



**From the Rector's study** What will this year bring? Some tabloids report it is the year of alien invasion - I kid you not! Will it be a year of resolution for Ukraine? Will there will be a consensus building on how to establish and then guard peace in the Holy Land? Who knows? There will be a newly inaugurated President of the United States of America, but will there be a new Archbishop of Canterbury this year? Only God knows. God's guiding hand, his steering of the future, is a question which Theologians and Philosophers have pondered since Adam was in the garden, pondering on predestination to anarchy and everything in between. It makes for quite an interesting reflection to engage in! Our freedoms, the extent of the limit of those freedoms, and God's hand on the procession of our lives is a fascinating debate and one perhaps we might consider as our Lent course this year..... but future-guessing, predicting tomorrows and such like is not the calling many of us possess. Such seers and prophets do indeed still exist and we should not be too quick to dismiss them, but I am minded more to ponder what God has already done in Scripture and through Tradition and with Reason, to interpret the works of God in the present for as the Lord himself has said, "*Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day.*" (Matthew VI:34). We are called to live in the moment - not to be ignorant of consequence, but to know that each moment is a gift of God and that is all there is - tomorrow is not a guarantee - and so it is rather more important to live life in all its fullness in the *present*, for that is what it is.



So this year, I want us to focus on what God is doing in the here and now.

- \* Where do we see God at work in our lives?
- \* What was the last thing God said to you - in prayer, in the act or voice of another?

These present moments are a gift and sometimes we are all in too much of a rush planning for tomorrow that we miss today, myself included.

So this year, give yourself time to inhabit the now. The ancients, prophets and seers among them, knew the value of this time with God and in so sharing their revelations caught us up into the beatific vision where God is all in all and we too, are to share in the timelessness of the Divine life.

But, whilst we are 'in earth' before we are 'in heaven', let us seek first seek that kingdom of God by incorporating it into our daily disciplines. Whether catching a bus, waiting in line, in car, in the armchair, or visiting another - what is God up to in the here and now? Be sure that He is there, at all times and in all places.

So, what will 2025 bring? God knows - and for our part we are to join in all that builds and strengthens the faith and to shake as the dust from our feet those who hinder that work. For of one thing we can be sure, the spiritual warfare of which St Paul writes is real and I can see that all about - as I am sure you can too. When we are busy kingdom-building, the Devil's interest is piqued and there will be trials and tribulations. So let us join with Our Lady and say our 'yes' to all that will be and for all that has been, 'thanks'.



"There is a big mistake hanging around the Bible, that it is 'the word of God'. I'm not sure why anyone has ever thought that, because it is clear from the Bible that Jesus is the Word of God. So, the Bible is a commentary on that Word of God, and it draws on previous texts which Christians have seen as part of the story."

*Professor Diarmaid MacCulloch, Church Times interview with Paul Handley, 20.9.24 .*

Sent by **Sally Lowe**



We 1		
Th 2		
Fr 3		
Sa 4		16:00 Messy Church at GURC
<b>Su 5</b>	<b>Epiphany</b>	<b>08:30 Mass</b> <b>10:00 Mass</b>
Mo 6		
Tu 7		
We 8		10:00 Mattins, The Lady Chapel
Th 9		10:00 Mattins, The Lady Chapel
Fr 10		10:00 Mattins, The Lady Chapel 11:00 Mass, St George's Chapel
<b>Su 12</b>	<b>Baptism</b>	<b>08:30 Mass</b> <b>10:00 Mass</b>
Mo 13		
Tue 14		10:00 Mattins, The Lady Chapel
We 15		10:00 Mattins, The Lady Chapel
Th 16		10:00 Mattins, The Lady Chapel
Fr 17		10:00 Mattins, The Lady Chapel 11:00 Mass, St George's Chapel
<b>Su 19</b>	<b>Epiphany II</b>	<b>08:30 Mass</b> <b>10:00 Mass with Healing</b>
Mo 20		
Tue 21		10:00 Mattins, The Lady Chapel
We 22		10:00 Mattins, The Lady Chapel
Th 23		10:00 Mattins, The Lady Chapel
Fr 24		10:00 Mattins, The Lady Chapel 11:00 Mass, St George's Chapel
<b>Su 26</b>	<b>Conversion of Paul</b>	<b>08:30 Mass</b> <b>10:00 Pet Service, School Service</b>
Mo 27		
Tue 28		10:00 Mattins, The Lady Chapel
Wed 29		10:00 Mattins, The Lady Chapel
Thu 30		10:00 Mattins, The Lady Chapel
Fri 31		10:00 Mattins, The Lady Chapel 11:00 Mass, St George's Chapel





<b>Sa 1</b>		16:00 Messy Church at St Nicolas
<b>Su 2</b>	<b>Candlemass</b>	08:30 Mass 10:00 Mass
Mo 3		
Tu 4		10:00 Mattins, The Lady Chapel
We 5		10:00 Mattins, The Lady Chapel 12:00 Mass, The Lady Chapel
Th 6		10:00 Mattins, The Lady Chapel
Fr 7		10:00 Mattins, The Lady Chapel 11:00 Mass, St George's Chapel
<b>Su 9</b>	<b>4th Before Lent</b>	08:30 Mass 10:00 Cubs & Beavers Service 11:30 Mattins
Mo 10		
Tu 11		10:00 Mattins, The Lady Chapel
We 12		10:00 Mattins, The Lady Chapel
Th 13		10:00 Mattins, The Lady Chapel 19:30 Walsingham Cell Mass
Fr 14		10:00 Mattins, The Lady Chapel 11:00 Mass, St George's Chapel
<b>Su 16</b>	<b>3rd Before Lent</b>	10:00 Mass with Ministry of Healing
Mo 17		
Tu 18		10:00 Mattins, The Lady Chapel
We 19		10:00 Mattins, The Lady Chapel
Th 20		10:00 Mattins, The Lady Chapel
Fr 21		10:00 Mattins, The Lady Chapel 11:00 Mass, St George's Chapel
<b>Su 23</b>	<b>2nd Before Lent</b>	08:30 Mass 10:00 Mass
Mon 24		
Tu 25		10:00 Mattins, The Lady Chapel 19:00 Mass ( <i>before PCC meeting</i> )
We 26		10:00 Mattins, The Lady Chapel
Th 27		10:00 Mattins, The Lady Chapel
Fr 28		10:00 Mattins, The Lady Chapel 11:00 Mass, St George's Chapel



## Mission Enabler update



A very Happy New Year to you all! We had a fantastic run up to Christmas at Saint Nics with lots of exciting events. 'The Road to Christmas' travelling nativity on 22<sup>nd</sup> December went well with an excellent cast of volunteers and Jimmy the donkey who was a huge hit!

We started the story at Guildford URC and walked down through the car park, knocked on some doors, where we were turned away – including the Britannia pub! As we travelled, we sang carols as we walked and met shepherds and an angel by the Alice and the rabbit statue! We finished the story on the green at the front of Saint Nicolas Church with a real baby playing



Jesus, a visit from the wise men after they had spoken with Herod, then we headed indoors for mulled wine, hot chocolate and mince pies.

Thank you to everyone who worked so hard to make this happen, we have had lots of wonderful feedback.



On Christmas Eve the church was packed for both of our **Christingle services** at 3pm and 5pm. We had another chance to share the Christmas story with lots of families and think about Jesus, the light of the world as we put together our Christingles and the children helped tell the story by dressing up as the characters.



Looking to the year ahead, **Messy Church starts up on 4<sup>th</sup> January** at Guildford URC, where we will be celebrating the new year. Please see the flyer for all of our Messy Church dates and locations for this year.



