



All Saints Guildford

Joyfully Living Jesus

Welcoming Everyone

Growing Disciples Deepening Community



SEPTEMBER 2026

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If you'd like to feature anything in the magazine, we would love to hear from you! Articles should be emailed to **allsaintsmag@gmail.com** by the **15th of the previous month**. We like to keep content varied and interesting so almost anything goes. Please get in touch if you have any questions. Thank you!

ALL SAINTS SERVICES AND OPENING TIMES

Our pattern of services is as follows:

- ★ Morning Prayer takes place Monday to Wednesday at 9.15am in the church and via Zoom for anyone who would like this option.
- ★ A service of Holy Communion is held in church every Thursday morning at 9.30am.
- ★ An 8am service of Holy Communion is held in church on the first and third Sundays of the month (the third Sunday will use the Book of Common Prayer).
- ★ Our 10am Sunday services follow this pattern:
 - ◇ First Sunday: Cafe-style Altogether Worship
 - ◇ Second, fourth and fifth Sundays:
Church Family Communion with Children's Church
 - ◇ Third Sunday: Morning Worship with Children's Church

Note: Children's Church is term-time only
- ★ Each Sunday, we hold 'Tea-Time Church' at 4pm.
- ★ Each Sunday, we record the sermon and this can be found on our YouTube channel: www.youtube.com/@allsaintsguildford



THOUGHTS FROM THE VICARAGE



September is always a month of new beginnings, both in the church and in the academic world. Children and families embark on a new school year, young people prepare for university or training; and we in the church gather together again after the summer break, and begin to look ahead to the coming months. I always love the first Sunday in September, as we celebrate 'Backpack Sunday', followed by our annual picnic on the field

and orchard.

September is also a time of new beginnings for me, as I await a new grandchild due at the end of the month. This will be a first baby for our son Joe and his wife Maisie, and I'm hoping to visit them in Edinburgh for a few days after the baby arrives. This will be the second new grandchild this year, with a third due at the beginning of December!

New beginnings and new life are always an opportunity. They give us pause to look back with thankfulness for all that has been; and to look forward in hope for all that is to come. Over the course of this year, in particular, I've had a sense of 'handing on the baton' to those who are coming after us. It's made me think about what I need to invest in the younger generations within my family, and what we need to invest in the younger generations within our church.

A person who has invested deeply in children and young people in our church is Jeanette Whiteman. Jeanette has been Chair of our Children & Young People's Vision Group for the best part of a decade, and I'm hugely grateful to Jeanette – as I know many of us are – for all she has given. We'll be saying a big 'thank you' to Jeanette on Sunday 6th September, and please do come and join us if you possibly can!

And as the new academic year begins I pray we'll be thankful to the Lord for all that has taken place in the past, and we'll look forward in faith and hope for all that is to come.

Wishing you blessings for this new beginning,

Beverly

MISSION FOCUS: FRIENDS INTERNATIONAL GUILDFORD



The work of Friends International Guildford extends well beyond what people may initially think, and international students at the University of Surrey and beyond benefit from the Christian witness given by its volunteers. Friends International works with students from a wide range of backgrounds and nationalities as they navigate life in the UK. Many students arrive at Surrey University never having been there before, and life can often be quite daunting

particularly when they don't have many or even any connections.

Friends International offers a wide range of services and support, and these include everything from group trips to cities like London and the Isle of Wight which always sell out within minutes, and small groups which meet at volunteers' houses, and courses to teach skills in professional and personal development, which are in line with Christian values.

I myself have been involved with Friends International for a number of months now, and Rev Andy Wells and others at All Saints have been involved for a lot longer! I always find that the international students bring a wealth of things that we can learn from. They are very outgoing and show a genuine interest in both the culture of the UK and the content of the discussions that are had which touch on the Christian faith. The men's group sessions for example, which take place monthly on Friday evenings have become increasingly popular with students, and provide a great forum for students to talk openly and share their aspirations and concerns in a supportive environment where all can learn from each other.

