



St Benedict's Centre Newsletter

February 2023

February is often considered to be a drab month, yet here at St Benedict's spring flowers are already starting to bloom and creation is waking up to the potential of another year of fruitfulness!

The wonderful feast of Epiphany nowadays tends to be the prompt for putting away the Christmas decorations, but traditionally they were of course left until Candlemas, a feast we will celebrate this month at the Centre with a Quiet Day. Later in February our programme offers a day on the art of Icons, another 'Walk with Jesus' as well as the start of our Lent course. We hope you – and anyone else you know who might be interested - will be able to join us for one or more of these events.

When you do, you may notice our Epiphany House blessing. The letters remind us of **C**aspar, **M**elchior and **B**althazar, but more significantly of *Christus Mansionum Benedictat*. Christ bless our home.

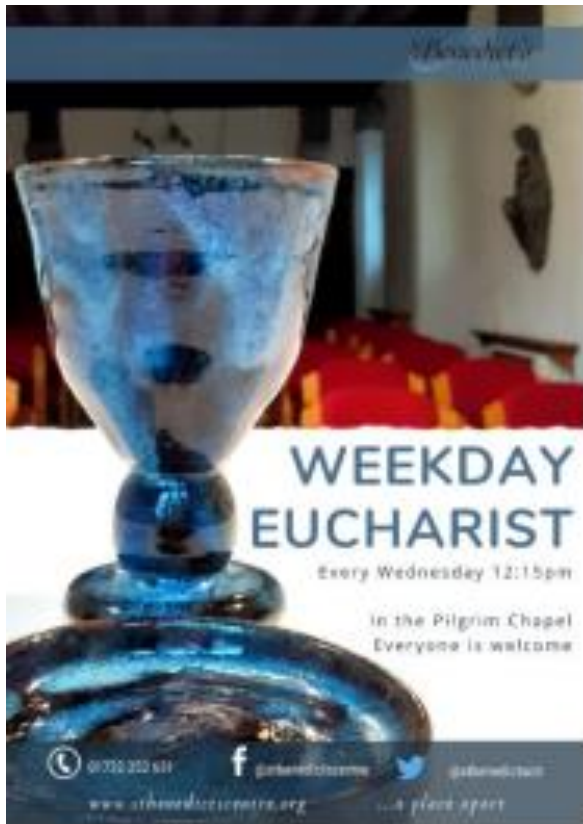
20 + C + M + B + 23

Forthcoming events at the Centre

Weekly Wednesday Eucharist

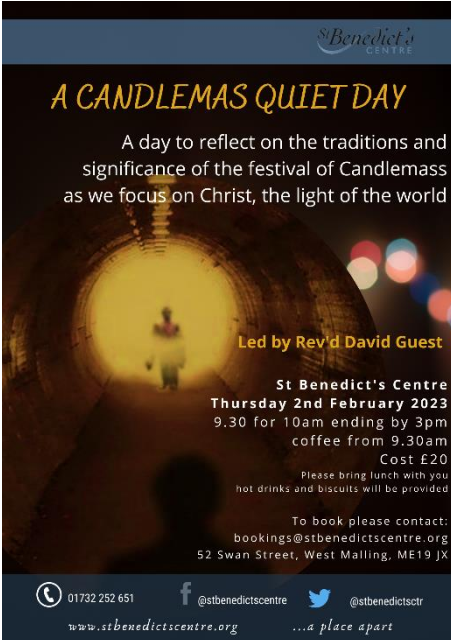
All are welcome to join in the Pilgrim Chapel for a Eucharist held every Wednesday 12.15 – 12.45pm.

No need to book.



Candlemas Quiet Day

Thursday 2nd February, 9.30 for 10am till 3pm



Benedict's CENTRE

A CANDLEMAS QUIET DAY

A day to reflect on the traditions and significance of the festival of Candlemass as we focus on Christ, the light of the world

Led by Rev'd David Guest

St Benedict's Centre
Thursday 2nd February 2023
9.30 for 10am ending by 3pm
coffee from 9.30am
Cost £20
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 1JX

01732 252 651 @stbenedictscentre @stbenedictscr
www.stbenedictscentre.org ...a place apart

The first signs of Spring are in the air and there are hints of the days beginning to lengthen.