**Café Play returns on 8<sup>th</sup> January** at 10am in the Parish Hall for parents/carers with toddlers and babies with a great selection of toys, coffee and snacks and a story and singing.



**Junior Church returns on 12<sup>th</sup> January** alongside our 10am service for more fun and games.

**Toastie Tuesdays** for school years 3-6 returns on **28<sup>th</sup> January**. 20 children attended our Christmas party and played lots of fun games, including wrapping some of the leaders up as Christmas presents!



We are really looking forward to our **School Sunday Pet Service** on 26<sup>th</sup> January at 10am. Children are invited to help run the service and all well-behaved pets are invited – and they say you should never work with children and animals!!

I have recently heard some people did not realise we have a **youth group**. Between Guildford URC and Saint Nics we have groups for all ages (please pick up one of our cards or visit our websites [www.saintnics.com](http://www.saintnics.com)/[www.guildfordurc.org.uk](http://www.guildfordurc.org.uk) to view them all.) Our youth group, **Pizzas@8**, for school years 7-13 meets on the last Friday of every month at 7:30pm-9pm at Guildford URC. We play games, eat pizza and at the end of term we usually go for a special trip. Before Christmas we took 9 young people ice skating and fortunately not a broken bone in sight! If you would like to find out more, please do get in touch.

I am also hoping to start a **youth bible study group** in the coming year, if this is something you are interested in finding out more about, whether to help or attend, please do get in touch.



**Nicky Geraghty,**  
**Mission Enabler**  
[missionenabler@saintnics.com](mailto:missionenabler@saintnics.com)

### More from the Rector

When Wayne and I agreed that it was good to once again appoint a joint Mission Enabler, we prayed our way into the job description, and hoped that God would bless our intentions. When Nicky applied we were certain God had heard our prayers.

In the last year or so, Nicky has given her all to make real the visions of the Rector!

Armed with a list a mile long, I remember speaking about planning a Junior school provision for those who leave our Infants School - and Toastie Tuesdays was born.

I wanted to ensure that the Junior church provision was well resourced and that we were as much about growing in depth as well as number - and we can all see the fruits of that labour, too. Messy Church continues to grow (with over 100 at the Lights Messy Church for All Hallows' Eve here) and we next look to how we can work ever closer with our feeder schools of QE and HT. So, in the here and now, I can see how God continues to bless us in Nicky's ministry and for which we thank God - and her!





**St Nicolas' Infant School**

*"Living life in all its fullness" John 10:10*

The school now has a permanent Headteacher, Christina (Stina) Witkowski.



"This term we have really focused on embedding our phonics reading scheme and created a love of reading focus through our reading raffle. The children have worked on handwriting, spelling and punctuation more and teachers have introduced lots of opportunities to practice oracy in lessons. From creating talk story models to vocabulary lists with picture prompts.

Our timetable has adapted to ensure daily lessons of reading, writing and maths that has supported a 'little and often' approach to learning, which is best practice.

Thank you to everyone in our community who donated items from our wish list for Beech Class. We still have some item areas we need help with and will be asking for support next

term. Finances are incredibly stretched in education and buying the simplest of resources is often impossible for small schools. Next term, I will be reaching out to those of you who are able, to support the school via a school fund donation."

The school held a book fair in November.












**SPRING TERM 2025**

<b>INSET Day</b>	<b>6 January</b>
Start of Term	7 January
Half Term	17 February—21 February
End of Term	4 April

**St Nicolas and Guildford URC activities for children**

## Weekdays

Children's activities

<b>Under 5s</b> Adult and baby/toddler groups	 <b>Little GURckins</b> Mondays 10-11:30am <u>at GURC</u> Toys, crafts, singing and refreshments	 <b>Cafe Play</b> Wednesdays 10-11:30am <u>at Saint Nics</u> Toys, crafts, singing and refreshments	 <b>Little Fishes</b> Last Friday of the month 11am <u>at GURC</u> Faith based games, stories, crafts and singing followed by a bring and share lunch
<b>Families</b> Children accompanied by adults	 <b>Messy Mondays</b> Mondays 3:30-4:30pm <u>at GURC</u> Crafts, stories and music for under 7s, accompanied by an adult.	 <b>Movers and Shakers</b> Tuesdays 3:30-4:30pm <u>at GURC</u> Music group for under 7s, accompanied by an adult.	 <b>Messy Church</b> First Saturday of the month 4-6pm Faith based fun, games, crafts and tea for families <i>see websites for location</i>
<b>Years 3-6</b> Youth group	 <b>Toastie Tuesdays</b> Last Tuesday of the month 5:00-6:30pm <u>at Saint Nics</u> Games, crafts and a place to come and relax with tuck shop	 <b>Years 7-13</b> Youth group	 <b>Pizzas@8</b> Last Friday of the month 7:30-9:00pm <u>at GURC</u> Youth group with games and activities

6

THE CHURCH OF ENGLAND



## *An Austrian wedding*

by **Chris Goodwin**

Very early on Thursday 5th of September we climbed into a taxi to take us to Gatwick Airport for the flight to Innsbruck in the Austrian Tirol. We were met at Innsbruck by our son Harry and Magda who were having a church wedding on the Saturday at St Johann in Tirol further east in the Tirol. Harry was a choirboy at St Nicolas in his youth, some may remember.

They had thoughtfully arranged Tirol travel passes for us so moving around on the excellent public transport system was easy. The following day we took the train to St Johann and were met by Magda's parents who live nearby. After an excellent meal in a local restaurant, we were driven to an hôtel in Kirchdorf a few miles away which was also to be the venue for the reception. Although we had left Gatwick in the rain the weather in the Tirol was proving to be warm and sunny and held for most of the rest of the trip. On Saturday we arrived at the church in St Johann for the 1 o'clock start.



*The golden roof in Innsbruck*

In Austria a civil wedding is necessary also and theirs had been the previous Saturday in Innsbruck at the famous building with the golden roof.

The priest, Fr Anno, was the one from the church in Innsbruck that Magda attends, ably assisted by a couple of altar girls and a server. Unusually for us the bride and groom have chairs provided for them at the front. The program, service and readings were in both English (for us as we were probably the only ones not to understand German) and German. There was communion which was offered to us Anglicans as well - it was good to feel included. The reception back at the hôtel started outside in the sunshine and eventually moved into a 15th century two storey building in the very attractive grounds. Once again, for our benefit, the speeches were first in one language and then the other. Most of the Austrians are fluent in English.

On the Sunday we enjoyed the grounds of the hôtel and moved to Magda's parents' house in the village for a fine outdoors meal before returning to the railway station to catch an afternoon train back to Innsbruck. On the Monday Harry and Magda showed us the sights, restaurants and shops of Innsbruck with walks along the banks of the River Inn.



We also got acquainted with Harry and Magda's cat Kurt (pronounced "Court") whom we had only seen in photographs and videos previously.

Tuesday came too soon by which time the weather had broken and we left for the airport in the rain for the 12 o'clock flight back to Gatwick. Innsbruck is not a busy airport with only 5 public flights on that day.

An enjoyable long weekend during which we were made to feel very welcome by all and learning some of the cultural differences between us and the Austrians.



## Dorothy Grover

by **Catherine Ferguson**

This poor-quality image, blurry and indistinct, depicts someone who was incidental to the photograph, standing in the back row of a large group of people. An insignificant figure, whose image for the purpose of this article has been enlarged. Yet it is the only photograph I can find of Dorothy Grover. I have been asked to write about her, yet little is known. There are few alive today who knew her, and they did not know her well. Rather like the photograph, she is blurry and indistinct to the present St Nicolas' congregation.



