



Newsletter

June-August 2026

The Path of Life

During June and July, many sporting events capture our interest, such as Football, Cricket, Motorsport, and the renowned Wimbledon Tennis Championships, each event striving for success and achievement.

Alongside these major events, the warmth and length of summer days encourage garden plants to bloom. The vibrant colours and delightful scents bring joy and awaken our senses. The garden also provides edible crops, creating an environment of peace and happiness which helps to ease daily worries.

Reflecting on what we are able to experience and accomplish, we give thanks for God's creation. This gratitude extends to celebrating opportunities to live out our Christian faith in both word and action. These moments echo the Benedictine ethos, observed this year on **Saturday 11th July**, calling us to be a sign of God's enduring presence in the world.

In the second letter of Paul to the Corinthians, we are reminded to seek spiritual guidance in response to the needs of the world

and to recognise God's loving presence in all we do in His name, with real hope.

As Paul writes, *'We look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal.'* (2 Corinthians 4.18)

Whatever your plans or activities for the coming months, we offer a varied programme for June and July. This includes a **Meister Eckhart Quiet Day**, the **Malling Art Exhibition**, a **Labyrinth Quiet Day**, and a Study/Teaching Day focused on **Encountering the divine in the works of mercy, social and climate justice**.

There are no events planned for August, but you are warmly invited to visit the St Benedict's Centre, whether for one of our events or simply for a quiet day.

With an opportunity to refresh and renew your spiritual life, we very much look forward to welcoming you here!

With every blessing,



The Ven Mike Lodge
St Benedict's Centre Trustee



Events in June and July

Letting Go and Letting Be: Meister Eckhart on the Spiritual Life's Work

Saturday 13th June, 9.30 for 10am – 3pm



Meister Eckhart (1260 – c1328) was a German Dominican friar and theology teacher, who still speaks today in fresh and contemporary ways, including in the field of inter-religious dialogue.

Revd Dr Earl Collins will explore with us Eckhart's place in the Christian tradition, looking at some of his main ideas and helping us see how these ideas

can deepen our own spiritual lives today.

Earl is Canon Chancellor of Chichester Cathedral, and was for many years a Benedictine monk. His field of study is Christian theology and mysticism, east and west.

Cost: £25 including refreshments but please bring your own lunch.

To book:

Scan the QR code or email

bookings@stbenedictscentre.org



Malling Art Club Exhibition

Saturday-Sunday 27th-28th June, 10am-4pm



This exciting exhibition will feature varied works of art, sculptures and cards created by local artists. Art works and cards will be for sale, and there will be also be a raffle of art work.

Some of the most popular exhibitors at last year's show included Neil Constable and his wife Michelle, who paint many subjects including

commissioned portraits and animals.

The Club Chair, Mike Hawksworth, is a very talented artist whose pastel work is particularly popular. His wife Carole creates detailed flower and fauna studies.

Club Secretary Mary Herrington has been a Member of the Royal Miniature Society and has won various awards at the Mall Galleries in London. She also had one of her miniature portraits accepted for exhibition at the Royal Academy and now enjoys painting water colour landscapes, particularly attractive architecture.

Entry is free. Refreshments will be available.

To find out more about the Malling Art Club please visit www.mallingartclub.co.uk

Walking the Labyrinth

Monday 6th July, 9.30 for 10am – 3pm



This day, led by Martin Garsed, will encourage you to slow down and reflect on where you are along your spiritual journey, using the Labyrinth as a prayer.

Walking the labyrinth is an ancient practice, a meditative journey into our inner being, encouraging reflection and contemplation. It can be a special experience in different

ways, depending on our life situation and where we are along our spiritual path.

Martin is a retired GP, psychotherapist and palliative care physician and currently active as a trained spiritual director in the context of Franciscan spirituality. He is also involved in the prayer and healing ministry in the Anglican Church.

We hope to be able to use the labyrinth in the grounds of St Benedict's, but depending on weather, Martin can also use an indoor labyrinth.

Cost: £25 including refreshments but please bring your own lunch.

To book:

Scan the QR code or email

bookings@stbenedictscentre.org



Encountering the Divine in the Works of Mercy, Social and Climate Justice

Saturday 18th July, 9.30 for 10am – 3pm



In this study day we will explore the Works of Mercy (Matthew 25: 35-40) and how they might help us encounter the Christ in the ‘ordinary’ world today.

The challenge that God’s work in the world sets for us is how to tune into the music of God’s love, service, mercy, and justice.

Revd Prof Jonathan Arnold is Michael Ramsay Chair in Theology at the University of Kent (Professor of Faith, Culture and the Arts). He is also Executive Director of the Social Justice Network, Canterbury Diocese. Formerly he was Dean of Divinity and Fellow of Magdalen College, Oxford and, before that, Chaplain and Senior Research Fellow of Worcester College, Oxford.

His publications include *The Everyday God: Encountering the Divine in the Works of Mercy* (2024).

Cost: £25 including refreshments but please bring your own lunch.

To book:

Scan the QR code or email

bookings@stbenedictscentre.org



Further ahead: Events in September

5th - Seeing and Being Seen, with Dr Sarah Dunlop

8th - The Enneagram, with Deacon Shelley King

**Visit our Events page to find out
about all our events and to book:
<https://stbenedictscentre.org/events/>**



General event information

Our events tend to start at 10am, with coffee available from 9:30am, and normally finish by 3-3.30pm to ensure everyone has the full benefit of the day's programme. Participants are very welcome to stay beyond this time to enjoy the Centre's beautiful grounds, quiet spaces, and a quiet room (if available) for further reflection.

Coffee, tea and biscuits are always included, but you need to bring your own lunch.

Need to cancel your booking?

When you book a place at one of our events, we ask for payment in advance. If you need to cancel, your payment will be refunded in full if cancellation is seven days or more before the event; if cancellation is within the seven-day period you will instead receive a voucher to be used for another one of our events.

Event cancellations

While we are always reluctant to cancel an event at short notice, we may have to do so in case of illness, bad weather conditions or low take-up. You will be contacted as soon as circumstances require us to cancel an event.

Day Guests



Our 10 individual quiet day rooms offer the space to rest, reflect or work in solitude at the Centre.

You can book a room for £18 (full day) or £12 (half day).

This includes hot drinks; the use of the beautiful grounds; the opportunity for private prayer in the pilgrim chapel as well as joining the Sisters in prayer in the Guest chapel.

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

We offer gift vouchers for individual quiet days – the perfect gift for someone in ministry.

Book your room online via our website:

<https://stbenedictscentre.org/individuals/>

or email us at

bookings@stbenedictscentre.org



We look forward to seeing you at St Benedict's Centre!