

St Benedict's CENTRE

St Benedict's Centre Newsletter

April 2023



We start this month in Holy Week, travelling to the Cross with Jesus before celebrating his resurrection and the new life promised to us all.

Our monthly programme reflects this journey: we start with a prayer day focused on the sorrowful mysteries and using the rosary to pray. In the final session of the lent group we will reflect on Jesus' last words from the cross: *Into your hands I commend my spirit*. On Good

Friday the Centre will be open for silent prayer space for those who would like to use it and join the Sisters in Liturgy of the word and veneration of the Cross.

After Easter and a week's rest, we turn our focus to the resurrection during our Walk with Jesus, and we are delighted that on the 25th April Bishop Laurie Green will lead a day on the rhythm of the cloister.

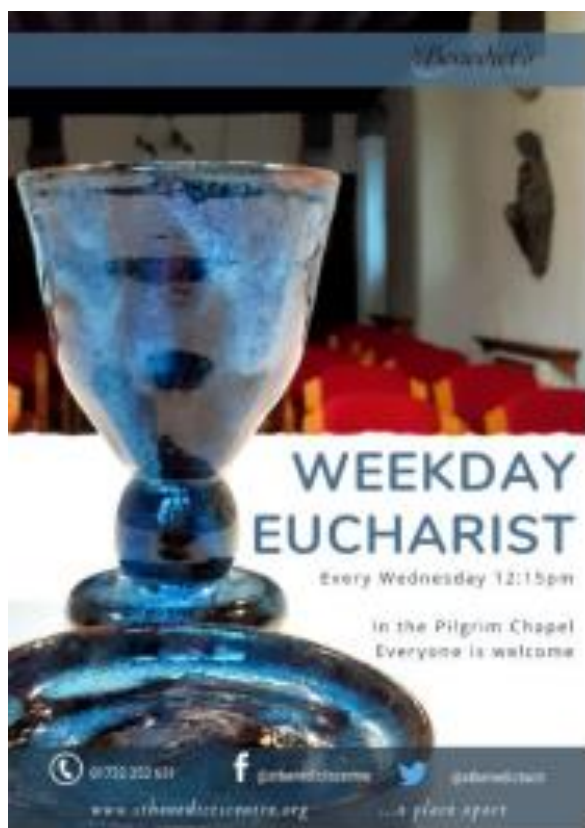
We wish you all a joyful Eastertide!

Forthcoming events at the Centre

Weekly Wednesday Eucharist

All are welcome to join us in the Pilgrim Chapel for a Eucharist every Wednesday 12.15 – 12.45pm.

No need to book.



Praying the Sorrowful Mysteries

Tuesday 4th April 9.30 for 10am till 3pm



St Benedict's

HOLY WEEK

Praying the Sorrowful Mysteries

Come and experience the Sorrowful Mysteries of Jesus' Passion and pray using the rosary

Led by Rev'd Jane Winter

At St Benedict's Centre
Tuesday 4th April 2023
10am till 3pm
Coffee from 9.30am

Please bring lunch with you, hot drinks and biscuits will be provided
Cost £25

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

01732 252 651 @stbenedictscentre @stbenedictscr
www.stbenedictscentre.org ...a place apart

Praying using a rosary is often assumed to be a catholic practice, but while it is a very strong tradition within the catholic church it is also widely used in other Christian spiritual traditions.

Doing something physical can help us concentrate deeply and stay focused on certain aspects of prayer, and using a rosary can help us to slow down.

On this day in Holy Week, Rev Jane Winter will help us focus on the sorrowful mysteries of the events of Jesus' death and learn how to use the rosary as an aid to prayer.

If you have a rosary please do bring it. We will have rosaries for you to use if you do not have your own.

Cost £25.00 (pay on the day) which includes hot drinks, please bring your own lunch. To book:

bookings@stbenedictscentre.org

Lent Course 2023

Wednesday 5th April 9.30 for 10am till 12

The poster is for a Lent course at St Benedict's Centre. It features a central image of a snowy path lined with bare trees, with the sun low on the horizon. The text on the poster includes the title 'Lent course 2023', a quote 'My God, why have you forsaken me?', a description of the course using Paul Dominiak's book 'The Falling of Dusk', the leader Rev'd Jane Winter, the schedule (Wednesdays at 10am for 10.30am-12.00 on 1, 8, 15, 22, 29 March and 5 April), the cost (£20), and contact information for bookings@stbenedictscentre.org.