Yet Dorothy Grover is vital to the life and welfare of our church. The legacy she left us – the Dorothy Grover Trust – contributes between 20% and 25% of our daily running costs. How ironic that someone who appears to be in the sidelines is actually so much to the fore in keeping the church, which she loved, open and alive for us to enjoy today.

Was Dorothy Grover really in the sidelines? I should love to know more about her and welcome any information you can send me. The details I have put together below are drawn from publicly available documentary sources – but they reveal big gaps in our knowledge.



Dorothy May Grover (née Hutchinson) was born in 1898. Her parents, Archibald and Olive lived in Priory Street, Hastings St Leonards. She was an only child and was baptised in the church of St Peter, St Leonards on Sea in August 1898. By 1900, her father (from a boat building background) is listed as a plumber and bathing machine proprietor, and the family had moved to Stone Street. Business must have been good because by the time he died in 1918, aged 50, the family had moved to 23 Wellington Square and he left his widow £2,385 (equivalent of £170,000 today).

The next time the documents reveal Dorothy May Hutchinson, she is on a passenger list for the 'Grantully Castle', a Union Castle Mail steamship sailing to England from South Africa in August 1927. Dorothy, aged 29, is listed as a teacher who had embarked on the ship at Delagoa Bay port which is on the southeast coast of Mozambique, East Africa, near the South African border. In the 1939 Register of England and Wales, Dorothy described herself as 'Teacher (travelling)'. Yes indeed!

That 1939 Register, reveals Dorothy Hutchinson's address as Bishopscroft Cottage, Mount Pleasant, Guildford, an address she was to remain at for the rest of her life. Why did she move to Guildford? Also living there is John Harry Grover, describing himself as a 'grocery manager'. In 1937 both John and Dorothy were living in Bishopscroft; but neither was there in 1936. John was living in Godalming. So whose house was it? When Dorothy died the house was left to St Nicolas' church.

John and Dorothy married in the summer of 1944. Dorothy was John's second wife. He had married his first wife Cecilia Harding in St Mary's Shalford in 1903, when he was described as a baker. They had two children, Phyllis and Bernard. Phyllis died, aged 17, in 1921, but Bernard became a well-known photographer for the *Surrey Advertiser* dying in 1997 in Devon aged 91. Unfortunately, Cecilia suffered from mental health problems: in the 1939 Register she is recorded as an 'incapacitated' patient in Netherne Mental Hospital Coulsdon. She died in January 1944, at which point John was free to marry Dorothy. John died in September 1951 and his funeral was held in St Nicolas'.

In 1955, Miss Lilian Hodgson moved into Bishopscroft Cottage as companion to Dorothy until the end of Dorothy's life. She then became one of the first trustees of the Dorothy Grover Trust, taking an active role in the discussions of the direction the Trust might take, until her death in 1993.

We know a little about Dorothy's life from the *Surrey Advertiser* which records her active roles as treasurer



and secretary of the Guildford Art Society and the Guildford Conservative party. We know that Dorothy sang for many years in St Nic's choir, which in those days wore veils: this appears to be what she has over her head in the photograph (Thanks to Roger Nicholas for this information). At one of the first meetings of the Dorothy Grover Trust, Lilian Hodgson specifically asked that 'money would be available for the rebuilding of the organ, in recognition of Mrs Grover's long membership of the church choir'.



On her death in 1977, Dorothy Grover left a large sum of money to St Nicolas' Church, much of it as properties. We don't really know where her wealth came from. There is no evidence at all that it came from her husband. The more I research this, the more fascinating this becomes. I shall keep digging and let you know what I find.

## **The Dorothy Grover Trust** by **Iain Ferguson**

The Dorothy Grover Trust (DGT) was set up in 1978 in accordance with the instructions in Dorothy Grover's will dating from 1964. She left a substantial bequest to the church on the condition that it would be held as a permanent endowment and that the income from this endowment would be used for the 'welfare of St Nicolas Church'. The will stipulated that there should be four trustees including the Rector of St Nicolas and where possible the other trustees should be independent of the PCC. The current trustees are Fr Neil, David Coom, Peter Oldroyd and Iain Ferguson.

The bequest in 1978 consisted principally of Bishopscroft Cottage and a portfolio of rental properties in Guildford and in Balham. Over the years the trustees have sold off these properties when they have been able to do so and have reinvested the proceeds into Charity Commission investment funds. It is the income from these investments which is then used to support the 'welfare of St Nicolas Church'. The trustees are not allowed to draw-down the permanent endowment and they must make an annual return to The Charity Commission.

At first, and until around 2013, the DGT support to our church was mainly used to pay for specific projects. Over the years these have included; church redecoration, restoration of the West Wall, new boilers for the church and parish centre (twice!), repairs to the Father Willis organ (several times!), new lighting system, new roofs for the north aisle and parish centre, etc and most recently the major part of the cost of our new Digital Organ and the cost of the new blue chairs.

Since 2014 the DGT has also provided a monthly contribution to the routine running costs of the church and today the total annual donation from the DGT to the church pays for around 25% of these costs. Without this contribution we would not be able to sustain our musical heritage or play our part in developing ministry for the future.

Dorothy Grover knew that she was leaving a major bequest to St Nicolas, the church she had worshipped in and clearly loved. She probably wouldn't have dreamt that 46 years later her legacy would be playing such a vital role in keeping our Church open and with a vibrant and living community.



# Cathedral travels

**David Greenwood's**  
final Welsh Cathedral.

42 Cathedrals plus 6 Welsh Cathedrals. Number 48.  
**Eglwys Gadeiriol Llanelwy. St.Asaph.**

One of the unexpected joys of exploring the cathedrals of Wales has been discovering the country's home-grown saints: Gwynllyw at Newport; Teilo and Illtyd at Landaff; Deiniol at Bangor; and, of course, the great Dewi Sant at St.David's. St.Asaph was another of these saints from the heroic 6th century.

This is an ancient foundation. A church was originally built on or near the site in the 6th century by Saint Kentigern in the 6th century, a refugee from Scotland. When Kentigern returned to Strathclyde in 573 his disciple Asaph was consecrated bishop to succeed him, and became the first Welsh bishop of the see. Asaph is said to have died in 596.

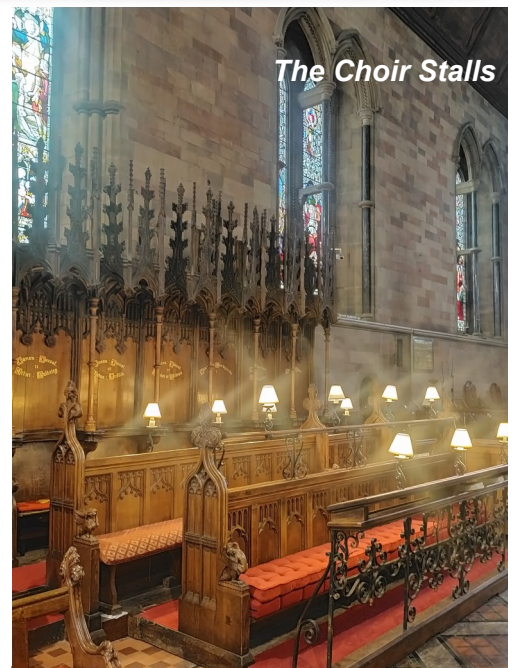
*In the South Transept, this arresting and controversial figure is called The Naked Christ. It was sculpted by Michele Coxon from discarded iron farming implements, wood and sheep bones.*