Above all, Friends International provides a network of genuine support to the students who have no family in the UK, and who need people to turn to for guidance and support. I have seen first hand the positive impact that they have, and just how much of a tangible difference they make, often behind the scenes. The famous verse in the book of Revelation referencing a "great Crowd from every nation, tribe, people and language" (Revelation 7:9) gives a different perspective on the marvels of

God's encompassing grace to people of the Earth when joining with international students and bringing the care and witness Jesus commanded us to bring to them.

Dan Brown

Onslow Village Garden Club

The Garden Club has two events in September:

On **Saturday 5th September** the 80th Annual Show will be held in Onslow Village Hall. Viewing is at 3pm. Admission is free.

There will be 62 classes of exhibits including fruit, vegetables, flowers, flower arranging, cookery, handicraft and photography. Children's classes will be for the under 5s, 6-11s and 12-16s, as well as a 'family members' class to build a bug hotel. We look forward to seeing you there, to marvel at what our members grow and produce in the various classes!

On **Wednesday 16th September**, at the usual time of 7.30pm, we will be celebrating our 80th anniversary with special guest speaker **Mark Gregory**. Mark is a renowned garden designer, landscaper, and horticulturist. He has been involved in a large number of RHS Show gardens for which he has won numerous gold medals. We hope you will be able to join us for this special talk.

Anne Bradbeer



on

Sunday 6th September

at All Saints we celebrate...



BACKPACK SUNDAY

10AM

Come with your school bag
(or work bag!) and we'll bless
them and pray for the new
term.



CHURCH FAMILY PICNIC

12 NOON

Bring a picnic, rug or chair
and join us in the field for
time together after the
holidays.

HARVEST FESTIVAL

SUNDAY ^{11TH} OCTOBER
2026

**10AM: CHURCH FAMILY
COMMUNION WITH
CHILDREN'S CHURCH**

4PM: TEA-TIME CHURCH



St Luke's Day

**Service of
Wholeness and Healing**

**Sunday 18th October
4pm**

We will provide an opportunity for those attending to come on their own or another's behalf, to receive personal and individual prayer.

2027 calendars...available to pre-order now!

£15 each

Twelve botanical illustrations from RHS Wisley
by Pauline Dean to enjoy throughout the year.

Available as a slim appointment calendar or desk calendar.

Pre-order collection from All Saints' Autumn Fair,
19th September 2pm. Calendars and cards will also be for sale.
Pre-ordering recommended!



To order, scan the
QR code or con-
tact Jo Dwyer
(details in All
Saints' Family
List)



Supporting the Big Build project



CHILDREN AND YOUNG PEOPLE'S VISION GROUP 2019-2026

I took over the role of Children and Young People's Vision Group Chair in the autumn of 2019.

For as long as I can remember I have longed to see children and young people come to know, understand and deeply appreciate God as their loving heavenly father who knows them intimately and loves and cares for them deeply. Also that Jesus is a friend who can walk alongside them, who knows what it is to be human and so knows and understands all about the ups and downs of life. And finally that the Holy Spirit will guide and nurture them.

So when I was asked to take on the role as Chair for this vision group I did feel that it was something God was calling me to do. Little did I realise that a year later in 2020 COVID-19 would provide challenges that none of us ever thought we would have to face. Thanks to modern technology, however, we were able to provide online children's slots and activity packs and Zoom youth group meetings. We even managed to record stories for the toddler group to access! And so the work continues and adapts to whatever circumstances arise.

Over the past year I have felt that I am so involved in each of the groups that it is hard to take an objective overview. This, combined with the importance being given to the Diocesan key priority of investing wholeheartedly in children and young people, has made me feel that I now need to hand on the role of chairing this vision group to someone else.



I'm still committed to remaining fully involved in Baby and Toddler Group, Children and Young People's Church and Youth Group, and look forward to contributing to this vision group, but just no longer as its Chair.

