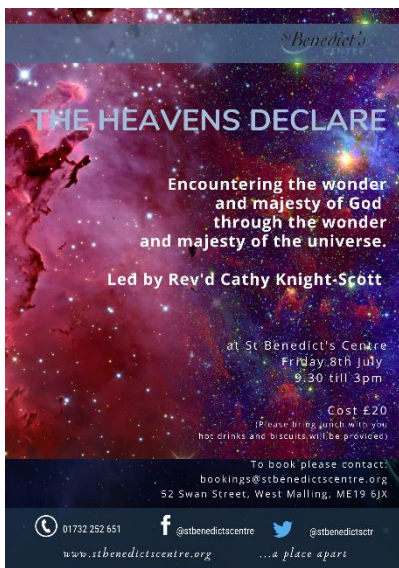
## Forthcoming events at the Centre

### 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.

### The Heavens Declare

Friday 8<sup>th</sup> July, 9.30am till 3pm



Come and join us on another of our wisdom days.

Rev'd Cathy Knight-Scott will share with us her passion for physics and God, helping us to engage with the debate about science and faith, a link that is often controversial if not contested.

The day will include time for discussion and reflection as

well as gaining wisdom and insight from Cathy, whose personal journey has taken her from being a one-time physics teacher and research scientist to her current position as Vicar of St John's Sidcup and All Saints Foots Cray.

*Cost £20 including hot drinks and biscuits. Please bring your own lunch. To book: [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org).*

## Benedictine Pilgrimage Day

Monday 11<sup>th</sup> July, 9.30 for 10.00am till 3pm

### ST BENEDICT DAY

Pilgrimage at St Mary's Abbey

Enjoy exploring the Abbey grounds  
and meeting the saints  
at the St Benedict's Centre.



Monday 11th July  
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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[www.stbenedictscentre.org](http://www.stbenedictscentre.org)

...a place apart

This day, which continues our series of Benedictine Wisdom days, will be led by Lisa Nisen, Jane Winter and members of the Abbey community.


It will be slightly different from the previous Wisdom days: on the feast of St Benedict, we will hear about the saints named on the Abbey site and discover their

significance for the community and for the Centre. Each has a powerful and inspiring story to tell of faith in real life.

*Cost £20 including hot drinks and biscuits. Please bring your own lunch. To book: [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)*

## Walking with Jesus

Tuesday 19<sup>th</sup> July, 9.30am for 10am until 3pm



*St Benedict's*

### WALKING WITH JESUS

A monthly walk from St Benedict's Centre reflecting on an aspect of Jesus' life

at St Benedict's Centre  
Thursday 19th July  
10am for 10:15am ending by 3pm

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

To book please contact:  
bookings@stbenedictscentre.org  
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stbenedictscentre.org ...a place apart

Led by Rev'd Jane Winter, we will go on another of our walks, learning from Jesus in the way his first disciples did.

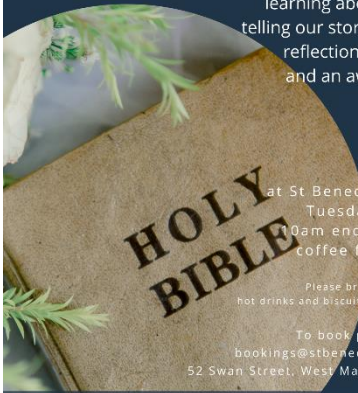
The walk will take us through local countryside, where we will enjoy the summer season in all its fullness.

This time, the focus will be on Jesus the teacher.

*Cost £20 including hot drinks and biscuits. Please bring your own lunch. To book: [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)*

## The Storyteller

Tuesday 26<sup>th</sup> July, 9.30am for 10am until 3pm



*St Benedict's*

### THE STORYTELLER

led by Rev'd David Guest

a quiet day  
learning about ourselves,  
telling our stories, including  
reflection, lectio divina,  
and an awareness walk

at St Benedict's Centre  
Tuesday 26th July  
10am ending by 3pm  
coffee from 9.30am  
Cost £20  
Please bring lunch with you  
hot drinks and biscuits will be provided

To book please contact:  
[bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)  
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Once again it is a joy to welcome Rev'd David Guest to St Benedict's to lead this quiet day.

Stories shape our lives and the lives of our communities.

Stories are precious, and in sharing them we share something of ourselves.

Jesus told stories as a way of sharing the Kingdom of God.

This guided day is based on learning about ourselves and telling our stories, with opportunities for quiet reflection, Lectio Divina, and an awareness walk. Please bring a change of footwear if the weather is inclement.

*Cost £20 including hot drinks and biscuits. Please bring your own lunch. To book: [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)*

## **Further ahead...**

### **August**

#### **2<sup>nd</sup> Poetry Day**

With Rev'd Alisoun Francis. Alisoun will guide us through creating poetry that expresses our relationship with God.

#### **9<sup>th</sup> The Beach**

With Rev'd Mandy Carr. Come and join us as we discover the joy of meeting with God on our very own 'beach'.

#### **11<sup>th</sup> Walking with Jesus**

Led by Rev'd Jane Winter, a gentle walk through local countryside learning from Jesus in the way the disciples did.

#### **16<sup>th</sup> Arts morning**

With Lisa Nissen and Sue Smith. Lisa and Sue, both licensed Lay Ministers, invite us to get creative using images before words to express our relationship with God.

*To book for any of these events please contact  
bookings@stbenedictscentre.org*

We very much hope to welcome you at one or several of our events.

Come and enjoy exploring the peaceful surrounds, walking the labyrinth or simply sitting in one of the beautiful spots for quiet reflection. You are also warmly invited to join in prayer with the Sisters for Sext (midday), None (3pm) and vespers (4.45pm).

A private study room will usually be available for you to use when you attend one of our events, but please check availability when booking.

Please pass this newsletter on to anyone who might be interested. They can also request to be added to the mailing list by emailing *bursar@stbenedictscentre.org*.



**The events listed in this newsletter 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