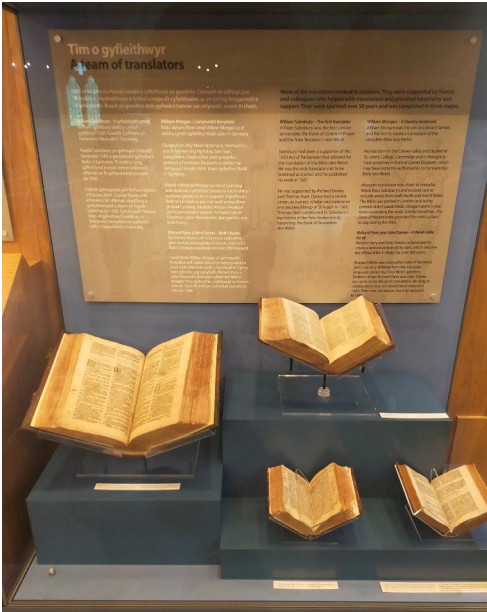


The earliest parts of the present building date from the 13th century when a new building was begun on the site after the original stone cathedral was burnt by soldiers of King Edward I during the Second Welsh War in 1282. The rebellion of Owain Glyndŵr in 1402 resulted in part of the cathedral being reduced to a ruin for seventy years. The present building was largely rebuilt in the late 15th century and was greatly restored in the 19th century by George Gilbert Scott.

Perhaps the cathedral's main claim to fame is its association with the first

*In the North Transept, the Translators' Chapel, where Holy Communion in Welsh is celebrated.*



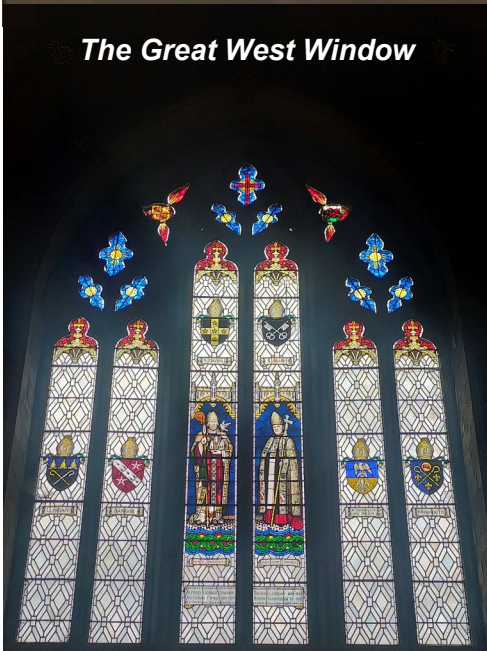


**Eglwys Gadeiriol Llanelwy, St.Asaph** continued

translation of the Bible into Welsh. There is an original copy on display, a chapel is dedicated to the Translators and a memorial in the grounds commemorates the pioneers of this enterprise.

St.Asaph may be the smallest cathedral in the UK but it is packed with interest. A pleasure to end my journey with this splendid building.

*The Cathedral's pride and joy. An original copy of the first Welsh translation in 1588 of the Bible by William Morgan, who was Bishop of St.Asaph between 1601 and 1604. It was used when the King swore allegiance to Queen Elizabeth as Prince of Wales at Caernarfon in 1969.*



**The Great West Window**

“If God were small enough to be understood,  
He would not be big enough to be worshipped.”

**Evelyn Underhill** (1875-1941),  
*English Anglo-Catholic writer & pacifist,*



**The Nave**

**This Meadow, a Soul**

Left to grow beautiful  
the grassy heads do gentle talking,  
and as a whole move to an unseen hand,  
this way and that. The size of a soul  
is like this, just let to be, to breathe,  
to bathe in its own space. God has every  
confidence in it, resisting continual visits  
to check on how it's going. It's going all right.  
Occasionally a secret breath unseen  
blows joy across its face  
and in return the soul picks up its skirts  
and makes long swathes in meadow lengths of space.

**David Scott** (1947-2022),  
*English priest, poet, playwright & spiritual writer,*  
Sent by **Sally Lowe**



"A man was going down from Jerusalem to Jericho, and fell into the hands of robbers, who stripped him, beat him, and went away, leaving him half dead. <sup>31</sup> Now by chance a priest was going down that road; and when he saw him, he passed by on the other side. <sup>32</sup> So likewise a Levite, when he came to the place and saw him, passed by on the other side. <sup>33</sup> But a Samaritan while travelling came near him; and when he saw him, he was moved with pity. <sup>34</sup> He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him..."


Samaritans was founded in 1953 by the rector of St Stephen Walbrook in London called Chad Varah. He was deeply moved by having to conduct the funeral of a 14 year old girl who had committed suicide and he was determined to try and help those in despair. He made himself available to talk to people with problems and soon found there was a long queue of people wanting to talk to him. Kind ladies came along to offer tea to those waiting and he soon realized that some people left saying talking to those helpers had helped them enormously.



by **Rosemary Musson**

This, therefore, is the basis of Samaritans - ordinary people listening and supporting those with a variety of problems. Our vision is that fewer people die by suicide and our mission is to alleviate emotional distress. In essence we want to stop distress evolving into despair. It is essential that we are not judgemental and offer confidentiality and support.

Guildford branch of Samaritans opened in 1963 and we are a large and busy branch with over 150 listening volunteers. We take calls from all over the country and **nationally Samaritans answer a call for help every 10 seconds**. We are situated at 69 Woodbridge Road and all our calls are taken by volunteers working there 24/7. In fact some 13% of our calls are at night - where else can lonely and desperate people find someone to talk to in the middle of the night? It is very important that we listen to our callers and don't tell them what they 'ought' to do. I think the power of listening is very undervalued in this day and age.



**116 123**  
Call us free, day or night, 365 days a year

Confidentiality is very important and we never discuss any of our calls with anyone outside Samaritans. This can be very difficult as some of our calls are traumatic. However, we look after our volunteers very well and there is always someone to whom we can offload.

### Write us a letter >

Sometimes writing down your thoughts and feelings can help you better understand them.

### Write us an email

Sometimes writing down your thoughts and feelings can help you better understand them.

[jo@samaritans.org](mailto:jo@samaritans.org)

Response time: It may take several days to get a response by email >

[www.samaritans.org](http://www.samaritans.org)

Apart from taking calls, we are also very involved in several aspects of outreach. We offer support at Surrey University, plus local colleges and offer emotional well-being talks at schools. We train and provide backup to listeners in Send and Coldingley prisons - listeners are inmates who offer confidential emotional support to fellow prisoners. We also go to the Visitors Centre at Send prison - to support visitors, some of whom have come long distances and have long waits, adding enormously to the stress of having family members in prison. You may also have seen us offering cups of tea at Guildford Station where we sometimes have very valuable conversations. I will always remember being told by someone that they would not be alive if it wasn't for us.

There is much loneliness and stress in our society today and so we hope this picture of Samaritans shows that we are doing our best to help.



Surrey Drug and Alcohol Care are happy to announce that their confidential advice Helpline will extend its opening hours from 9:00-19:00 to 24/7 from the end of January.

**0808 802 5000** [www.surreydrugandalcoholcare.org.uk](http://www.surreydrugandalcoholcare.org.uk)



# The Good Grief Club

**Helen Trussler**



We meet at The Cosy Club at Tunsgate on the last Wednesday of every month from 2pm. Please speak to **Helen Trussler** or **Jean Taylor** for more details.

## For Grief

When you lose someone you love,  
Your life becomes strange,  
The ground beneath you gets fragile,  
Your thoughts make your eyes unsure;  
And some dead echo drags your voice down  
Where words have no confidence.  
Your heart has grown heavy with loss;  
And though this loss has wounded others too,  
No one knows what has been taken from you  
When the silence of absence deepens.