St Benedict's

Lent course 2023

"My God, why have you forsaken me?"

Doubt can hone our faith rather than stand against it. Using Paul Dominiak's lent book we will explore Jesus' cry through doubt, taking us to the heart of the humanity of those last seven words on the cross.

Led by Rev'd Jane Winter

At St Benedict's Centre
Wednesdays
Coffee at 10am for
10.30am-12.00
1, 8, 15, 22, 29 March
and 5 April

Cost for the course: £20

To book please contact:
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Over the past six weeks Rev Jane Winter, using *The Falling of Dusk* by Paul Dominiak, has led us in exploring the seven last words or phrases of Jesus from the Cross through the experience of doubt.

In this final session we will be thinking about the words 'Father into your hands I commend my Spirit.'

Coffee and Hot Cross buns from 10 for a 10.30am start. We finish by midday; everyone is welcome to stay for the Eucharist at 12.15pm.

Cost: £20.00 for the whole course, including hot drinks.

To book: bookings@stbenedictscentre.org

Walking with Jesus

Tuesday 18th April, 9.30 for 10am till 3pm



St Benedict's

WALKING WITH JESUS

Our road to Emmaus: recognising Jesus as he continues to walk with us

Led by Rev'd Jane Winter

Meet at
St Benedict's Centre
Tuesday 18th April 2023
9.30 for 10am
ending by 3pm

Cost £25
Please bring lunch with you,
hot drinks and biscuits
will be provided

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In this season of Easter we will focus on Jesus' walk to Emmaus and consider how we recognise Jesus who continues to walk with us, revealing new insights into ancient truths.

Led by Jane Winter, we will stroll through the wonderful West Malling countryside. Weather- (and mud)- proof clothing advisable!

Cost £25.00 (pay on the day) which includes hot drinks. Please bring your own lunch.

To book please contact: bookings@stbenedictscentre.org

Living life using the rhythm of the cloister

Tuesday 25th April 9.30 for 10am – 3pm

St Benedict's

Living life using the rhythm of the cloister

Led by Bishop Laurie Green

The monastic life is structured around prayer and worship, work, rest and recreation. This day helps us to adopt a similar rhythm to our own living, ensuring we can live life to the full.

at St Benedict's Centre
Tuesday 25th April 2023
9.30 for 10am - 3pm
cost £25
Please bring lunch with you. Hot drinks and biscuits will be provided.

To book please contact:
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The monastic life is structured around prayer and worship, work, rest and recreation. These four elements are visual, set around the cloister with the Abbey for worship, rooms for work, cells for rest and gathering space for recreation.

Walking a cloister reminds us that these four elements provide a healthy balance to the rhythm of the

day. Most of us do not live in a cloistered community. We find our days often out of kilter with the pressures of work, meeting demands and squeezing out time for prayer, rest and recreation. The cloister still offers us a balanced rhythm to our days.

Bishop Laurie will help us discover our own cloister rhythm and lead us through a cloister journey.

Cost £25.00 including hot drinks. Please bring your own lunch.

To book contact bookings@stbenedictscentre.org

With regret...

This month our prices rise due to the cost of heating. We hope you will understand.

Group days will cost £25 per person and an individual study room will be £15 per day.

Please do speak to us if the costs are too high for you, we would not want anyone to feel they cannot be at the Centre because of cost.

Looking ahead: Events in May

10th - Our next Benedictine wisdom day Holy Spirit, led by Sr Ruth

16th - Walking with Jesus, led by Jane Winter

22nd - Neurographic Art, led by Trudi Oliver

Cost £25.00 including hot drinks. Please bring your own lunch. To book contact bookings@stbenedictscentre.org



These lovely painted pebbles were left for guests at St Benedict's centre on Sunday 26th March. Thank you to the young people of West Malling Baptist Church!

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 £15.

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