Jeanette Whiteman

BIG BUILD UPDATE



We have recently split the steering committee into smaller groups as the proposals from the various consultants need to be well understood. We are also pleased to welcome Kat Gillett into the internal finishes team. This team has reviewed the planned layouts and materials for the kitchen, office and toilets in the new extension. The choice of the flooring material has yet to be decided but some form of wood is preferred.

Following their visit to the church, the MEP consultants, Flatt, have reviewed all aspects of water, power and telecommunications supplies. This has also been broken down into mechanical, public health, electrical and fire services. Although the report is comprehensive, several questions, such as the heating system, have arisen. These have been fed back to Symbiosis, who are coordinating all the consultants, and regularly report back to us. As Bijou wrote last month, “while it might look like the project has gone a little quiet, we continue to develop the design for the next stage”. However we hope to have all the plans in place by the end of September and prepare for submission to Building Control.

Robin Holdsworth



RETURN TO THE 'COMMON CUP' - OR SINGLE CHALICE - AT COMMUNION SERVICES

Some of us will remember that during the Covid 19 pandemic, and the years which followed, a special dispensation was given within this Diocese to use small cups during Communion services. This was appreciated by many people, allaying fears about the spread of the disease, particularly to those who were vulnerable. We've continued this practice for five years at All Saints, and have reviewed it regularly within our Worship Vision Group. Up until now the Worship Vision Group has agreed that we continue the use of small cups, until further instruction is given by Guildford Diocese.

In January this year that permission was withdrawn, on the basis that the threat of Covid has greatly reduced. This was communicated in a Pastoral Letter to all clergy from Bishop Andrew, with guidelines as to how to make the return to a 'Common Cup' in a pastorally sensitive way. In the light of that letter, our Worship Vision Group proposed to our PCC that we return to use of the Common Cup at Communion services from September this year. This proposal was approved by our PCC, after careful and thoughtful discussion. So from 6th September, our Communion services will offer a common chalice, without small cups being offered any longer.

I'm aware that some of our members will not feel able to receive the wine of Communion in this way, and I fully respect that caution. Since 1547 it has been the common practice of the Church of England to offer the sacrament in 'both kinds' – that is to say both bread and wine. But there is provision for either bread or wine not be received where necessity requires. It is the decision of the President (me in this case) to decide whether such a necessity exists; and my sense is that if members choose not to receive the wine, due to risk of infection (either to themselves or to others), then Communion in one kind only (i.e. the bread) is acceptable, understandable and sufficient in our church. See [this page](#) for more information.

I'm aware it will take time to re-adjust to the Common Cup, and please be assured that our Worship Vision Group will continue to reflect upon this change. Please do speak to me or a member of the Worship Vision Group (Alison Moulden, Andy Wells, Angela Rose, Annie Twidell, Jo

Dwyer, Julie Lodge, Katherine Hopwood, Marguerite Barclay and Richard Hemingway) if you have thoughts or reflections to share.

Wishing you blessings as we make this transition,

Beverly

PASTORAL CARE AT ALL SAINTS

On Sunday 13th September we'll be celebrating a 'Pastoral Sunday' at All Saints. The purpose of this is two-fold: firstly to give thanks for Richard Hemingway's forty years' service as a Pastoral Assistant in this parish – an incredible achievement! The article on page 13 has more details about Richard's pastoral ministry at All Saints, and in the wider community. Secondly, we'll be highlighting the work of the Pastoral Team here at All Saints. Much of the work of the team goes on in the background, visiting the most vulnerable members of our church family, taking Home Communion to those who are unable to come to church, visiting members of the wider community such as those who live at Dray Court, and supporting the work the pastoral ministry of our church through prayer. Another key aspect of pastoral care is the work of our Small Groups, where much of our day to day care and support takes place.

On Pastoral Sunday we'll give thanks for Richard's ministry, and also that of other members of the team (overseen by me): Marguerite Barclay (Pastoral Assistant), Andy Wells (Curate), Linda Wells (Pastoral Visitor), Jo Dwyer (Pastoral Visitor), Richard Hemingway (Pastoral Prayer Support), David Barclay (Pastoral Prayer Support). If you'd like to find out

more, please contact me or a member of the team. And if you'd be interested in joining us, please do let me know!



