

Living and Praying the Examen
Saturday 18 November, 10am to 3pm
St Benedict's Centre, West Malling ME196JX

You may know the Examen. You may pray it regularly. You may even teach it to others. But the Examen certainly holds more layers for you and the people with whom you use it. This quiet day will enable you to explore different ways of adapting and personalising the Examen, including through writing, images, and films. We will be watching the film [Living \(2022\) - IMDb](#) and you will go away with new insights and resources for your own practice.

Led by Rev Dr Joel Love.

Please bring a packed lunch (drinks will be provided).
Suggested donation for the day £15

To book: susannecarlssons@hotmail.co.uk