

St Benedict's CENTRE

...a place apart

Ethos Statement

Malling Abbey was founded as a community of Benedictine nuns in c1090 by the Norman monk-bishop Gundulf of Rochester. This tradition is continued by the presence of today's Anglican Benedictine sisters who live a life of stability and quiet prayerfulness. They govern the whole Abbey and, in the tradition of radical Benedictine hospitality, have set aside some of their buildings and given them into the care of the St Benedict's Centre which offers the space for individuals and groups to meet, study, retreat and pray. The Diocese of Rochester and St Augustine's College of Theology are especially welcomed and valued guests who use the Centre's facilities.

The resident Benedictine nuns welcome all guests to join them at their regular times of prayer throughout the day, the sense of prayer being an essential part of the Abbey's ethos- summed up in the Benedictine motto 'Peace'. This deep Peace manifests itself in mutual courtesy, respect, kindness, and generosity, amongst all who share the Abbey site. It helps all parties to be faithful to the terms of their presence at the Abbey- whether through their commitment to vows, tenancy agreements, licenses, or residence.



The unity of spirit in the bond of peace will enable all parties to offer hospitality with warmth and authenticity. This ethos of stability, prayer, mutual care and respect will ensure that all - nuns, Centre, College and guests - are part of the long Benedictine traditions of 'truly seeking God' and of 'welcoming all guests as Christ'. It is within this ethos that all may experience the presence of God within and among us.