With grateful thanks for the faithful ministry of the Pastoral Team,

Beverly

HARVEST FESTIVALS FOR OUR SCHOOLS



**5TH OCTOBER
&
6TH OCTOBER
10.30AM**



**12TH OCTOBER
10.30AM**



**FAIRTRADE
FORTNIGHT
21 SEPTEMBER - 4 OCTOBER**

Fairtrade is about better prices, safe working conditions, local sustainability, and fair terms of trade for farmers and workers. Fairtrade means that workers' rights are protected. And it helps create safe working conditions and promote fairer pay.

Products with the FAIRTRADE Mark are ethically produced. Choosing Fairtrade means standing with farmers for fairness and equality.

It means farmers creating change, from investing in climate-friendly farming techniques to supporting women in leadership. By choosing Fairtrade now, you're taking a stand with farmers and workers worldwide for fairer incomes, so they can protect the future of our food.

oxfam.org.uk



RICHARD HEMINGWAY: PASTORAL ASSISTANT (PA)/VISITOR 1986-2026



As Beverly noted in her article on page 9, Richard Hemingway has recently stepped down from his role as Pastoral Assistant, in which he has served the community faithfully for 40 years. We want to express our gratitude to Richard for giving so much of his time, compassion and energy to so many people within our parish over this time. For those of us who have not been connected with All Saints for quite this long (which is most of us!), Richard kindly agreed to answer some questions and give us some history of the role of Pastoral Assistant. Thank you, Richard!

Rev. Eric Sutherland was vicar of All Saints in 1985. Rev. John Moore was non-stipendiary curate attached to the parish to assist Fr. Eric (as he was known). Keren Kilby was the only PA at the time. Guildford Diocese was anxious to raise the profile of its PA Scheme within the parishes and asked the clergy to find candidates to train as PAs during the winter of 1985/6, to work in parishes after a commissioning ceremony in the summer of 1986. Pastoral work might include working with people from Baptism to bereavement, including all aspects of domestic life. Training was rigorous and wide-ranging from a number of experts in their respective fields of experience, and included a residential week-end at St. Columba's, Woking.

Two others trained with Richard, namely Faith Sutherland, the wife of Father Eric, and Caroline Curnier. Diana Reiblein joined the team a few years later, and Marguerite Barclay brought her gifts to the team more recently.

Q. How difficult was it for you to accept the invitation made to you by the All Saints' clergy?

A. It was by no means a foregone conclusion! I was already fully committed in the parish, being a PCC member and Secretary of the PCC, a mem-

ber of the choir and involved in the Missions Committee (as it then was called). Also, I was heavily involved in jointly running a small but busy legal practice in Guildford, where the interests of private clients who had long been looked after by the firm had to be given first priority. At home, in 1985, there were three children, aged 11, nine and seven, all of whom were at a stage of life when parenting was crucial, not to mention being on hand for ageing parents on both sides of the family.

Q. What factors were relevant in taking on the challenge?

A. (a) Working locally, without the need to commute. (b) My wife Sue's implicit support - I was confident that she would tell me if I was taking on too much! (c) Most importantly, it was an opportunity to give time and goodwill to people who might need support of one kind or another in their lives. Parish work would, I hoped, benefit from my legal experience in the office, and, unlike office work, I would be working without financial gain.

Q. Were there any factors which had to be considered in working in the parish in this way?

A. Yes, very much so. One had to be ever so careful not to give the impression that work in the parish might lead to gainful work in the office. Nevertheless, I can say that I would never refuse professional assistance to people in the parish who wanted it. Secondly, I had to make it clear to Fr. Eric, and to all vicars who came after him, that my time in the parish would have to be really quite limited in view of all other activities mentioned earlier.

