

## **Quiet Day - 'Try Human' - "the glory of God is a human being fully alive!" - 25 May**

In association with Rochester Diocese Spirituality Network, the St Benedict's Centre presents a day to pause and reflect on what it means to be 'fully alive' through exploring our senses and discovering as 'if for the first time' how we are created in God's own image and likeness. The day will include input, personal silence, a time to share (optional) and a brief liturgy at the end of the day.

The day will be led by Sister Diane Reynolds, a sister of St. Andrew (An Ignatian Community) who has been living Belgium for past 6 years. Diane is an experienced Retreat giver and spiritual director. She is especially interested in helping people to discover and discern the place of God in their lives.

Join us at 9.30 for a 10am start, the day ends at 3pm. The day is being offered on a donations basis with a suggested donation of £15-25. Hot drinks and biscuits are provided; please bring your own lunch.

**To book:** [bookings@stbenedictscentre.org](mailto:bookings@stbenedictscentre.org)