It is the point where we pause, looking back on the celebrations of Jesus' coming at Christmas and looking forward, moving towards Jesus' passion.

We turn from birth towards death and resurrection.

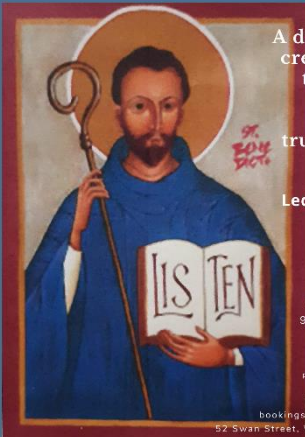
At this turning point in the year, we see the light of hope sung by Christmas angels, the light of resurrection in an Easter dawn, and we bless candles which will lighten our darkness...

On this guided Quiet Day we will reflect on the traditions and significance of the festival as we focus on Christ, the light of the world. The day will be led by Rev David Guest.

Cost £20.00 including hot drinks. Please bring your own lunch. To book: bookings@stbenedictscentre.org

The Art of Icons

Tuesday 7th February, 9.30 for 10am till 3pm



St Benedict's
CENTRE

THE ART OF ICONS

A day to engage creatively with the language of icons, to uncover the truths they tell about God

Led by Rev'd Jane Winter

Tuesday
7th Feb 2023
9.30 for 10am - 3pm

Cost £20
(including hot drinks
please bring your own lunch)

To book please contact:
bookings@stbenedictscentre.org
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Icons are an ancient form of conveying truths about God through imagery - though in our own times the term icon has become more closely associated with celebrity or electronic device.

For many people the ancient icons are a little like Marmite – we either love them or hate them. Perhaps

hate is too strong a word, but in truth we find them hard to understand. They speak a language we do not recognise and so we struggle to interpret them.

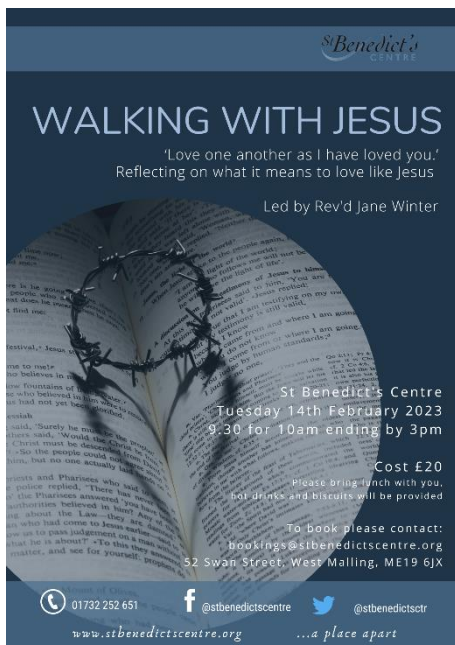
This day, led by Rev'd Jane Winter, will invite us into the language of icons. It will involve cutting and sticking, getting creative with icons to help focus on the details that draw us into the holy truth of relationship with God.

All materials will be provided.

Cost £20.00 including hot drinks. Please bring your own lunch. To book: bookings@stbenedictscentre.org

Walking with Jesus

Tuesday 14th February, 9.30 for 10am till 3pm



'Love one another as I have loved you.'

On this Valentine's day we will reflect on what it means to love like Jesus.

During our walk we will discover something of the reality of hard-edged love.

We do not promise roses, wine and chocolates. We do offer the opportunity to

encounter the God who is love and calls us to love like Jesus.