Flickers of guilt kindle regret  
For all that was left unsaid or undone.

There are days when you wake up happy;  
Again inside the fullness of life,  
Until the moment breaks  
And you are thrown back  
Onto the black tide of loss.

Days when you have your heart back,  
You are able to function well  
Until in the middle of work or encounter,  
Suddenly with no warning,  
You are ambushed by grief.

It becomes hard to trust yourself.  
All you can depend on now is that  
Sorrow will remain faithful to itself.

More than you, it knows its way  
And will find the right time  
To pull and pull the rope of grief  
Until that coiled hill of tears  
Has reduced to its last drop.

Gradually, you will learn acquaintance  
With the invisible form of your departed;  
And, when the work of grief is done,  
The wound of loss will heal  
And you will have learned  
To wean your eyes  
From that gap in the air  
And be able to enter the hearth  
In your soul where your loved one  
Has awaited your return  
All the time.

**John O'Donohue (1956-2008)**  
*Irish poet, author, priest & philosopher*  
Sent by **Sally Lowe**



Photo by **Sally Lowe**

**A note from the editors** The next issue's special topic will be "**Sin.**" This cropped up on Jana's Foundations in Ministry course and has proved to be a deeply rewarding subject to investigate. Opinions vary widely, so it would be interesting to hear as many views on this as our readers care to share. Does Sin exist at all? Are we born sinful or is it something that infiltrates our being as we go through life? If so, what is it? Is it useful? If Sin exists, is it transmitted through the generations by procreation? Is sex therefore sinful? Feel free to either write two or three lines, perhaps your definition of sin, or if you have plenty of thoughts on the subject, please send more. The next deadline will be **Sunday 16 February.**



**Glorious pets...** As we are planning a Pet Service on the last Sunday of January, it seems fitting to devote some space to animals and pets.

**“Silent Pain” ... Is your dog in pain?  
Ask an expert .... Ask a Canine  
Myotherapist!** by **Leanne Klein**

Our beloved furry friends have become so much part of our family and are generally around us much of the time. Although we are quite attentive and tuned into their habits and moods, we still often miss the more subtle signs of their pain. We call this “Silent Pain.” Our dogs are often very stoic, and their innate nature is to resist showing any signs of weakness or pain. This is because if they were in the wild and showed any signs of weakness, like pain, they would be picked on or attacked.



You may be wondering; “What are some of the basic signs that indicate your dog might be in pain?” Well, here are a few. Finding it more difficult to go up the stairs or jump on and off the couch, having difficulty getting up from rest, your dog has become snappy in behaviour with other dogs, huffs when they sit down or sits down with a bit of a thud, resists or doesn’t like walking on certain flooring, changes in mood or behaviour, or whimpers when being picked up. Other signs might be a change in muscle tone particularly in the hindlimbs, a reoccurring limp, or low head or tail carriage on walks.

So, what can be done? Well, if you are seeing any of these signs and you are initially very worried, then see your vet. Otherwise, a visit from a canine Myotherapist can assess your dog and treat any of the above issues. People often think these are just general signs of old age but a few treatments from a canine Myotherapist can have your dog moving and seeming much more playful or younger again. Myotherapy uses massage techniques, treats trigger points, works on fascia and suggests or provides exercises to improve muscle tone. Think of your Myotherapist like a physiotherapist for your dog. Myotherapy works on both healthy and active dogs to older dogs with osteoarthritis issues.

For arthritis awareness, visit CAM: <https://caninearthritis.co.uk/>

For info on Leanne, visit Peak Pawformance: <https://peakpawformance-uk.weebly.com/about.html>

**Further Adventures of  
Freddie the Basset Hound**

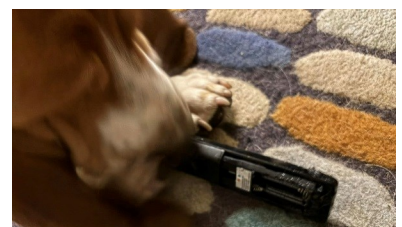
By **Angela  
Goodwin**

“I’d much rather smell  
of fox pee...”

“I can sniff out and  
safely destroy most  
wipes that mum has  
hidden. This pack had  
a bonus 50% free!!!”

“Helping mum to  
unpack the food  
shopping. There’s  
always something in  
here for me. Just  
need to sniff it out...”

“I’m not in mum’s good  
books this evening. The TV  
control looks a bit different  
now. A great chew though.  
Kept me quiet for a long  
time...”



## The Oxen

Christmas Eve, and twelve of the clock.  
 "Now they are all on their knees,"  
 An elder said as we sat in a flock  
 By the embers in hearthside ease.

We pictured the meek mild creatures where  
 They dwelt in their strawy pen,  
 Nor did it occur to one of us there  
 To doubt they were kneeling then.

So fair a fancy few would weave  
 In these years! Yet, I feel,  
 If someone said on Christmas Eve,  
 "Come; see the oxen kneel,

"In the lonely barton by yonder coomb  
 Our childhood used to know,"  
 I should go with him in the gloom,  
 Hoping it might be so.

By **Thomas Hardy**, (1840-1928), published in  
*The Times on Christmas Eve, 1915*  
 sent by **Jenny Austin**

*(Oxen are cattle, cows and bulls. They do get up and lie down by kneeling on the front legs. In this respect they are unlike other farm animals, such as sheep, goats, pigs or horses.)*



Meek-looking Sussex Bullocks at Tices Meadow Nature Reserve, where **Craig Nobbs** volunteered as Stockman.



## What The Donkey Saw

No room in the inn, of course,  
 And not that much in the stable,  
 What with the shepherds, Magi, Mary,  
 Joseph, the heavenly host —  
 Not to mention the baby  
 Using our manger as cot.  
 You couldn't have squeezed another cherub  
 in  
 For love nor money.  
 Still, in spite of the overcrowding, I did my  
 best to make them feel wanted.  
 I could see the baby and I  
 Would be going places together.

By **Ursula Askham Fanthorpe CBE FRSL**  
 (1929 – 2009) taken from the St Nicolas'  
 Care-Home-Christmas-Carol-group  
 performances led by **David Greenwood**



## Jonathan Neil-Smith

*The Crib at St Nicolas The Crib figures attributed to William Blacking who worked with Ninian Comper*



## The rectory menagerie

by **Helen Roberts**

Most of you are familiar with Barney, our super cute but ever-so-cheeky Cavapoo but may not be aware that he is now sharing his humans with two rescue cats.



Our gorgeous girls Bluebell and Willow arrived in a February to much delight and excitement from 5 members of the household..... and disgust and jealousy from Barney!! It was a trying week or so but gradually canine and felines learnt to tolerate, and even sometimes love one another.

The dynamics of their relationships are complex. Barney is a notoriously fussy eater and would really prefer to live on what he snaffles from our plates. But if the girls (who will pretty much eat anything) get anywhere close to his food bowl, he will growl and chase them away. In fact we shamelessly use the cats as decoys to ensure Barney eats his breakfast!