Q. How was pastoral work organised in those days?

A. Quite informally, with meetings of the PAs on a regular basis, but without clergy being present. Work was always totally confidential, of course, and concerns would be shared with the vicar, and the vicar might bring pastoral needs to our notice. Sadly, refresher courses had to be missed by me, as I was always on holiday when these occurred.

Q. What do you feel were lasting memories of your parish experiences?

A. So much to treasure and recall in terms of what I gained from conversations with others! I cannot mention names, but being there when people were facing the ends of their lives was deeply moving. Also, listening to a spouse after their lifetime partner had passed away was so important.

Q. When did you take up your ministry of taking Home Communion to those in a care home or unable to leave their home?

A. Relatively recently, actually. Mary Ashton was the first to specifically invite me, and Beverly was in favour of my continuing when she became vicar. Also, as pastoral care in parishes came to be re-ordered, I found that I could stand down as PA and continue as a Pastoral Visitor without it affecting what I was doing.

Q. What will you do, now that you are retiring from pastoral work?

A. I am pleased to say that Beverly has agreed that I may continue in a role of Pastoral Prayer Supporter. So I shall be able to attend meetings of the Pastoral Team, and will also be freely available to other members of the team if they wish to run a problem past me. Also, I will be able to continue the lasting friendships that I have made within the parish over the years. Thank you to everyone, especially to Father Eric and the Reverends Brian Coleman, Barbara Messham, Mary Ashton and Beverly Watson under whose aegis I have tried to serve God and neighbour for 40 years!

Thank You

The magazine team would like to say a huge thank you to Jenny Graham, who is retiring as a distributor after faithfully delivering the All Saints' magazine for over 40 years.

We are very grateful to all our distributors and contributors. If you would like to contribute, please get in touch - contact details on page 2.



NEWS FROM THE ORCHARD GROUP

The Brownies' 'Grow your own' bed

It has been a tough summer on the Orchard with the heatwave and lack of rain. However, despite this, the Brownies' 'Grow Your Own' edible bed coped well with the heat - it is partially shaded which helps.

The marigolds, pansies and nasturtiums have been a blaze of colour, and the courgette and tomato plants enjoyed the sunshine too - lots of cherry tomatoes and some impressively large courgettes! The flowers are edible - pansies have a mild taste and can be used for floating on salads or are great for decorating cakes; nasturtiums have a peppery taste - you can eat the leaves and the flowers; and marigolds can also be used in salads, teas and savoury dishes. Marigolds are also known as 'poor man's saffron' as the petals can add a bright yellow or orange colour to rice and pasta.

The raised beds and fruit trees

Further down on the Orchard the loganberries produced a good harvest in June and we have autumn raspberries to look forward to. The herb bed is filling out - we have rosemary, oregano, thyme, sage, mint and marjoram - do help yourselves. We have a curry plant next to the blackcurrant too - it smells strongly of curry powder, but we haven't tried cooking with it yet!

The apple trees are flourishing - we thinned the apples out in July so that the trees can put their energy into growing bigger, sweeter and healthier fruit - it also stops heavy branches from snapping and reduces disease (crowded apples touch each other, spreading bugs and rot).



A Duke of Edinburgh volunteer

Over the school summer holidays we have been delighted to have the support of a DofE Bronze volunteer. Our young volunteer has been helping with watering, maintaining the beds and the fruit trees, getting involved in nature surveys, and helping to renovate the garden chairs. A big thank you to him from all the Orchard team.

Sue Jones



BUTTERFLIES AT ALL SAINTS' CHURCH

For my Bronze Duke of Edinburgh award, I'm volunteering at The Orchard (the community gardens behind the church) and this summer did two butterfly surveys for the BIG BUTTERFLY COUNT (*see next page for the findings*). I was so impressed by how many butterflies I saw. In fifteen minutes across both surveys, I counted twenty-five from nine species.

