



From the Rector's Study

July and August are months of endings in the academic year - ends of year, ends of exams, ends of school contracts and even careers as people move on. It is a time of heightened emotion and transition and so as we settle into 'Ordinary time' let us be mindful of those whose time feels anything but ordinary: there will be those who sit and wait for results of many types - medical, educational, examinations and so forth.

There will be those who marry this month and those who will remember funerals, deaths and loss. There will be those who can see the long holidays with children as a season of worry about how to juggle work and child-care; the cost of paying for lunch at home rather than free school meals; the outcome of a trial. Time is never really ordinary and always a gift, and we all wish there was more of it most of the time - I certainly do, looking at my diary as a priest, father, governor, director and husband! I have written about time in a previous article and the difference between God's time and our time and it is perhaps 'timely' to remind us that the long stretch of Sundays after Trinity or Ordinary time is best seen for what it really is - ordered time. Our time is gifted to us. Over time we see things differently and in time things change - all things change. But during that time we have the scriptures, the sacraments and for a season, one another. May we see God's blessing and hear His word clearly over the time to come and may your time, whether it be a season of waiting, enduring, watching or summer sun, be blessed by God. **Fr Neil**



Photo from Pexels,

Open to Year 1 to 6
JOIN US IN JULY



3rd Do not be afraid



10th who is my neighbour?



17th Listening to God

Enjoying Sunday Junior Church in June



Our church piano has served us well for many years. However it is now in a sorry state not only in terms of tuning but the physical demands of the years have taken their toll. As you know, we are able to hire out the church and the piano for concerts and rehearsals which ensure that we can pay the gas bill! However the piano is now at the end of life and is preventing further bookings and indeed losing bookings for musically interested parties. I propose therefore that we replace it with a preowned grand piano or baby grand from a significant maker. The cost will be in the region of £15,000-£17,000. We need to raise this money ourselves in order to secure the income which this piano attracts. One such means for this to be achieved is to ask for loans from members of the congregation who can reasonably expect to have their investment returned within a particular period. We can raise money for the repayment of these loans from within our Congregational family from concerts and other such means. A similar project has been the undertaken at other parish churches and has resulted in greater income from the new instrument and faster than anticipated repayment of the loans to congregation members. Either myself or our treasurer would be keen to hear from you if, in confidence, you would like to be part of any such mechanism to enable us to purchase the piano soonest. Of course in addition to loans from the congregation, it would be altogether wonderful if we might also attract donations. Again if you are in a position to, or are minded to make such a contribution, please speak with either me or our treasurer, Patrick. **Fr Neil**





August Services

Tu 2	930 Morning Prayer, The Lady Chapel
We3	930 Morning Prayer, The Lady Chapel
Th 4	930 Morning Prayer, The Lady Chapel
Fr 5	930 Morning Prayer, The Lady Chapel 11 Mass, St George's Chapel 12 Angelus, St George's Chapel
Sat 6	
Su 7	TRANSFIGURATION (Transf.) 830 Mass 10 Mass
Tu 9	930 Morning Prayer, The Lady Chapel
We10	930 Morning Prayer, The Lady Chapel
Th 11	930 Morning Prayer, The Lady Chapel
Fr 12	930 Morning Prayer, The Lady Chapel 11 Mass, St George's Chapel 12 Angelus, St George's Chapel
Sat 13	
Su 14	The Blessed Virgin Mary NO 830 Mass 10 Mass
Tu 16	930 Morning Prayer, The Lady Chapel
We17	930 Morning Prayer, The Lady Chapel
Th 18	930 Morning Prayer, The Lady Chapel
Fr 19	930 Morning Prayer, The Lady Chapel 12 Angelus, St George's Chapel
Sat 20	
Su 21	TRINITY X NO 830 Mass 10 Mass
Tu 23	930 Morning Prayer, The Lady Chapel
We24	930 Morning Prayer, The Lady Chapel
Th 25	930 Morning Prayer, The Lady Chapel
Fr 26	930 Morning Prayer, The Lady Chapel 12 Angelus, St George's Chapel
Sat 27	
Su 28	TRINITY XI 830 Mass 10 Mass
Tu 30	930 Morning Prayer, The Lady Chapel
Wed 31	930 Morning Prayer, The Lady Chapel

St Nicolas church vestment repairs

The time had come for a little Spring refurbishment of some of the St Nicolas' vestments which were showing their age, starting with the Ordinary Time chasuble. This had been repaired in the past, but even the patches were starting to wear through now.



