

Benedict for Today

*What can the founder of Western
monasticism teach us about...*

...work/life balance

...prayer & spirituality

...building community?

**A study day with Fr Dermot Tredget
(Benedictine monk at Douai Abbey)**

At The Royal Foundation of St Katharine

On Saturday 2nd February 2008, 10am to 4pm

Cost (including lunch): £15

Discounts available for unwaged & pensioners

**To book, please contact Maureen Toms on 020 7791 9782 or
MToms@stkatharine.org.uk by Friday 25th January**

About Fr Dermot Tredget



Fr Dermot Tredget OSB has been a member of the English Benedictine community based at Douai Abbey, near Reading for 23 years.

Before becoming a monk he held management positions in the Hotel and Catering Industry. He has extensive experience of teaching at university level, and is engaged in doctoral research at Oxford University on the theology and spirituality of work and leisure.

Fr Dermot runs a program of retreat workshops focused on the spiritual dimension in the workplace. These have been featured in the *Financial Times* and other business publications. He has also been called upon to give lectures and present seminars to international corporations and associations.

About the Royal Foundation of St Katharine

The Royal Foundation of St Katharine (www.stkatharine.org.uk) was founded in 1147 as a place of 'Worship, Hospitality and Service' - rooted in the western monastic tradition which was fathered by St Benedict.

Today, it continues to be a centre for retreats and conferences, and is the home of two independent charities which help Christians live faithfully in a diverse and changing world.

The Contextual Theology Centre (www.theology-centre.org) helps Christians to act on the social and economic aspects of the Gospel – where possible, in partnership with other faiths. It combines grassroots engagement and links with international centres of academic excellence.

Mission in London's Economy (www.mile.org.uk) equips the Church's ministry towards the industrial, commercial and urban community – encouraging and extend the work of the industrial chaplains; forward the training of Christian leadership and stimulating public opinion on relations between the Christian faith and industrial, commercial and economic life.