



Newsletter

September 2025

Heading into the Autumn...

Summer at the St Benedict's Centre is a time in the year when we try to keep our programme as quiet as possible. It's a natural period of sabbath rest for us, a moment for staff and volunteers to catch their breath, and for the rhythms of the year to slow down and pause.

As the summer fades and we move into September it always feels like the start of a new year, and this year especially it's a feeling heightened by the arrival of our new Centre Director, Very Revd Richard Fermer, who begins work at St Benedict's on 22 September. Richard and Giseli are relocating from Bahrain and it will take a while for them to settle in and establish their new home in Crockenhill, so we have agreed a

'soft landing' for Richard in his role here – he will have a lot of things to sort out in his initial weeks in the UK, and we want to give him time and space to manage this transition well. So do expect to see him around the place, but don't expect too much from him until he is properly settled!

Our September programme kicks off with two contrasting days: Shelly King leads a day exploring the Enneagram, the highly popular personality framework that gives some wonderful spiritual insight into our motivations and behaviours; then actress Suzanna Hamilton will lead a lectio day based around learning scripture by heart. The month is topped off with two free art exhibitions from Giles Whitehead, including material produced during the magnificent 'Music at Malling'. If this is indeed the start of a 'new year', why not make a resolution to visit the St Benedict's Centre more regularly to renew your spiritual life?

Rt Revd Adrian Newman

Acting Chair of the St Benedict's Centre

Events in September

The Enneagram, A Beginner's Session Saturday 13th September, 9.30 for 10am-3pm

St Benedict's
THE ENNEAGRAM
A BEGINNER'S SESSION
Led by Shelly King

at St Benedict's Centre
Saturday
13th September 2025
9.30 for 10am till 3pm

Donation £15 - £25
Please bring lunch with you
hot drinks and biscuits will be provided

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

01732 252 651 | [@stbenedictscentre](https://www.facebook.com/stbenedictscentre) | [@stbenedictscr](https://twitter.com/stbenedictscr)
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Over the past 50 years, the Enneagram has gained a reputation as a valuable tool to aid in self-awareness.

It's not a self-help project and in itself has no power to change us, but it can shed a remarkably penetrating light on the patterns of our personalities, giving us the opportunity to bring our insights to prayer as we seek to cooperate in the transforming work of the Holy

Spirit.

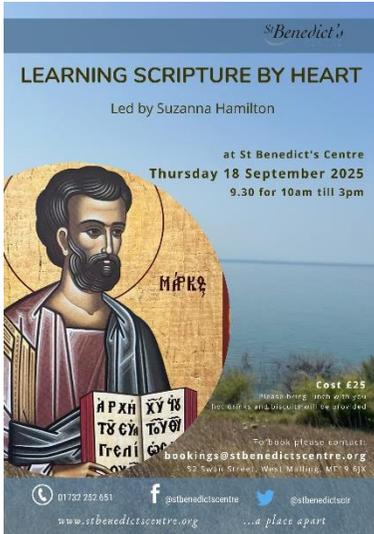
Shelly King is a spiritual director and deacon ordained in the Anglican Church of Canada. She has taught the basics of Enneagram as part of spiritual direction training and in diocesan, church and retreat contexts.

We invite you to attend this day for a suggested donation of £15-£25. Tea and coffee will be available all day but please bring a packed lunch.

To book: bookings@stbenedictscentre.org

Learning by Heart

Thursday 18th September, 9.30 for 10am-3pm



A workshop exploring the ancient practice of learning Scripture by heart.

The Bible emerged in a largely oral culture. Memory and the re-telling of stories were the means by which it was passed on to others. What can we learn from this, when we are so steeped in reading and writing?

How can we begin to recapture the art of learning scripture by heart, and begin to carry it in a

different way within us on our spiritual journey?

Participants are invited to bring a few favourite Bible verses to learn, and there will also be verses provided. We will discuss why and how we might want to do this. There is no pressure, it will be a gentle day, and there will be time set aside for learning verses, or for reflection during the day.

Suzanna Hamilton, an actor, has been learning St. Mark's Gospel. She will talk, briefly, about this experience and 'tell' a chapter or two.

The cost for the day is £25. Tea and coffee will be available all day but please bring a packed lunch.

To book: bookings@stbenedictscentre.org

Tone & Composition Art Exhibition

Thursday 25th and Sunday 28th September

St Benedict's

ART EXHIBITION

Tone & Composition
Including works
produced during Music@Malling
by Giles Whitehead

at St Benedict's Centre
Thursday 25th and
Sunday 28th September 2025
10am-5pm

Free entry
Refreshments
available

52 Swan Street, West Malling, ME19 6JX

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This collection of artworks by Giles Whitehead presents an evocative collection of paintings, drawings and wood sculptures inspired by the landscapes, landmarks and quiet poetry of Kent.

From the quirky charm of Whitstable to the haunting ruins of Bayham Abbey, Giles explores the rich visual language of Kent's coast, countryside, and historic sites.

The exhibition also includes expressive artworks created as artist in residence at the Music@Malling festival, capturing the energy of music through spontaneous mark-making and vivid colour. These works sit alongside more contemplative pieces, together forming a celebration of tone, composition, and connection to place.

No need to book, admission is free.

Further ahead: October

25th October: Growing in God's Life – Chris Chapman



All our event information and updates can also be found on our website. Please check our [programme page](#).

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.

However, 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 room or 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 and of 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.

To book your day of rest and retreat, or to purchase a voucher contact: bookings@stbenedictscentre.org

Visit our website to find out everything about the Centre:
<https://stbenedictscentre.org>

We look forward to welcoming you at St Benedict's!