Sourcing the correct fabric proved easier than expected. Part of the design resembles a *pine cone*, and combined with *damask* and *St Nicolas* an internet image search resulted in this:

St. Nicolas Church Vestment Damask Fabric is a unique combination of Ottoman and Gothic styles designed by William Randoll Blacking for St. Nicolas Church, Guildford, UK. Blacking drew his inspiration for the fan figure from a 16th century Turkish design in the Kelekian Collection.

A metre of the fabric was ordered from F M Church Supplies in West Yorkshire and a decision had to be made about the cutting of this rather expensive material. The pattern has a large repeat and to pattern match exactly would mean cutting into the centre of the fabric. As there are more items to be restored or made from the piece, it was decided to use the fabric in the most economical way.



The decorative embroidered bands were detached where the fabric had worn through and new shoulder sections and centre back were cut and attached over the worn sections. A bit of jiggery pokery was required, as the original fabric had stretched over the years.



Vestment repairs continued

The embroidered bands were then re-attached by hand. The finished chasuble is now robust, and should give good service for many more years to come.



Article and photos
by **Sara Scott**



Eucharistic Fast

(Stuart Murdoch, June issue). I was interested to see the article on the Eucharistic Fast,

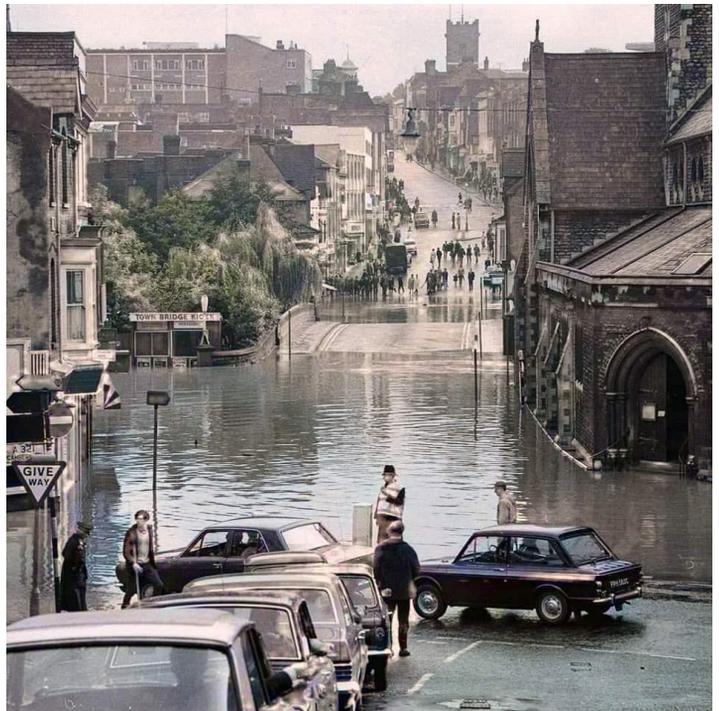
especially the fact that these days it is apparently more widely observed by Anglicans than Roman Catholics.

At my convent school in the 1950s we sometimes had a morning Mass and it was not unusual for one or two girls to faint, having fasted from midnight. No one made a fuss and we just stepped over the bodies on the way to the altar rail. Nowadays that would probably be a safeguarding issue!

Sally Lowe

High Mass The reader may be amused to know that an internet search for illustrations of "High Mass" for last month's issue

offered several views of high speed trains or large stomachs circumscribed by a measuring tape, while "High Church" resulted in images of tall ceilings and church spires...Ed.)



St Nicolas during the flood of 1968.

Found on a the Guildford Town Past & Present page of social media. Many thanks to Robert Jones for allowing us to use it.

Reflection on my study placement at St Nicolas

Dear Father Neil and everyone at St Nicolas' Church,
Thank you all very much for making me feel so welcome during my placement at St Nicolas. I feel very privileged to have been able to spend this time with you and to share in the wonderful spirituality, liturgy, music and hospitality that is an integral part of the life of your church.

