



Newsletter

Sept-Oct 2026

Welcome to our Autumn newsletter! We are excited to introduce and extend a warm welcome to our new Warden, Christine Rowan, who starts at the Centre on 1st September.

Originally from Northern Ireland, she has lived elsewhere for most of her adult life. She married Peter in 1990 and they were blessed with four children: Gabrielle, Yasmin, Luke and Jude.

In 1997 they became mission partners of OMF International (founded as the China Inland Mission by James Hudson Taylor in 1865), serving briefly in Thailand and then for ten years in Malaysia. From 2010, they served as Co-National Directors of OMF UK, based in Borough Green, Kent.

Very sadly, In the middle of their fifteenth year as Co-National Directors, Peter was diagnosed with a terminal cancer and died in December 2024. Eleven months later Christine lost her youngest son, Jude, (aged 20) to suicide.

In her own words: “Needless to say 2024 and 2025 were difficult years, but I am thankful for grace and strength from the Lord, which have sustained me. I am grateful I have had the space and time to mourn, grieve and refocus on how God is leading me in this new season of life.

I am thrilled that the St Benedict’s Centre will be part of my story going forward. I have already been made to feel very welcome by those I have met from the Board of Trustees, staff, volunteers and the sisters at the Abbey.

I am very much looking forward to getting to know the wider St Benedict’s Centre community, and trust that my work in and from the Centre will be used by God to be a blessing to fellow life-pilgrims. I pray that the work of the Centre can be developed, from the firm foundations already established, and that all will bring glory to our Lord Jesus Christ.”

Christine Rowan



Events in September and October

Seeing and Being Seen: Exploring Spirituality with Photographs

Sat 5th September 9.30 for 10am – 3pm

With Dr Sarah Dunlop



This quiet day will offer an exploration into the use of photographs as powerful tools for resourcing spiritual practices.

Please bring a camera or a phone with camera. Cost: £25

To book: please fill in the Event Information Form on the website, or email bookings@stbenedictscentre.org

The Enneagram

Tue 8th September 9.30 for 10am – 3pm

With Shelly King



Over the past 50 years, the Enneagram has gained a reputation as a valuable tool to aid in self-awareness. 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. Suggested donation: £15-£25.

To book: please fill in the Event Information Form on the website, or email

bookings@stbenedictscentre.org

Interval: Art Exhibition- Giles Whitehead Tue 22nd and Sun 27th September 10am – 5pm



Giles, a renowned artist, will once again be presenting an evocative collection of paintings and drawings at the Centre, with some inspired by the Music@Malling festival.

No need to book, admission is free.

As The Shadows Fall: A day for Church Administrators Tue 29th September 9.30 for 10am – 3pm With Canon Dr John Lawson



A Quiet Day for those who work in church-based administration. A Pick & Mix of three lively topics to help us grow, mature and be renewed. A day of listening, learning, and hopefully some laughter as we come away from our desks and pause long enough for God to speak to us.

Cost: £25

To book: please use the Event Information Form on the website, or email

bookings@stbenedictscentre.org

How to Survive a World in Crisis

Sat 3rd October 9.30 for 10am – 3pm

With Dr Ruth Valerio



A quiet day for those of us who are finding our current world overwhelming but who still want to keep taking action and not give up. A day for reflection, offering tools to remain hopeful and stay resilient.

Cost: £25

To book: please fill in the Event Information Form on the website, or email bookings@stbenedictscentre.org

Prayer pack training day

Mon 12th October 9.30 for 10am – 3pm

With Rev'd Dr Susanne Carlsson



A day on The Prayer Pack, which explores twelve different ways of praying. Come and learn how to use it in your specific setting and develop skills in helping others pray, using these different ways of praying.

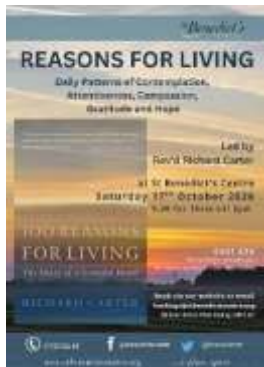
Suggested donation: £15-£25.

To book: please fill in the Event Information Form on the website, or email bookings@stbenedictscentre.org

Reasons for Living

Sat 17th October 9.30 for 10am – 3pm

With Rev'd Richard Carter



Featuring reflections based on his new book: *100 Reasons for Living: Diary of a Grateful Heart*, a collection of 100 powerful stories gathered from two decades of pastoral ministry.

The day will help us to reflect upon our own reasons for living, and what brings us courage, hope and joy. Cost: £25

To book: please use the Event Information form on the website,
or email bookings@stbenedictscentre.org

Stories and transformation

Sat 31st October 9am – 1pm

With Dr Mark Scanlan



This study day will explore the power of story, reflecting afresh on the Gospel story of the Kingdom of God coming near. We will also consider how telling this central story of the Christian faith can be transformative for young people as it subverts, challenges, and fulfils the stories of the world around them. Cost: £25

To book: please use the Event Information form on the website, or email bookings@stbenedictscentre.org

Refreshments are provided at all our events, but please bring your own lunch.

Further ahead: November and December

Tue 10th Nov: Prayer and the Aramaic Words of Jesus

Tue 24th Nov: Preparing for Advent

Sat 5th Dec: The Dark Night of the Soul

Sat 12th Dec: Advent Quiet Day

Visit our Events page for all up to date information 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!