

A photograph of the exterior of St Benedict's Centre. The building is a large, traditional stone structure with a tiled roof and several chimneys. In the foreground, there is a paved path leading to the building, surrounded by green grass and some bare trees. The overall atmosphere is peaceful and historic.

Programme  
September- December  
2025

*Events usually start at 10am with coffee from 9.30, and finish at 3/3.30pm. Our day events cost £25; events organised by Rochester Diocese Spirituality Network are run on a donations basis (suggested £15-25). Tea/coffee and biscuits are provided without charge, but please bring your own lunch. Individual quiet rooms may be available for the day.*

### **13th September - The Enneagram, a Beginner's Session**

Shelly King, spiritual director and deacon will help us increase our self-awareness through the Enneagram to shed a light on the patterns of our personalities and how this insight helps us to cooperate in the transformative work of the Spirit.

### **18th September - Learning by Heart**

Learning Scripture by heart is an ancient practice, which can help us understand and carry God's Word in a different way within us on our spiritual journey. The day will be led by actor Suzanna Hamilton, offering an opportunity to explore this way of engaging with the Bible.

### **25th and 28th September - Tone & Composition Art Exhibition**

This exhibition will present a collection of artworks by Giles Whitehead, inspired by the landscapes, landmarks and quiet poetry of Kent. An evocative collection of paintings, drawings and wood sculptures, which also includes expressive artworks created as artist in residence at the Music@Malling festival.

### **25th October - Growing in God's Life**

In the Bible spiritual growth is likened to the natural development processes of plants and the part played by gardeners, whether human or divine. Chris Chapman, experienced retreat leader, spiritual director and author, will explore with us four recurring movements - rather than stages - of this growth: the seasons that meet us afresh within a lifetime of growing, stirring us once more into abundant life.

## **1<sup>st</sup> November - Clothed in your Right Mind**

This day will explore the intersections of faith, mental health, and healing in the presence of others on a shared journey. Taking inspiration from the powerful story of the Gerasene Demoniac (Luke 8), Revd Professor Chris Cook, theologian, psychiatrist and Anglican priest, will help us to understand the profound meaning of the phrase 'to be clothed in our right minds' through lectio divina and deeper exploration of the passage.

## **15<sup>th</sup> November - A Practical Introduction to Benedictine Spirituality**

Bishop Laurie Green will lead this reflective day on how Benedictine Communities can be a model for our everyday lives, our spiritual awareness and our prayer. We will consider the structure of abbey life; St Benedict's intentions, and how these can be incorporated into a busy modern life - offering plenty of time for personal reflection.

## **4<sup>th</sup> December - Advent Quiet Day: Developing your Emotional Intelligence**

Led by Canon Dr Neville Emslie, who will draw on his research and the characters of the Infancy Narrative in the Gospel of Matthew, we will be invited to explore emotional intelligence as a spiritual and theological resource for ministry and discipleship. Participants will consider how emotional awareness, self-regulation, and relational presence are shaped by Scripture, liturgy, and vocation – especially in this season of waiting, discernment, and hope.

## **13<sup>th</sup> December - Creative Day: Unwrapping Advent**

'Unwrapping Advent' seeks to enable the expectant promise of Advent to be reclaimed, framed by Ignatian ways of praying. Art materials are provided to aid a visual response, but previous experience of art making is not necessary. Led by Mary Chamberlin, experienced Spiritual Director and Art Therapist, who values art making processes to access and explore thoughts and feelings that may be hard to articulate in a purely verbal way.



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

All our event information and updates can also be found on our website programme page: <https://stbenedictscentre.org/programme/>



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