I was brought up in the High Church tradition and my time with you has enabled me to re-engage with the beauty and sacredness that accompanies the English Choral liturgy.

I have experienced different ways of presiding and preparing the altar for Holy Communion. I have worn wonderful 19th Century vestments. I particularly enjoyed swinging the thurible and the wonderful smell of incense as it drifts upwards towards heaven, taking with it our prayers, hopes and dreams.

Lastly, I admire your strong commitment towards inclusiveness and community outreach. The Friday drop in coffee club and monthly lunches are something which provide an opportunity to many who need company and support. I have spoken to several people who do not attend the services but have come into the coffee club for company.

I was thrilled to win the bottle of wine at the church fete because normally I never win anything. It was a real surprise to me and I am going to save it for a special occasion. I hope to be able to come over to St Nicolas in the future for services and to say hello.

My very best wishes to you all, **Ghislaine.**



Handbell Festival Service One of the benefits of attending Tuesday Group is that the members have a ready audience to whom they can publicise events in which they're involved. At one meeting, Shirley Aston gave notice of a Handbell Festival Service to be held at Guildford Cathedral on the 11th of June, in which she and her team of ringers would be participating. My pleasure at hearing this news was tempered by the knowledge that I was rostered to work until 3.30 pm that Saturday and the service started half an hour before that. But to my delight, an understanding manager allowed me to leave work early and I arrived in good time for the service. From my seat in the front row ("The nearer the front, the greater the blessing"), I located where Shirley was sitting with her team, the Pilgrim Ringers, and settled down to appreciate the music. As the first soft, clear, silvery notes sounded, I was instantly caught up in the experience. The interest didn't lie only in the beautiful melodies and other music parts that the handbells produced, though of course that was vital; there was pleasure for the eyes as well as for the ears, in watching the co-ordinated movements of the ringers as each one played a part in creating the whole. Teamwork indeed! And the sustained concentration required to achieve this was impressive. Again, the light in the Cathedral, natural and artificial, was caught by the bells as they moved and were still, which added to the interest of watching. The strength and energy required to heft some of the larger bells must be considerable, and I observed in fascination one ringer who rapidly handled several large bells as required, putting them down in their right places so they came readily to hand when needed



again. The music included sacred and secular pieces (and in one case, both*), some new to me, others with happy associations of singing with others. To organ accompaniment there were attractive hymns which the congregation joined the bellringers in singing. The service included short readings, and prayers, and after fine organ voluntary, it was over. I hopped on my bike and set off down the hill away from the Cathedral, the memory of the handbell music still with me. Next year's service is scheduled for Saturday 17 June 2023 - and this time, I intend to book the afternoon off work. *I seem unable to hear the hymn tune *Kingsfold* without reverting mentally to *Star of the County Down*.

Cathy Goodwin

The Pilgrim Ringers are looking for new members! 6

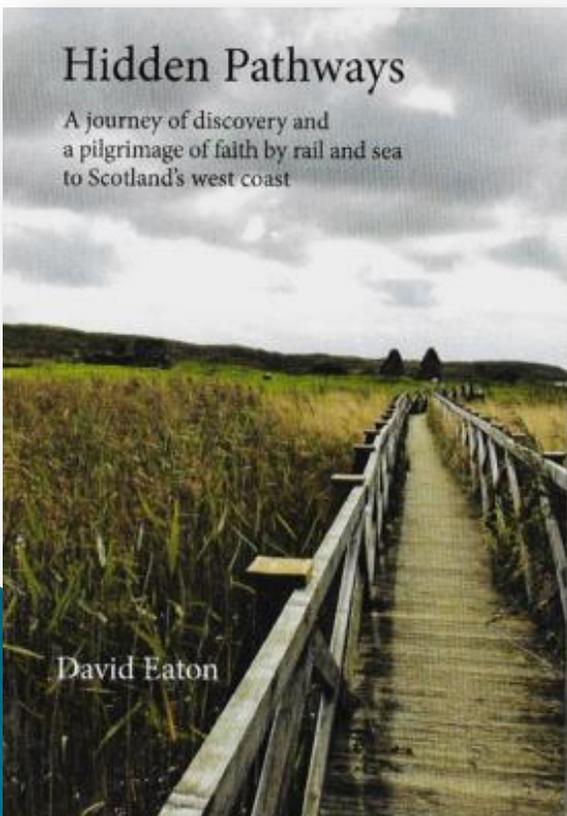
Exploring the countryside

Daniel Vines walked this 14 mile circular countryside route recently, armed with an OS map. A disused part of the Watercress Line took him towards Winchester and the old station at Itchen Abbas which is now in a private back garden, with the old platform is still visible on the trail.