The most interesting to me was how each species was attracted to different parts of the Orchard, showing its biodiversity. The butterfly I saw the most was the tiny Gatekeeper. Ten flying around the thyme (*see top right photo on next page*). The nectar in the flowers must be a great energy source to cause so many in one place. A reason to not cut back your thyme!

I spotted three Meadow Browns, a common grassland butterfly. Mostly in the raised bed, planted by the Brownies. They are light brown with dull orange and a black spot at the tip of their wings. They blended into the colourful courgette and nasturtium flowers.

In the shadows of the woodland walk I found two Speckled Wood butterflies. The woodland is much darker and shadier than the rest of the garden, which is what they favour, hence their name.

I also counted four Painted Ladies. This species migrates from warmer places. And flitting all over The Orchard (unlike other species that favoured specific habitats) were three Large and three Small Whites. Commonly called Cabbage Whites.

There was one tiny Common Blue (which likes grassland), one Green-veined White, in its favourite hedgerow spot and two Ringlets preferring the plum trees along the hedge.

A lot of the time (especially as a teenager) you don't stop to think how important these spaces are for local biodiversity. Butterflies are key to our ecosystem through pollination and it's great to see them thriving in the Orchard. A community space for insects as well as people!

George Ruffell



DRAWN FROM WISLEY



What do these beautiful illustrations have to do with the Big Build? Read on to find out!

Some long-term residents and readers of the All Saints' magazine may recognise the provenance of these images!

They were painted in the 1990s by local artist, Pauline Dean (1943-2007). My mum! These iris and orchid paintings are just two from a 12-painting collection, "Drawn from Wisley", illustrating a plant and garden feature for each month of the year at RHS Wisley gardens, familiar to many!

Mum was well known at Wisley where she taught botanical art for 11 years. As well as documenting newly discovered plants with scientific precision, she achieved exceptional success at the RHS London exhibitions where she was awarded eight Gold Medals. Her work is held in collections around the world, including that of Shirley Sherwood at Royal Botanic Garden, Kew. She always hoped the RHS would make these Wisley images into a calendar. Sadly, this never happened.

I am thrilled to be able to fulfil her dream of over 30 years standing and to be offering these as a fundraiser for All Saints' Big Build project, with all profits from sales going to the project.

Calendars will be available as Appointment Calendars (as illustrated on the next page), or as landscape style Desktop Calendars. They will be £15 each.

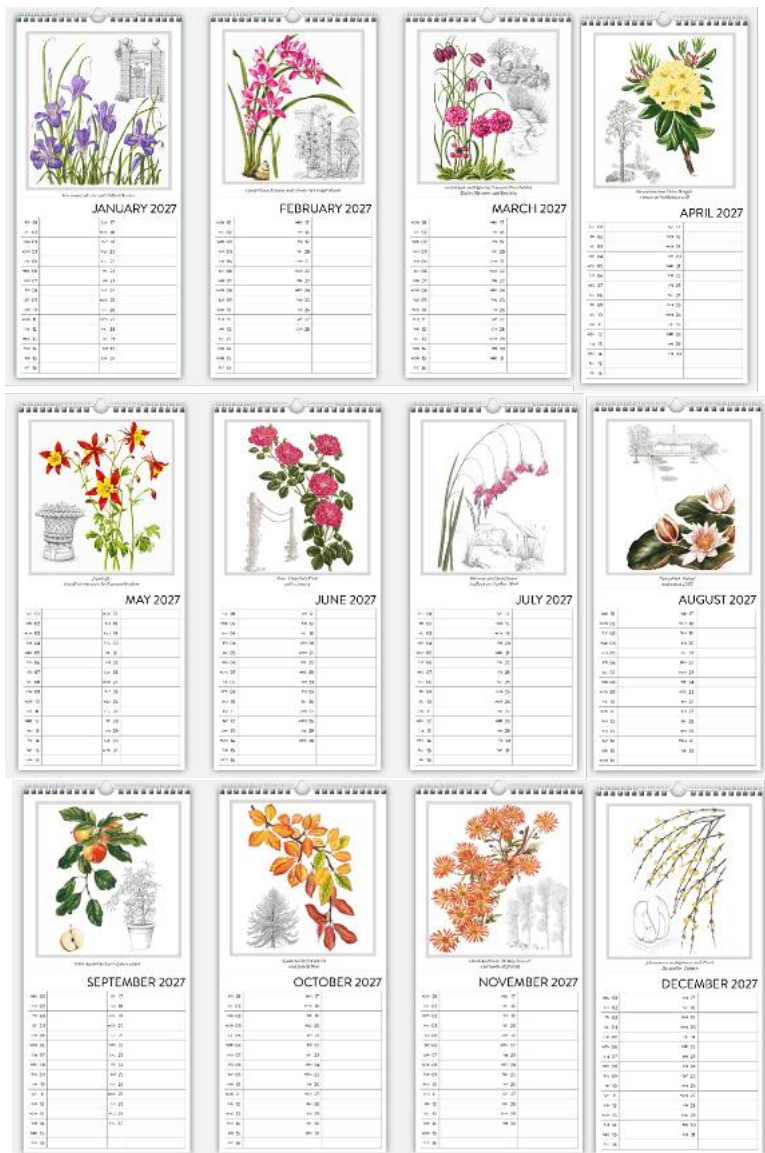
Details about pre-ordering will be available soon and the calendars, and a selection of greetings card by Pauline, will be available at the All Saints' Autumn Fair on 19th September.

