

7th of Sep 2024 The Enneagram - A Beginners' Session With Shelly King

10am - 3pm at St Benedict's Centre, West Malling ME196JX

Over the past 50 years, the Enneagram has gained a reputation as a valuable tool to aid in self-awareness. It's not a self-help project and in itself has no power to change us, but 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 of God.

Shelly King is a spiritual director and deacon ordained in the Anglican Church of Canada. She has taught the basics of Enneagram as part of spiritual direction training and in diocesan, church and retreat contexts.

Please bring a packed lunch (drinks will be provided).

Suggested donation for the day £15-25

To book: bookings@stbenedictscentre.org

<https://stbenedictscentre.org/programme/#enneagram>