Discovering a Steam Traction rally on the way was a welcome surprise.

Photographs and information from
Daniel Vines



Way House Books
168 pages. Illustrated



From a countryside ramble
by **David Greenwood**

Book recommendation David Eaton is a retired Anglican priest living near Dorking. In 2019 with his wife Ginny, he travelled by rail and sea to the West coast of Scotland and visited the Hebrides, taking the Road to the Isles. What began as a holiday turned into a pilgrimage as he discovered the divine and sacred hidden in the people, places and the faith he found there.

You can also order by phone 01737 843915 or email rev_daveeaton@hotmail.com

Sally Lowe

ISBN 978-0-9572965-2-7
£8.99 UK
By post £10.99



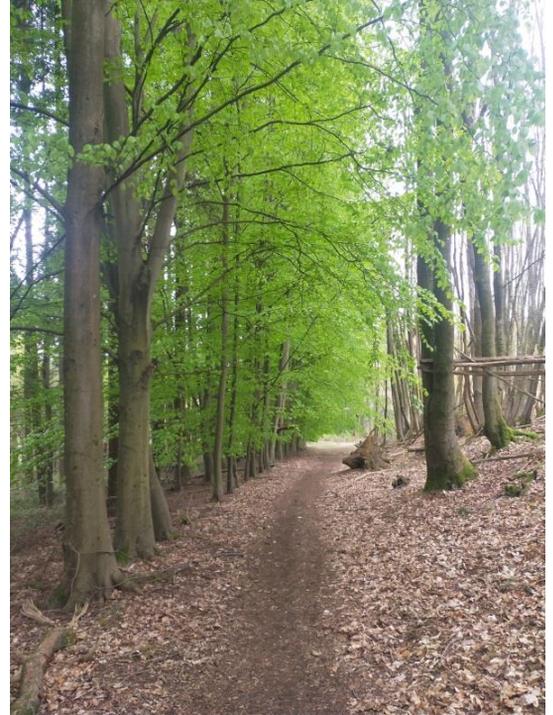
The Bright Field by R. S. Thomas

I have seen the sun break through
to illuminate a small field
for a while, and gone my way
and forgotten it. But that was the
pearl of great price, the one field that had
treasure in it. I realise now
that I must give all that I have
to possess it. Life is not hurrying
on to a receding future, nor hankering after
an imagined past. It is the turning
aside like Moses to the miracle
of the lit bush, to a brightness
that seemed as transitory as your youth
once, but is the eternity that awaits you.



Sent by **Jenny Austin**
photos **Jana Phillips**

More countryside rambles by **David Greenwood**



During lockdown and since
winter, I have befriended
and tamed a Robin.
He trusts me unreservedly
and feeds from my hand.
We are friends.

Daniel Vines



*Oberammergau is a town in the Bavarian Alps, Germany, known for its performances of the Passion Play.
Photo from Google*



Oberammergau

The roaring wind grew louder and louder across the wide lawns of the hotel which had only an hour before been bathed in sunshine. It was Whit Sunday and our little group was having Mass outdoors celebrated by the precentor of Worcester Cathedral. The relevant section of the Acts of the Apostles had just been read. The wind

proved to be the precursor of heavy rain which drove us indoors. No spikes of flame appeared above us nor did any of us start speaking strange languages but it was deeply moving with the eleven of us in the priest and his wife's hotel room.

Such vast numbers of people go to see the Passion Play that the Oberammergau authorities only allow visitors to spend a maximum of 2 nights there. Most tour operators therefore include a stay somewhere in the nearby countryside as part of the trip. In our case this was at a village called Strobl in the Austrian lake district about 90 miles away. This area was totally unknown to Liz and me so it was really enjoyable to be taken on the first day on a tour of five of the lakes all up to 20 miles long. They looked magnificent among the high mountains with their waters shining blue in reflection of the cloudless sky. One of the lakes called Mondsee [Moon lake] has on its shores an attractive town of the same name which has an impressive basilica. This was used for the filming of the wedding in the Sound of Music as Salzburg cathedral was undergoing restoration at the time.