Watch this space and local social media for more information!

If you have any early queries, please email:

estate.paulinedean@gmail.com

Jo Dwyer





GUILDFORD
CATHEDRAL

Free Entry

Art Exhibition

Transformations

Created by men at HMP
Coldingley, this exhibition
explores the transformative
power of art.

From
8 September
Until
19 October 2026

8:00am to 6:00pm
7:30pm on Thursdays

Guildford Cathedral,
Stag Hill, Guildford, GU2 7UP



UK
ROCHA
Caring for God's Earth

GREETINGS FROM PAPUA NEW GUINEA!

This month, enjoy reading about a day in the life of Andrew, motorcycle and small engine mechanic, amateur welder-machinist fabricator, also assistant manager of the SIL AutoShop in Ukarumpa.

After getting up and completing the morning routines, usually a few minutes before 8:30, I roll the motorcycle out and head off to work. It's only 1km from our house to the shop, all dirt roads, usually not much traffic. Today there's an e-mail from a translator out in a remote area, describing a problem her airstrip mower is having and asking for advice on what to do about it. Airstrip mowers are high priority, so I respond right away. Next is a high-school aged MK (missionary kid) asking me for motorcycle maintenance advice - I will get to him, but later. He's probably in class right now anyway and won't get to read anything from me until lunch time. Next is from a man from another missions organisation, working near Port Moresby, but currently in the US and planning to return to PNG soon. He's asking about our progress on an air-transportable roller packer we are making for him to use to flatten the ground at his airstrip. I make a note to ask one of my co-workers who had been doing the bulk of the fabrication on that job how it is going. At that moment, the co-worker in question walks through the office - I stop him, ask him about the job, then quickly fire off a response e-mail, also asking him how his PNG visa application is coming along.

Finally I get out on the floor. I shift my attention to the sawmill engine, but before I get too far, the secretary, a PNG lady who has worked for us for several years, comes to me. "Dr. L wants to talk to you." Uh-oh. Wonder what he wants? Dr. L works in our clinic. I go to see him at the front office, turns out he has this device that they use for treating some kind of cancerous growths. It's from the US, but the liquid nitrogen they can get here to use with it won't connect to it; the US uses one kind of connector and PNG uses the Australian style, which is different. Is there anything I can do? I ask him to leave it with me, I have an idea. After he is gone, I rummage around and find one fitting that fits the device and another that fits the hose on the Aussie style liquid nitrogen bottle. Both are made of steel, which is good because that means I might be able to weld something together. I get on the lathe, machine both parts so that they will fit together nicely, then carefully weld them into one adaptive part. Later I call the clinic, they send over somebody to collect the de-

vice, and a few days later I hear that the doctors have tried it out and they are happy with it. Good!