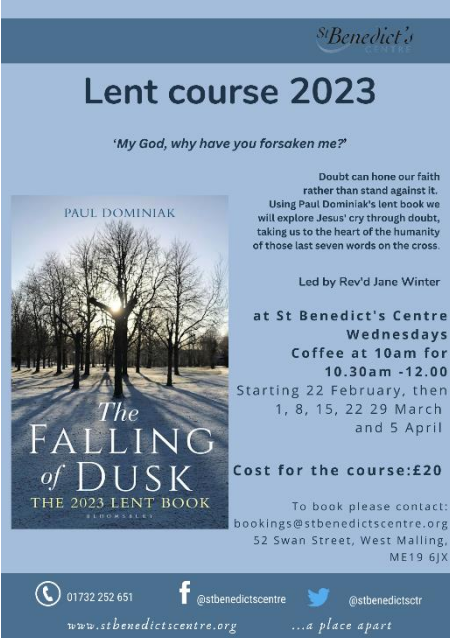
Prepare to brave the elements on what promises to be a rewarding day!

Cost £20.00 including hot drinks. Please bring your own lunch. To book: bookings@stbenedictscentre.org

Lent course 2023

Wednesdays 9.30 for 10am till 12

Starting 22nd February

A poster for the Lent course 2023. At the top, it says 'St Benedict's' in a script font. Below that, 'Lent course 2023' in a bold sans-serif font. Underneath is the quote 'My God, why have you forsaken me?'. A central image shows a snowy path lined with bare trees, with the sun low in the sky. The text 'The FALLING of DUSK THE 2023 LENT BOOK' is overlaid on the image. To the right of the image, there is a short paragraph about the course, followed by the name of the leader, Rev'd Jane Winter, and the location and time: 'at St Benedict's Centre Wednesdays Coffee at 10am for 10.30am - 12.00'. It also lists the start date and subsequent sessions: 'Starting 22 February, then 1, 8, 15, 22 29 March and 5 April'. The cost is listed as '£20'. At the bottom, there is contact information: 'To book please contact: bookings@stbenedictscentre.org 52 Swan Street, West Malling, ME19 6JX'. The footer includes a phone number '01732 252 651', social media handles for Facebook '@stbenedictscentre' and Twitter '@stbenedictscr', the website 'www.stbenedictscentre.org', and the tagline '...a place apart'.

This year's Lent course will be led by Rev Jane Winter, using *The Falling of Dusk* by Paul Dominiak.

We are invited to explore the seven last words or phrases of Jesus from the Cross through the experience of doubt, taking us to the heart of the humanity of Jesus' cry: *'My God My God why have you forsaken me?'*

Doubt is a very human condition, which can lead us to God through our questioning. It can hone our faith rather than stand against it.

Future sessions are on 1st, 8th, 15th, 22nd and 29th March and 5th April. Everyone is welcome to stay for the Eucharist at 12.15pm.

Cost: £20.00 for the whole course, including hot drinks.

To book: bookings@stbenedictscentre.org

What's ahead in 2023

Events

Our latest events calendar for January-April 2023 is now available. Please pick up your print copy from the Centre when you visit us, or [download it from our website](#) to find out more about events until Easter.

All information contained in this newsletter can also be found online on our website's [programme page](#).

Cost increases

We want to take this opportunity to advise you that from April our charges will unfortunately have to increase in order to meet the rising costs that have affected us all.

Individual rooms will cost £15 per day. Centre events will cost £25 per person.

This is the first time that costs have increased since we opened in 2018. We hope you will understand why, and still consider that St Benedict's offers value that goes far beyond good value for money.



Day Guests



Our 10 quiet study rooms offer the space to rest and reflect in solitude at the Centre.

You can book one of these rooms for £12.

This includes hot drinks, the use of the beautiful grounds and the opportunity for private prayer in the pilgrim chapel, and of joining the Sisters in their offices.

Your booking can be changed or cancelled at short notice if need be, at no cost.

Did you know 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

Don't forget you can find us on:

<https://stbenedictscentre.org/> as well as on

twitter: @stBenedictsCtr and

Facebook: @StBenedictsCentre