The following day was spent in Salzburg, itself an interesting historic city. It is of course famous for being the birthplace and home of Mozart and also the main setting for the Sound of Music. We attended an impressive organ recital in the cathedral and were privileged to be allowed to sit in the sanctuary for it and to be shown the archbishop's vestry afterwards.

Whit Sunday was our last day at Strobl and we set off the following morning for Oberammergau. Interestingly there were no border checks at all when we crossed back into Germany.

"The play's the thing," if I may quote from Cyrano de Bergerac but this was definitely our thought as we entered the town and looked forward to seeing the portrayal of our dear Lord's passion. It has been performed in the town every 10 years for almost 400 years.

In 1632 the plague had been raging in central Europe for some time and the village was cut off to protect its inhabitants. A young lad working on a nearby farm wanted to return to the village and his family for Easter. As he knew the mountain paths he was able to avoid the blockades. Sadly he was carrying the disease and died from it and spread it into the previously safe village. In desperation the village leaders promised to God that they would perform a play of Christ's Passion every 10 years if the deaths from the disease stopped. This happened and so the tradition started. Apart from the 1920 production being postponed till 1922 due to the aftermath of the First World War and the Spanish flu, and the cancellation of the 1940 production, the sequence has been unbroken. Ironically the 2020 production has of course been delayed to this year due to Covid.



The exterior and interior of the theatre in Oberammergau



**St Nicolas
Summer Fayre**



...raised just over £1000 which we will share with the Matrix Trust. Many thanks for all your support.



To me, the troubled, thoughtful and well-meaning fogginess of the C of E feels much more truthful, a much more comprehensible and sane reflection of how the human condition feels, than all the more dynamic philosophies. Other religions may have retained the fiery naivety of youth, but the Anglican church has the mild and tolerant befuddlement of experience, which is the closest thing to wisdom that I'll ever believe in.

David Mitchell, actor and comedian

sent by **Sally Lowe**



**Free Training for
Helpline volunteers**



In pre-Covid Surrey, it was estimated that 1 in 6 people over 16 lived with a high level of anxiety. The two years of Covid can only have made this worse. Alcohol seems the most popular "anaesthetic," being affordable, legal and promoted as desirable for social gatherings. It may feel relaxing but alcohol is in fact a depressant.

Surrey based charity **Surrey Drug and Alcohol Care** provide a 24/7 confidential helpline for all who may be concerned about alcohol, drugs of any kind and mental well-being. Callers may be users, concerned parents, siblings or friends.

Our helpline is staffed by trained volunteers with diverse backgrounds and experience. Many come after retirement wishing to serve others through meaningful work, some work in related fields, several have come through rehabilitation themselves and offer valuable personal experience while others have seen the distress of a family member or close friend in the grip of addiction. Many flourish into greater involvement through the charity's work, reaching out to schools and colleges or join the management committee.

We are planning training sessions for new volunteers in September. If you would like to become a part of our work, please get in touch on **0800 802 5000** or **coordinator@sdac-helpline.co.uk**



Tuesday Group Tuesday Group have continued to meet at 10 am every Tuesday for coffee, biscuits and interesting activity. In this last month these have included people bringing badges and explaining what they meant to them, and Midsummer thoughts.

On the former, one of us brought the silver badge she was awarded by the Royal College of Nursing on her qualifying as a State Registered Nurse. This practice continued till the training system for nurses was changed in the 1980s. My wife brought the special badge being sold by the Anglican Shrine to Our Lady of Walsingham to commemorate 100 years since the rector of that village restarted the pilgrimages to that village by having a statue made of the Virgin

Mary based on the seal of the old monastery there.

Subjects discussed in the latter included the plant called St John's Wort which is cultivated at this time for medical use, and Stonehenge itself and its fascinating origins. If you are free, do come along as you will be made very welcome and if you tell us your birthday we will have a cake on that day. **Philip Hooper**



Does this photo look familiar to you, do you know where it is and who is the central character?