As a family we notoriously lack physical balance and if something can be dropped or spilled we will find a way to do it! And the cats were clearly destined for us because they seem to have completely missed out those typical cat-like qualities of poise and stability. They will frequent make a simple leap and miss spectacularly, slithering down to the ground desperately trying to regain their dignity. Where they do confirm to cat stereotype is their idea that we are their slaves. The cat flap situation in the rectory is slightly complex, therefore they insist on coming and going through the windows. This is fine in the summer, but quite vexing in the winter when there is one cat or other scrabbling on the glass every five minutes to get in or out . In fact Willow likes to make a game of it! Barney is one of the best decisions we have ever made. However having to walk him in the recent wet and gloomy weather, coming back caked in mud has lead us to question our life choices on more than one occasion! Especially when the cats can sit living their best lives snuggled on the kitchen chair by the radiator watching us with disdain as we



discard muddy boots and wet coats before dragging Barney off for a much need bath! We think the rectory has probably now reached capacity with three boys, two cats and a dog. But none of us can resist a furry sob story so wouldn't completely bet against a further expansion to the menagerie at some point in the future.





## My “Pets as Therapy” dog by Hilary Fletcher

Pets can add an extra dimension to our lives. They provide companionship and foster our sense of well-being. Owning a dog can bring the benefits of increased exercise while walking with him or her. I am sure that pet owners would say that the joy a pet brings is worth the extra responsibility.

But what of those for whom pet ownership is no longer possible? Perhaps they had pets in the past, and miss them? This is where “Pets As Therapy” comes in.

Owners volunteer their time, and pay to belong to the organisation. It is most rewarding to share a loved pet with others. The pet, usually a dog, is assessed, and if then qualified is insured and assigned to appropriate duties by mutual consent. When Hattie was designated “Pets As Therapy “ dog at St. Nicolas’ Church forms were completed by the Rector and myself, and filed in the Parish Office. The same system applied in the Care Homes we visited. Hattie was a very busy girl before the pandemic!

What of her training? First of all, the animal needs to have an outgoing and friendly nature, and enjoy meeting people. The welfare of the dog must always come first. Greyhounds make ideal Therapy dogs. Their genetic inheritance is for the short speed of a chase, never aggression, and their size makes them perfect for stroking. No bending down is needed! Temperamentally Hattie was ideal, but when I took her in, at the age of eight and a half, she understood no human words at all! We began with “Hattie, come”, and it was always worth her while to do so! Kept inside for breeding, she had forgotten how to walk to heel, but with dog treats in my left-hand pocket she soon remembered. Hattie proved a quick learner, and with praise and encouragement, never put-downs, as soon as she had lived with me for 6 months she was ready for her Assessment.

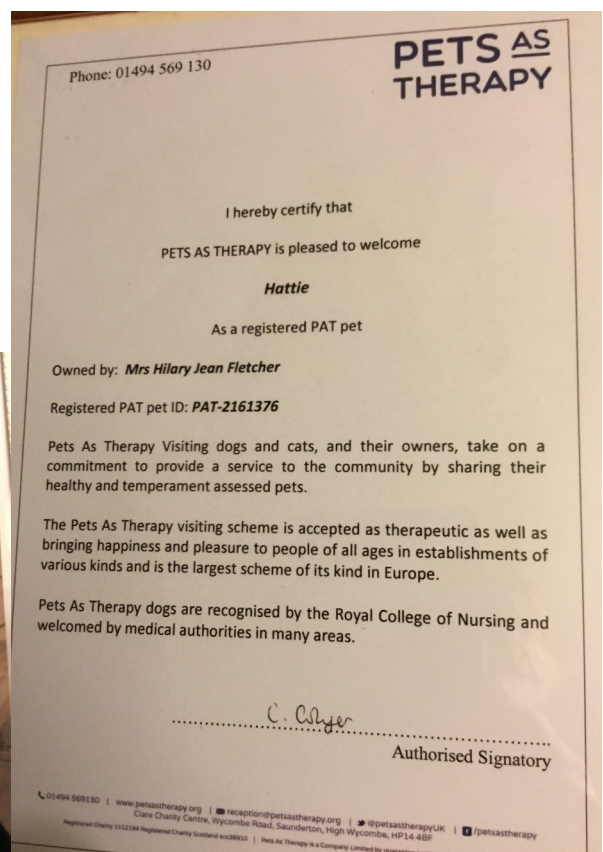
The day came. We met our Assessor at Spectrum Car Park, and Hattie’s first task was to cross the road, showing complete obedience to verbal commands. The crossing to the park is complex, and needs to be done in 3 stages. Hattie managed perfectly. I was so proud of her! Hattie had to greet the Assessor in a friendly way, and then every part of her body was touched. No doubt our daily brushing sessions helped her here. She was pulled about, and had to endure this without complaint. She did. Hattie then had to sit quietly and be ignored while the Assessor and I chatted, NEVER attempting to poke with her paw for attention. We went for a walk, Hattie keeping beautifully to heel on a loose lead while at intervals a tea tray, a walking stick and a can of food were dropped behind her. No more than mild surprise was allowed, certainly no running away or barking.

With every task on the 4-page tick sheet Hattie was successful. She had passed her assessment with 100%, and earned her certificate. The Assessor commented that she was “friendly, alert and interested, an ideal Pets As Therapy dog”.

I think those of you who knew her would agree.



*Hilary with Hattie, just after Hattie gained her certificate*



## Things we can learn from dogs

1. Never miss an opportunity for a joyride
2. Allow the experience of fresh air and the wind in your face to be pure ecstasy.
3. When loved ones come home, always run to greet them.
4. When it's in your best interest, practise obedience.
5. Let others know when they have invaded your territory.
6. Take naps and stretch before rising.
7. Run, romp and play daily.
8. Eat with gusto and enthusiasm.
9. Be loyal.
10. Never pretend to be something you're not.
11. If what you want lies buried, dig until you find it.
12. When someone is having a bad day, be silent, sit close by and nuzzle them gently.
13. Thrive on attention and let people touch you.
14. Avoid biting when a simple growl will do.
15. On hot days, drink lots of water and lie under a shady tree.
16. When happy, dance around and wag your entire body.
17. When scolded, don't be guilty or pout; run straight back and make friends.
18. Bond with your pack.
19. Delight in the simple joy of a long walk.

From

**Jenny Austin**



**Meet Eric & Florence,** Assistant Vergers and Welcomer Dogs at Tewkesbury Abbey. They work there regularly, on Tuesday, Wednesday, Thursday, and two Sundays a month. They began when Chris Skepper, the Head Verger, faced a predicament: should he leave Eric and Florence home alone all day? He decided to seek permission to bring Eric and Florence to work with him.

It wasn't planned to be a permanent move, but Eric and Florence were very well received and proved to be popular.

"They're very calm and friendly. They are not trained therapy dogs, but Eric and Florence naturally perform that role. They tend to have a soothing presence on people – visitors have found comfort and joy in simply sitting and stroking them," Chris said. He has observed that Eric and Florence are able to identify those who want to interact with them, and those who want to stay away.

"I feel that they have a sixth sense for people. There are people who the dogs will gravitate towards, and 9/10 times they are the ones who fuss over them and give them attention," Chris explained.

He has also witnessed numerous instances where people who aren't initially interested in Eric and Florence become charmed by the end of their visit.

*Taken from the Diocese of Gloucester website.*





## **Cattus Lamentum**

Tommy lost his miaow(ow),  
it really was quite sad.  
It was his special miaow (ow),  
the best a cat could have.

It started with a sneeze,  
then a little cough.  
His miaow(ow) had disappeared,  
he really felt quite rough.

He tried to sing at breakfast,  
he tried to chat to birds.  
Every sound was silent,  
he just couldn't be heard.

He tried again at suppertime,  
but alas, there was not sound.  
Poor little Tommy,  
his miaow(ow) couldn't be found.

He curled up on the sofa,  
for a little rest.  
He closed his eyes up really tight,  
'cos snoozing was the best.

