



St Benedict's Centre Newsletter

May 2025

Welcoming the Quiet Blossoming of May

As the grounds of Malling Abbey come into full bloom, the month of May invites us to slow down and notice the quiet transformation around and within us. It is a season of gentle growth – both in nature and in the life of the spirit.

May has long been associated with new beginnings and devotion. In the rhythm of the Benedictine life, this month offers a beautiful parallel: the balance of *'ora et labora'* – prayer and work – reflected in each blooming flower and lengthening day. In the stillness of the abbey, we are reminded that contemplation and simplicity are not luxuries, but necessities for a life rooted in peace.

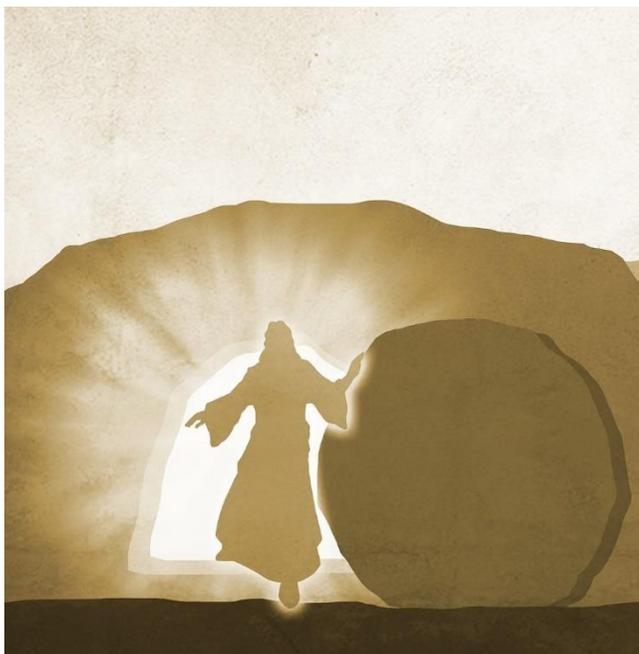
At the St Benedict's Centre, we continue to offer space for this kind of deep rest and renewal. Whether through quiet days or personal retreat, solitary study or shared silence, this sacred space remains open to all who seek to step aside from the noise and come closer to God.

As we journey through Eastertide toward Pentecost, may we carry with us the joy of resurrection and the gentle courage to be renewed in our daily lives.

Adrian

Rt Revd Adrian Newman

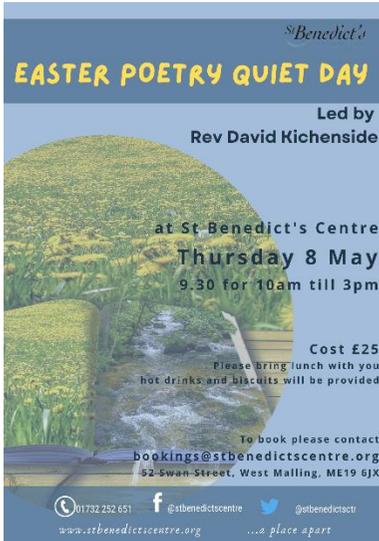
Visitor, Malling Abbey and Chair of Trustees of St Benedict's Centre



Events in May

Easter Poetry Quiet Day

Thursday 8 May, 9.30 for 10am till 3pm



Poetry can be a conduit for resurrection life: carefully selected words, rhythms and images can open up new possibilities and meaning.

On this Quiet Day we will delve into a selection of poems of the Resurrection - as a group as well as individually.

We will read, pray, and take some time apart, with the hope that God will breathe into our lives afresh.

The day will conclude with a Eucharist in the Pilgrim Chapel.

Led by Rev David Kichenside, Team Rector of Holy Trinity South Chatham.

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

Held, Shaped, Raised, Released: A Pottery-Based Day

Saturday 31 May, 9.30 for 10am till 3.30pm

St Benedict's
HELD SHAPED RAISED RELEASED
A Pottery-Based Quiet Day
With Rev Canon Gordon Oliver
at St Benedict's Centre
Saturday 31 May
9.30 for 10am till 3.30pm
Cost £25
Please bring lunch with you
hot drinks and biscuits will be provided
To book please contact:
bookings@stbenedictscentre.org
52 Swar Street, West Malling, ME19 6JX
01722 252 651 @stbenedictscentre @stbenedictscr
www.stbenedictscentre.org ...a place apart

Guided by Canon Gordon Oliver, we will reflect on how the earthy experience of holding and forming clay into new shapes can help us open up to God's love in Christ for the world we live in.

The day will include times of silence, hands-on experience with clay, and opening the Bible to learn together.

'Held, Shaped, Raised, Released' will build on the experience of previous clay-based quiet days

so will be good for people returning as well as for people new to this way of seeking God's blessing.

Rev Canon Gordon Oliver is a priest and potter living in Rochester Diocese.

*The cost for the day is £25. Tea and coffee will be available all day but please bring a packed lunch. **Maximum 20 people.** To book: bookings@stbenedictscentre.org*

In other news...

The Wellbeing Project for Frontline Church Workers

Over the course of the next 12 months, the St Benedict's Centre is partnering with the Diocese of Rochester to develop a programme of support for the wellbeing of frontline church workers, lay and ordained.

Generously funded by the Dorothy Kerin Trust, the year-long development phase will include consultation with potential stakeholders locally and nationally; establishing partnerships with key agencies; developing an annual programme; creating an online learning facility; running pilot events; setting up an appropriate governance structure and appointing a Director.

We are very pleased to announce that Juliette Gosling begins work as the Project Development Leader this month. She will work out of the Centre for some of the time, so do look out for her and say hello.

The working title of the project is '**Cascade**'. Drawing inspiration from the cascade at the abbey, the idea is that the flourishing of frontline workers will cascade out in all manner of ways into the communities they serve.



Further ahead: Events in June

7 June - The Heart of Mission is Prayer: A Prayer Festival

With keynote speaker Bishop Simon Burton Jones, and various workshops

10 June - Quiet Day for Church Administrators

Led by Canon Dr John Lawson

13 June - Quiet Day: Prayers and Dreams

With priest and author Lisa Cornwell

20-22 June - Malling Art Group Exhibition

Art works by local members of a long-established art group

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 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 quiet study rooms offer the space to rest and reflect 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!