Photo Chris Goodwin



St. John's Wort -
Hypericum
Perforatum

The sky in July & August

Rory Fenner



*Venus after 3am in late June.
Taken on hand-held mobile.*



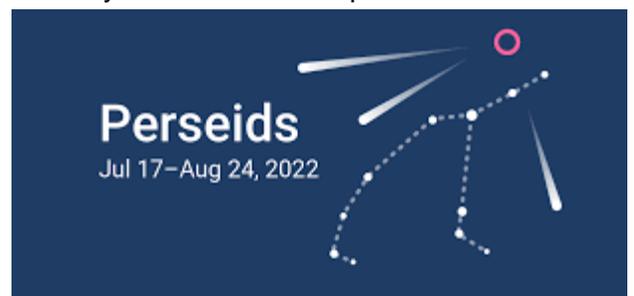
*Venus after 3am on 10 July.
Taken on hand-held mobile.*

July The **Sun** moves from Gemini into Cancer on the 20th. **Mercury** is a low, morning planet in early July moving to a low evening planet by the end of the month. **Venus** is a morning planet rising nearly 2 hours before sunrise. **Mars** is a brightening morning planet close to Uranus at the end of July. Jupiter appears as a bright morning planet in Cetus, improving throughout the month. **Saturn** is an improving morning planet in Capricornus. Both **Uranus** and **Neptune** appear as morning planets.

August The **Sun** moves from Cancer into Leo on the 20th. **Mercury** reaches greatest Eastern Elongation on the 27th. **Venus** is a bright morning object just before sunrise. **Mars** is brightening in the morning sky near **Uranus** and near the **Pleiades**. **Jupiter** is a bright morning object reaching a good altitude before sunrise. **Saturn** reaches Opposition on the 14th of August when it rises at sunset and is at its nearest to us and its brightest and visible all night. **Uranus** and **Neptune** are both morning planets in Aries and Aquarius. The **Perseid meteor shower** reaches maximum on August the 12th but the **Moon** will be in the way at the time of the peak.

To watch the
Perseid meteor
shower look
towards NNE

Timeanddate.com





Ride your bike or walk to raise funds for Surrey's churches including your own church:

RIDE & STRIDE on Saturday 10 September 2022

Please SAVE THE DATE and start preparing now to take part in the Surrey RIDE & STRIDE for churches event run by the Surrey Churches Preservation Trust! Please get involved to raise funds for your chosen church.

Have a great day out cycling or walking (or in any other way), discover Surrey's heritage and make a real difference. Take as little or as much time as you have available on the day.

The Surrey Churches Preservation Trust is run 100% by volunteers and uses all money raised from Ride & Stride to help repair and conserve Surrey's Christian churches: half of the money you raise goes to your chosen church and the rest is distributed to other places of worship across Surrey via conservation grants. You can download route maps and sponsorship forms and find out more about the Surrey Churches Preservation Trust: <https://www.surreychurchespreservationtrust.org/ride-stride/>

We are looking for volunteers and potential trustees to join the Trust.



MATRIX meet at St Nicolas Centre regularly, here is something about what they do...

"At Matrix we passionately believe that when you value young people, listen to them and build positive relationships, you give them hope. The provision and opportunities that we provide enable young people to achieve their unique potential and provide a platform for helping them make the most of their lives – whatever context they find themselves in.

We work in partnership with young people, churches, schools, local organisations and the community to nurture, inspire, connect and empower them. We take a relational approach to all our work and prioritise building long-term connections with young people, through quality, fun, innovative and accessible opportunities.



In schools, we provide a variety of different ways that young people can connect with us, these are through our **Youth Support Sessions**, where a young person can meet with a trained Youth Worker one-to-one, which gives them someone to talk about their problems with. We also run **Lunchtime Drop-ins**, which are fun social spaces for young people to come along, let off steam and hang out with their friends and our team. We run **Workshops** on topics and themes such as anxiety, friendship issues and social action as well as running **Prayer and Reflective Spaces** to help students learn and discover new ways of looking after their mental health and wellbeing. "

To find out more about Matrix, please head to our website, www.matrixtrust.com or find us on Facebook at 'The Matrix Trust'.