He could hear the wind blowing,  
a soft and gentle breeze.  
His snoring was a whisper,  
his feet and tail twitching, freely.

### **Cats'** daily commitments.

Jenny Austin's Gracie joining the  
family Zoom meeting



When he awoke next morning,  
Tommy stretched and yawned.  
He thought he would try his  
miaow (ow),  
on this bright and sunny morn.

He thought he would try his  
miaow(ow),  
as he patiently sat.  
Tommy was waiting for his breakfast,  
like an obedient cat.

The bowls, they were laid out,  
and placed upon the floor.  
Tommy was really excited,  
about the treat he had in store.

He opened up his mouth,  
hoping to make a sound.  
It really was quite melodious,  
Tommy's miaow(ow) had been found!

So, here endeth Tommy's little tale,  
he is now a happy cat.  
He can run and jump and play,  
'cos his miaow(ow) has come back!

By **Deborah Nobbs**

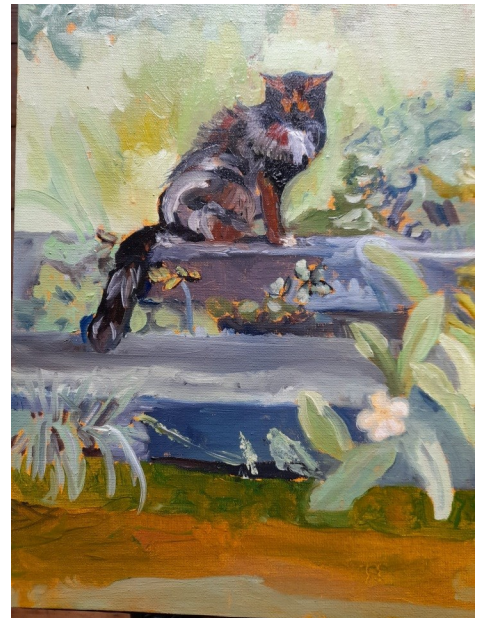


*Tommy, the late  
miaow(ow)-ing cat*

Mr Bear, Debbie and Craig  
Nobbs' other cat, supervising  
the festive proceedings



Grace Beckett's portrait of  
Isabella, her late rescue cat,  
sunning herself in the garden



# Tuesday Group

Tuesday Group friends have enjoyed a varied programme at our weekly meetings. We have remembered our days sitting round campfires as Girl Guides or Boy Scouts, and even enjoyed some marshmallows as we shared the songs we used to sing. The international aspect was not forgotten. We were taught a song from Lebanon, and encouraged to join in!

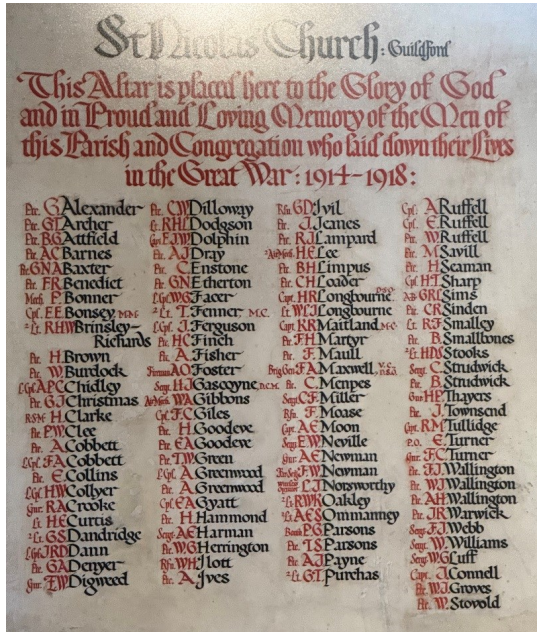
“The Outdoor Lavatory” provoked an interesting mixture of social history and reminiscence, and we were told the poignant story of the gardeners from Heligan, who enlisted together for the First World War and did not return.

Our two speakers brought more historical interest. Julia Wake told us of journeys on the canals and the River Thames, and of weeks spent in their narrow boat moored alongside a meadow in Pangbourne, as a flooded river precluded any movement of boats. Julia’s late husband Roy’s rescue of a lamb from the swollen river brought sighs of relief from everyone.

Reg Hills, a Church member, spoke to us of “Princess Mary’s Box”, and brought a wide variety of most interesting artefacts to illustrate the information about the ways in which the British Royal Family supported the troops during World War 1. The boxes were made of brass and contained varied gifts, depending upon the intended recipient, tobacco for soldiers and chocolate for nurses.

Looking forward to Christmas, we completed decorations for St. Nicolas’ Christmas tree, included in the U.R.C. display. The “Lucky-dip” approach to “Bingo the T.G. Way” had us taxing our brains on the theme of “Winter”. Could YOU hum an Advent Carol well enough for others to recognise it and join in? As I write we are looking forward to a party, and sharing our ideas of “Christmas”.

As we conclude this year we wish you a “Happy New Year” and hope it may include joining us for **9-45am on Tuesday mornings from 7 January 2025.**



The plaque at St Nicolas showing the names of men from our parish who died in WW1. Photo **Chris Goodwin**



Outdoor Lavatory, photo **Cathy Goodwin**

### This term’s programme

- January 7th. New Year Carpet Bowls (without the carpet!)
- January 14th Quiz - Two teams
- January 21st. Wintertime craft session
- January 28th Birthday Party.
- February 4th Birthday Beetle Drive
- February 11th My Favourite TV series - Individual contributions.
- February 18th No Meeting - School Half Term
- February 25th. “A Flower for February” - show and tell

**Hilary Fletcher**



**Freddie the Basset Hound** rounding up Tuesday Group members for a prompt start of the meeting.

For devotees of Cath's Fruit cakes...

This is another of my Mum's recipes (so another one in ounces) and one I remember her making quite often. She thought it was quite frugal as it doesn't contain eggs - not that that would really have mattered as we had chickens on the farm so access to lots of eggs. This recipe uses ground ginger but you can make it with mixed spice if you prefer.

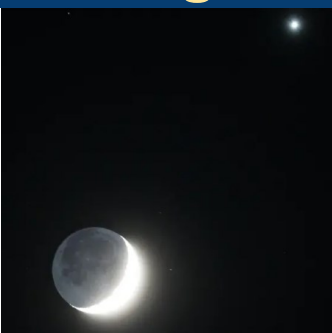
## Mum's Boiled Fruit Cake

- 7 fluid ounces water
- 7 ounces mixed fruit (I used sultanas and raisins, but you can put anything you have)
- 8 ounces sugar (I used caster, but I think Mum used ordinary granulated)
- 4 ounces margarine (you could use butter but ....)
- 8 ounces self raising flour
- 1 rounded teaspoon ground ginger



Put the fruit, sugar and margarine in a pan with the water. Bring it to the boil and boil for 3 minutes. Take it off the heat and cool it. Beat in the flour and ginger and pour into a greased and lined 6 inch round cake tin. Bake at Gas 4, 180C, fan oven 160C for 90 minutes.

## The night sky in January & February Rory Fenner



*UK Whitley Bay, a shining waxing crescent Moon glows with Venus to the right BBC News website, 4 January*

**January** The **Sun** moves from Sagittarius to Capricornus on 20 January. **Mercury** is reasonably placed in the dawn sky at the start of this month but you will need a flat horizon to see it. **Venus** is making a splendid show in the south-western sky after sunset, reaching its Greatest Elongation east on 10 January at 47 degrees. **Mars** reaches Opposition on 16 January, shining at the magnitude of  $-1.4$  high among the stars of Gemini throughout the month. **Jupiter**, not long after Opposition, is really visible for most of the night. **Saturn** is an early evening object in Aquarius and will be hidden by a crescent Moon on Saturday evening on 4 January, forming an Occultation. It will be hidden from 17:21-18:31. **Uranus** is an evening object on the boundary of Aries and Taurus. **Neptune** can be observed in the early evening and will be hidden by the Moon on Sunday 5 January, a UK-wide event.

