



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

### **June 2025**

#### **Welcoming the Stillness of Summer**

As we turn the page into June, the grounds of the St Benedict's Centre begin to bloom with a quiet beauty. After the seemingly interminable darkness of the winter, the long light of summer days seems to stretch time itself - creating within us an invitation to slow down, breathe deeply, and return to the stillness that so often eludes us.

Those of us who, like me, were born on Midwinter's day may find winter relatively more difficult. Midsummer feels like a way-marker in the year, a hope-filled zenith of light and a still point in the turning world, and as such it is an opportunity to take stock of where we are going.

Here at the Centre, we continue to welcome guests seeking rest, reflection, and spiritual renewal. Whether you are coming for a silent personal retreat, a programmed quiet day, spiritual direction, or simply to walk the grounds in prayer, you are welcome in this place.

The world outside is loud, fast, and often wearying. Within these walls and gardens, we hope you find space to listen—not only to your own soul, but to the voice of God, who speaks most often in the quiet.

As always, we pray that your time with us, whether brief or extended, renews your spirit and roots you more deeply in the peace of Christ.

**Rt Revd Adrian Newman**

*Acting Chair of the St Benedict's Centre*



# Events in June

## The Heart of Mission is Prayer: A Prayer Festival

**Saturday 7<sup>th</sup> June, 10am-4pm**



Prayer lies at the heart of the church and our lives. We can develop a spiritual rhythm by regularly taking the time to pray.

Anyone can pray, at any time and in any place, it can be as simple as talking to a friend. However, the way in which it works best for each person will change and evolve, depending on our stage in life and our circumstances.

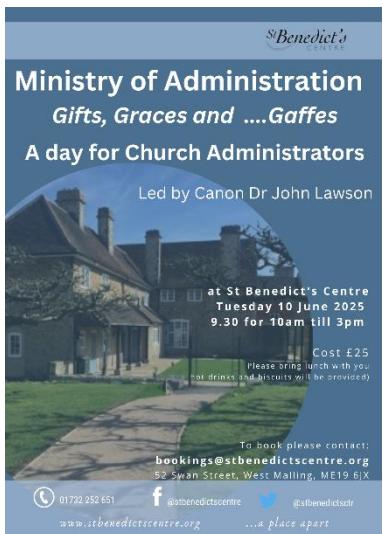
This day will offer the opportunity to find out about the many different ways there are to open our hearts and mind to God; to explore and to experience some of these with the help of our wonderful workshop leaders.

Suggested donation £10-£20. Refreshments will be available throughout the day from 9.30am, but please bring a packed lunch and your own mug for the day.

To book: [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org). You can choose to attend a maximum of three workshops.

# Quiet Day for Church Administrators

**Tuesday 10<sup>th</sup> June, 9.30 for 10am-3pm**



The Church office can transform from a quiet space for work into a bustling marketplace in a matter of moments – quite like a chameleon! While it can be a refuge for some, it can also feel like a place of 'hard labour' for others.

This Quiet Day is for those who work in church-based administration. It will be a day of listening, learning - and hopefully some laughter, as we

come away from our desks, switch off the computers and pause long enough for God to speak to us.

The day will be facilitated through a series of short reflections by Canon Dr John Lawson.

John has a wealth of experience in enabling training and learning. He is a Priest Vicar at Rochester Cathedral while remaining a Canon Emeritus of Wakefield Cathedral. At the last count he calculated that he had worked with fifteen administrators over his 36 years of ordained ministry.

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](mailto:bookings@stbenedictscentre.org)

# Prayers and Dreams – Reflective day

## Friday 13<sup>th</sup> June, 9.30 for 10am-3pm



stBenedict's

### PRAYERS AND DREAMS

A reflective day exploring the language, meaning and purpose of dreams

LISA CORNWELL

**Dreams**  
The path to wholeness

Led by Lisa Cornwell

At St Benedict's Centre

**Friday 13 June**

9.30 for 10 am till 3pm

Cost £25

Hot drinks and biscuits will be provided  
Please bring lunch with you

To book please contact

[bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)  
52 Swan Street, West Malling, ME19 6JX

01732 252 651

[www.stbenedictscentre.org](https://www.stbenedictscentre.org)

[f @stbenedictscentre](https://www.facebook.com/stbenedictscentre)

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...a place apart

Dreams arise in the interests of our spiritual and psychological healing and growth. A little self-knowledge can transform the way in which we relate to ourselves, the world and our Creator.

In this workshop, we will explore the meaning, purpose and language of dreams and identify some tools for working with dreams. Participants are encouraged to bring a dream to share if possible.

Lisa Cornwell is priest and author of the book "Dreams: The Path to Wholeness" (2006). She is currently a tutor on the Guildford Local Ministry Programme, having served 19 years in parish ministry in the Diocese of Oxford. She completed a professional Doctorate in Theology and Ministry at King's College London and trained in Spiritual Direction on the Ignatian Spirituality Course.

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](mailto:bookings@stbenedictscentre.org)

# Malling Art Group Exhibition

## Saturday-Sunday 21<sup>st</sup>-22<sup>nd</sup> June



An exciting annual exhibition of works by members of Malling Art Club, a long-established local art group.

There will be a variety of work in all media and many will feature local scenes. Most of the paintings will be for sale.

The Art Club meet for informal painting sessions at Ryarsh Church Hall and regularly hold all-day painting workshops with

professional tuition.

20% of all profits from work sold at the show will be donated to the Centre.

Admission to the exhibition is free. We look forward to seeing you at the Centre!

For more information: [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)

# Further ahead: Events in July

## **7th July - Walking with Jesus**

A themed walk guided by Jan Foreman.

## **12th July - A Prophet for our Time? A Day on C.S.**

**Lewis** - Led by Robert Elliott.

**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](mailto: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!**