Guildford St Nicolas Parish Church & United Reformed Church



Are seeking to appoint a new

Mission Enabler

Families and Children Worker



Working in partnership, St Nic's and GURC seek a colleague who will work with us on Relationships, Resources and Recruitment. The role is an expression of the churches' partnership, growing in mission beyond their walls and the building up of God's people. To work with and grow in depth and numbers the children and families and their leadership teams to enhance and develop our ministry.

Salary: £23000-£26000 | Accommodation may be available

Deadline for Applications 1st August 2022 | Interviews 10th August 2022

For an information pack please email The Rector: parishoffice@saintnics.com
www.saintnics.com guildfordurc.org.uk

New Café and plastic-free shop
86 North Street, Guildford, GU1 4AU

Eco news



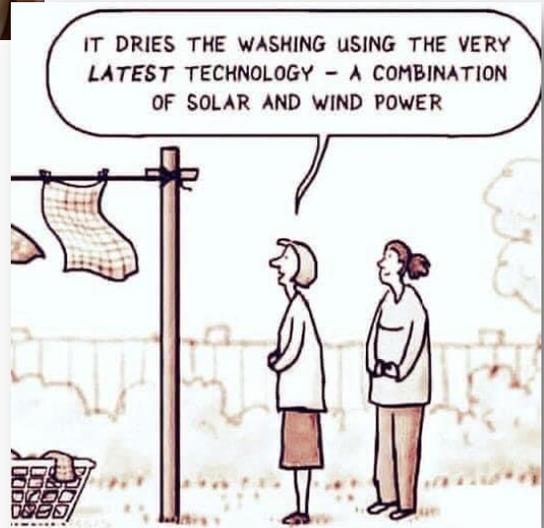
Set up by sisters Lucy and Nina, who have an interest in reducing plastic and other pollution and marine conservation. Above: one sister Nina (right) with staff member Ella. This is an interesting, multi-purpose space: Café, re-fillable food and spices, cleaning basics, you can get ingredients for home-made cleaning products here (see June issue),



ready-made toiletries and various others. It is also an event venue. I bought a few food refills and cleaning ingredients. A price check found both comparable to major supermarket prices but here you get more choice and no plastic.



...all to complement our already established supply of **Traidcraft** products, refillable handwash and washing-up liquid care of Cath, of course!
Jana Phillips





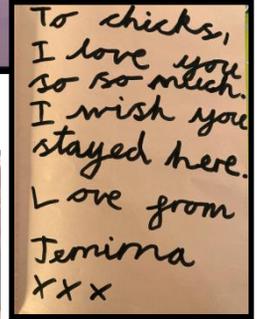
Children & Families

Value for this half term:
Perseverance

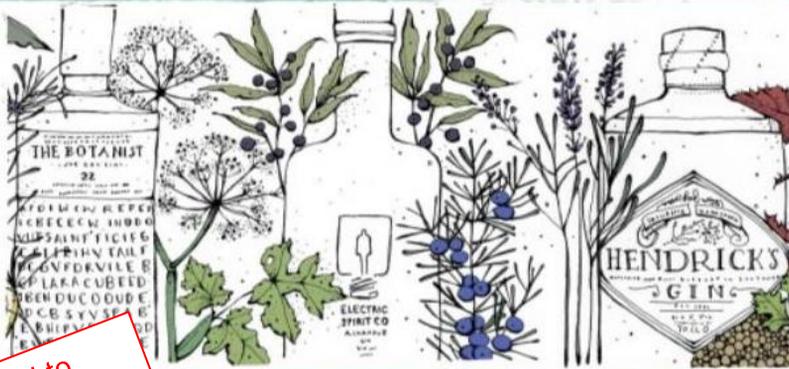


Father's Day Breakfast run and organised by our wonderful PSA. Dads and their loved ones joined us for drinks and pastries.

We welcomed back **Incredible Eggs** with an incubator and 8 chicken eggs set up in the Learning Lab. We all waited with baited breath welcomed 6 gorgeous chicks to the world! They



ST NICS' PSA GIN TASTING EVENING
Sponsored by MOD Streaming.



Moved to September; look out for notices

@ St Nicolas Parish Church
Doors 7.30pm - tasting starts at 8pm.

Tickets - £20 per person
Either buy individually or as a table of 8

Each ticket includes:
Tasting of 4 Gin and Tonics;
A friendly "Gin quiz" with a prize for the winner; &
Snacks / nibbles.

