

# *St Benedict's* CENTRE

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

**May 2023**



We are very excited to be in receipt of a lovely wood carving of St Benedict. Carved by a former student of South East Institute of Theological Education (now St Augustine's College) St Benedict was originally given to Alton Abbey, which has recently closed. The sculptor has gifted the carving to the Centre. Do come and find where St Benedict now resides.

This May we are looking forward to seeing what grows in larger areas of re-wilding, so don't be surprised if the grass seems long. It is deliberate.

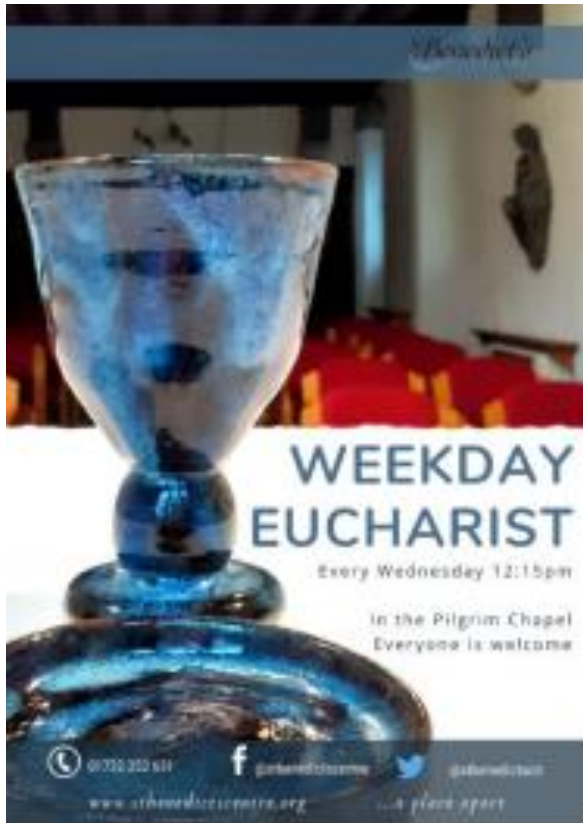
We have an exciting new day for you this month: discovering Neurographic art as a way of prayer. We shall be led to consider shape, colour and lines, and through this into prayer. Be assured this not about producing a work of art, it is a way of praying. Read on to find out more.

## 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.*



# St Benedict and the Holy Spirit

## Tuesday 9<sup>th</sup> May 9.30 for 10am till 3pm

*St Benedict's*

### ST BENEDICT DAY


Exploring the Holy Spirit  
in the tradition of St Benedict

Led by Sr Ruth

At St Benedict's Centre  
Tuesday 9th May 2023  
Coffee from 9.30am  
starting at 10 ending at 3 pm

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

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



01752 252 651

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Sr Ruth will guide our thinking as we explore the Holy Spirit in the tradition of St Benedict.

This day is part of our series of Benedictine Wisdom days.

On first reading, Benedict appears to make little mention of the Holy Spirit but as we look more deeply into the Rule, we find the Spirit's influence

like a heartbeat regulating the life of the community and filling it with life abundant.

Our day falls in the season of Easter as we prepare for the coming of the Holy Spirit at Pentecost and think about how the spirit regulates and fills our own lives.

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

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

## Peace be unto you...seven Resurrection words Wednesdays 9.30 for 10am till 12

*St Benedict's*

### PEACE BE UNTO YOU...

Exploring seven words  
of Resurrection in John's Gospel

Led by Rev'd Jane Winter

At St Benedict's Centre  
Wednesday mornings  
Coffee at 10am for  
10.30am-12

May 10th, 17th, 24th, 31st  
June 7th

Cost for the course: £25

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

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Following on from our Lent course exploring the seven last words from the cross, we are offering an Eastertide course focusing on seven words spoken by the risen Jesus.

The words are taken from John's gospel chapters 20 and 21.

We are using insights from Prof. David Ford to guide our thinking.

This course is designed to enable us to explore the meaning of Jesus' word openly with questions and discussion. The course invites us to consider the words of Jesus in the context of resurrection hope.

The sessions run from 10.30 – 12 with coffee at 10am. Participants are welcome to join the Sisters for Sext (12 noon) and join the Centre mid-week Eucharist 12.15.

*Cost: £25.00 for the whole course, including hot drinks.  
To book: [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)*

# Walking with Jesus

Tuesday 16<sup>th</sup> May, 9.30 for 10am till 3pm



*St Benedict's*

## WALKING WITH JESUS

Reflecting on Jesus' teaching about the land,  
celebrating a rogation day

Led by Rev'd Jane Winter

Meet at  
St Benedict's Centre  
Tuesday 16th May 2023  
9.30 for 10am  
ending by 3pm

Cost £25  
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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In this Easter season we reflect with Jesus on his teaching about the land, celebrating a rogation day. Rogation days have fallen out of fashion. They are days in the church's calendar of fasting and prayer in order to seek God's blessing. They take place before major festivals.

Our rogation day walk falls just before Ascension, celebrating

the risen ascended Christ Lord of all time and space. Our focus will be on how we care for the land in the light of Christ's ascension for all time. Bring boots in case it is muddy!

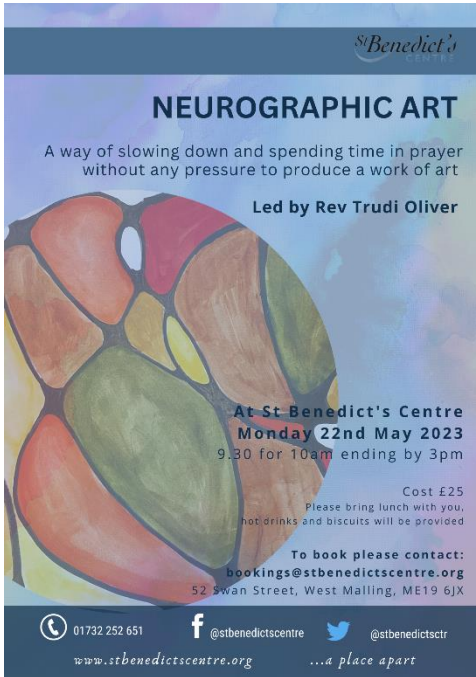
*Cost £25.00 (pay on the day) which includes hot drinks. Bring your own lunch, which we are encouraged to eat at the end of the day as rogation days are fast days.*

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

# Neurographic Art

## Monday 22nd May, 9.30 for 10am till 3pm

Led by Rev Trudi Oliver.



No drawing skill required!

Neurographic art is a technique which helps us to slow down and focus. Trudi has found it to be a very beneficial method of praying, slowing down and focusing on God.

The art form is a way of connecting with God. By drawing loose shapes, tracing over them, and

smoothing out the edges we slow down and spend time in prayer.

There is no pressure to produce a work of art, it is about the process and prayer.

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

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

## Looking ahead: events in June

6<sup>th</sup> **Lectio Divina Day:** with Mother Anne.

7<sup>th</sup> **Peace be unto you:** The final session of our series on seven Resurrection words from St John's Gospel.

15<sup>th</sup> **Shaped with the love of the Potter's hands:** Canon Gordon Oliver leads a clay-based encounter day.

29<sup>th</sup> **Walking with Jesus:** meeting Peter and Paul as we celebrate their day in the church's calendar.

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

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





## 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](mailto:bookings@stbenedictscentre.org)**