**February** The **Sun** moves from Capricornus to Aquarius on the 19 February. **Mercury** passes through Superior Conjunction and then races east of the Sun to lie low in the west after sunset by 25 February. **Venus** is shining brilliantly as an "Evening star" in the south-west after sunset and will be at its highest for this apparition. **Mars** rides high in the sky, just after Opposition, but will fade from magnitude  $-1$  to  $-0.3$  this month. **Jupiter** will be visible most of the night in Taurus. **Saturn** is an early evening object in Pisces at the start of the month before it runs into daylight at the month's end. **Uranus** is an evening object in Aries and Taurus. **Neptune** is an evening object lying close to Venus on 1 February.



### Anglican Memes and Humour

"And being warned in a dream not to return to Herod, they departed to their own country by another way."





**Eco  
News**

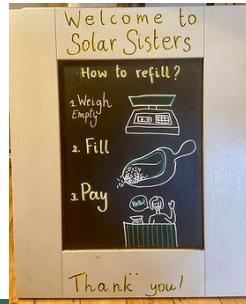
This is a Fish ladder in Switzerland which allows fish to get around a dam. Taken from "Beauty Of Planet Earth" Social media



This October, Solar Sisters celebrated 3 years of being open. It is a **Zero Waste shop** where you can buy refills of food, toiletries and general cleaning products. It is also a **Café** serving Vegetarian and Vegan refreshments and an **Events venue** with practical workshops, poetry and music



evenings, Book Club meetings, talks about environmental issues and much more.  
**www.solarsisters.uk**



**86 North Street, Guildford, GU1 4AU**



**Surrey Hills Choir**

gave a spectacular Christmas candlelit concert at St Nicolas'.



Their next performance will be their **20th Anniversary Concert on 10th May at St Catherine's School in Bramley**. For anyone interested in joining the choir there are two occasions coming up: for mixed voices, 8th January, 7:30pm at Guildford United Reform Church, 83 Portsmouth Rd, Guildford GU2 4BS and for women's voices, 13 January, 10:30 start. At Ewhurst Baptist Church, The Street, Ewhurst, Surrey GU6 7QA. All are very welcome!



**WARM WELCOME SPACE**  
WELCOME

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Warm drinks & biscuits  
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Wifi  
All free of charge

Guildford United Reformed Church  
83 Portsmouth Road, Guildford,  
Surrey, GU2 4BS

Come and join us

[www.guilfordurc.org.uk](http://www.guilfordurc.org.uk)  
[communityworker@guilfordurc.org.uk](mailto:communityworker@guilfordurc.org.uk)

**Sunflower Cafe at Guildford URC**  
with Right at Home

Every Wednesday from 10.30am-12.00pm we run a friendly Sunflower Cafe session. Support for those living with dementia and their carers. A varied programme of activities including creative sessions with Open Access Arts, Singing/ music, puzzles, talks, coffee and chat. Each session will be different in content but will always have the same friendly feel!

[communityworker@gurc.org.uk](mailto:communityworker@gurc.org.uk) 07419 332074  
83 Portsmouth Road, Guildford, GU2 4BS

Guildford United Reformed Church



## Life Issues Series

At Godalming Baptist church

Queen Street, Godalming, Surrey, GU7 1BA

### BULLYING – IT’S HAPPENING EVERYWHERE

Led by Revd Peter Jackson

Saturday 25<sup>th</sup> January 2025 10 am – 12.30 pm

Coffee available from 9.30 am

- What is bullying?
- What is the difference between bullying and harassment?
- We often associate bullying with children but many adults are bullied.
- In what situations does bullying happen?
- What are the signs that bullying might be taking place?
- What does it feel like to be bullied?
- How do we deal with bullying?

Come and join us to look at some of these issues together, and find out ways of combatting bullying whether for our own preservation, or in coming alongside others who are experiencing this intimidating behaviour. **The session will be free of charge, but voluntary donations are invited for The National Bullying Helpline.** To help with managing numbers please reserve a place by contacting Sally Pollard email: [pollard3@hotmail.co.uk](mailto:pollard3@hotmail.co.uk), tel: 01483 428646 **by Friday 17<sup>th</sup> January latest.**



## Looking for volunteers

If you enjoy the company of others and like the idea of supporting someone at a difficult time in their lives, would you consider becoming a **Phyllis Tuckwell Home Support volunteer?**

Hospice care charity Phyllis Tuckwell has a team of Home Support volunteers who are each paired with

one of its patients and visit them at home once a week for up to three hours. They may take them out shopping, go for a walk or drive together, perhaps to a local garden centre or café, or simply sit and have a chat with them over a cup of tea.

“I feel privileged to meet so many different and amazing patients and families and learn so much about their lives,” said Helen, one of Phyllis Tuckwell’s volunteers. “I look forward to each meeting, knowing I will come away feeling I have made a difference to their day. The patients and families I meet love and value having someone to talk to and being listened to.”

Phyllis Tuckwell provides palliative and end of life care for patients and families in West Surrey and North-East Hampshire. Being seriously ill can cause anxiety and stress, and can be lonely too, and these volunteers make a real difference to a patient’s life. Their help also means that the patient’s carer can have a few hours to themselves, knowing that their loved one is safe and being looked after.

**Phyllis Tuckwell’s next training sessions for new Home Support volunteers will take place on 5<sup>th</sup> and 6<sup>th</sup> February.** To sign up or find out more, please call 01252 729400, email [voluntary.services@pth.org.uk](mailto:voluntary.services@pth.org.uk) or visit [www.pth.org.uk/get-in-touch-volunteering](http://www.pth.org.uk/get-in-touch-volunteering) where you can fill in an online form.



**Phyllis<sup>®</sup>  
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Hospice Care  
...because every  
day is precious



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**St. Nicolas Parish Church**, Bury St, Guildford, GU2 4AW [saintnics.com](http://saintnics.com)  
 Rector Fr Neil Roberts [rector@saintnics.com](mailto:rector@saintnics.com)  
 Curate Fr Alistair Milne [curate@saintnics.com](mailto:curate@saintnics.com)  
 Parish Administrator Cath Anderson  
 01483 564 526 [parishoffice@saintnics.com](mailto:parishoffice@saintnics.com)  
 Newsletter editors Fr Neil Roberts & Jana Phillips  
[janagp@btinternet.com](mailto:janagp@btinternet.com)  
 Please email or telephone your material to Jana 07970 934325, post to the Parish Office or give to Fr Neil or Jana at church. **Next copy deadline is Sunday 16 February for March & April 2025 issue.**



## NOT JUST SUNDAYS

### Tuesdays

### Tuesday Group @ 9:30

Social Group for the Retired

### Toastie Tuesdays @ 5

for School Years 3 - 6 (monthly)

### Beer & Banter @ 7:30

Men's Group (monthly)

### Curry & Questions @7:30

Exploring Faith over Food  
(quarterly)

### Wednesdays

### Cafe Play @ 10

Pre School Toddler Group

### Fridays

### Coffee Shop @10:30

### Monthly Lunch &

### Bible Study @11:30

### Fizz & Friends @8

Women's Group (twice a term))

### Saturdays

### Messy Church @4

(monthly)

[www.saintnics.com](http://www.saintnics.com)