Extras Available on the night;
Cash bar serving beer, wines and soft drinks;
Raffle (prizes on display); &
The Guest Gin to buy at discount.

Friends and Family (over 18's) welcome so why not book a table, have a fun night out and help support your PSA!

Please RSVP BY Thursday 30th June to: psa@st-nicolas.surrey.sch.uk

If buying a table please confirm the names of those on your table. If you are buying individually please let us know if there is anyone you would like to sit with and we will do our best to accommodate your request.

Payment by bank transfer to PSA quoting 'GIN YOUR NAME'
(Account name: St Nicolas School PSA, Sort Code: 40-22-26, Account Number: 62264730).
Please confirm once you have paid.

were loved by all, as Jemima so eloquently stated in the card she made for them! A truly magical few days and one that we hope the children will remember.

Year 1 have enjoyed their trip to **Butser Ancient Farm**. We look forward to welcoming our **new reception children and parents** to school as they join us on Tuesday and Wednesday afternoons. And our current reception and year 1 will get the chance on Tuesday to visit their new classes on 'Moving up Afternoon'.

BritishRedCross

Heatwave UK: top tips for keeping cool
redcross.org/heatwave

1. Wetter is better
2. Drink plenty of water
3. Hold back the booze
4. Forget that vinaloo
5. Limit physical activity to cooler parts of the day
6. Know the risks



Café Play (grand/parent & toddler)
Wednesdays 10-11:30 am



Children & Families

Liam we will miss you!

Liam Rowlings is leaving us at the end of August. Here he reflects on his ministry with St Nicolas Church & Guildford URC



5 wonderful years!

It has been a privilege to be part of a welcoming and loving church throughout the last 5 years as your Children & Families Worker. The ministry for children and families is broad and has created many opportunities to welcome, engage and share God's word with so many people.

I have enjoyed everything from running toddler groups, Sunday Club, Messy Church to the annual kids summer holiday club – why! Because it's about people not programmes. I have built some amazing working relationships with children, parents, and carers through my time whom I will greatly miss!

The church, the world, and the local community we serve has and continues to be impacted from the affects of Covid. The UK lockdowns didn't stop us from reaching out to children and families. We continued to provide resources and support via Zoom and other platforms.

Both churches have proven that with God, nothing is impossible even in the toughest and darkest times, God has and will always be with his people. May both churches go in boldness and dream big for the future, and I pray that the right person is appointed. **Liam Rowlings,**

*This Newsletter is for you, the readers, to write. Please continue to send articles on matters that interest you and you would like to share. Please email or telephone your material to: janagp@btinternet.com, mob.07970 934325 or give to me at church. **The next issue will be in September, copy deadline is 20 August.***
Jana

KIDS SUMMER HOLIDAY CLUB

The Great Show

Mon 8th - Fri 12th Aug
Guildford URC 9:30 - 12:00
Open to School Years R - 6

Circus Skills
Music Workshop
Bible Heroes
Crafts

£10 FOR THE WHOLE WEEK
BOOK A PLACE TODAY WITH LIAM
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INSPIRED BY THE GREATEST SHOWMAN FILM

St. Nicolas Parish Church, Bury St, Guildford,
GU2 4AW saintnics.com
Rector Fr Neil Roberts rector@saintnics.com
Parish Administrator Cath Anderson
tel 01483 564 526
Editors Fr Neil Roberts & Jana Phillips

DRUG, ALCOHOL OR MENTAL WELLBEING ISSUES YOU CAN HELP OTHERS

Could you give up a few hours to help people in need find the help they want?

- Can you spare a minimum of five hours a fortnight to help run our 24 hour confidential helpline from your own home, at no cost to you.
- No qualifications needed and full induction training.
- Volunteers welcome from: professionals in related work; those with experience of drug and alcohol problems; and those who just want to help.

For more information email Emma,
training@SDAC-helpline.co.uk

leave details on our helpline

0808 802 5000

or www.SDAC-helpline.co.uk

SDAC
Surrey Drug and Alcohol Care

Our next training course starts on **10th September** at the **GURC**, Portsmouth Road, Guildford GU2 4BS. Please email for an application form