Back to normal work, there's a Honda motorcycle that belongs to an employee at a local coffee plantation - the engine in it is dead, zero compression, but I happen to have a Chinese Honda clone engine with very low miles on it. I talk to the plantation owner - who is paying the bill for the repair - about putting my Chinese engine in the employee's bike. He says go for it. The cost of rebuilding the Honda (it's an oddball Brazilian Honda that I have found will be difficult to get parts for) would be far higher than what I am asking for this Chinese engine - in fact, I'm offering to trade my engine for his straight across so that I can tear apart the Brazilian engine and learn all about it. I'll only end up charging him for the labor involved in installing the Chinese engine. I begin installing the engine. It's pretty much a direct bolt-in, even the electrical systems look like they will be easily adapted to work together. I get about halfway through the job and will probably finish it in the next couple of days.

Our parts man stops by my work area with an armload of small packages. "Your parts came in!" he says. It's like Christmas! Fork seals for that KLR650, swingarm bearings for that XR400, a seat cover for that DR350, new air filter for the IT200, voltage regulator which will hopefully work on that Chinese diesel generator - that kind of thing. I spend some time sorting through the newly arrived parts, arranging them on a shelf in my office. While in there, the secretary comes to me again, says Mr. B, a PNG man who I've known for 20+ years and who used to work for Construction and Maintenance, wants to talk to me. I go to see what he wants - turns out he needs some work done on his Honda XR400 (his only working vehicle), and wants to know if I will take his old Bultaco Alpina 250 in trade for the repair bill?

As soon as we are done talking, another PNG man walks up, an acquaintance of mine, friend of a friend, really - he hands me a bag full of three big cabbages. He is very polite, smiling broadly and assuring me that he just wants me to have these cabbages because we are friends. I smile in return and politely accept the cabbages. I know he'll be back tomorrow - or another day - to ask for something, and I'm hoping I will be able to help him. Over the years I've learned how these interactions go. He'll be back sooner or later and will be needing something.

About to get back to work when the 5pm horn goes off. Already?! The boss, the secretary, the mechanics all leave except for me. I stay until 6pm. It's part of an agreement I made with another manager years ago - since I tend to stay until 6pm. every day anyway, why not make it official? Today I have a wheel to rebuild - the new spokes arrived yesterday and I'll use this last hour to cut out what is left of the rusty old spokes, clean up the hub and rim, then start reassembling the wheel with all new, heavy duty stainless steel spokes. I like building wheels and it is something I am good at. I appreciate having no interruptions while carefully lacing and truing the wheel. Once it is done, this wheel should never give anybody any trouble again.

And that's it! It may be an amalgamation of events from different days rolled into one, but it's still a more or less typical day for me. Take a look at my blog [here](#) if you'd like to read about my work in more detail.

Blessings,

Andrew and Clare Koens, with Levi, Heidi and Eowyn



REFLECTIONS ON A PILGRIMAGE TO BOSNIA AND HERZEGOVINA:

In late July I decided to head on a spontaneous pilgrimage to Medjugorje which is located in the south of Bosnia and Herzegovina after being told of this place by a family friend who had previously visited. The town, which has a population of about 2,500, is run by a group of Fransiscans from the Catholic Church, and is the site of alleged apparitions of Mary, the Mother of Jesus since 1981. Although it primarily attracts Catholic pilgrims, the town hosts well over 1 million visitors each year, many of them Christians belonging to other denominations and those from other faiths too. Regardless of people's belief in whether the alleged apparitions are true or not, the place serves as a centre of prayer, reflection and worship.

The region was affected by the Bosnian War in the early 1990s which killed around 100,000 people. In cities which still bear the bullet holes and scars of this war, the figure of Mary, Mother of Jesus serves an important figure for both the majority Christian Croatian population which are the majority in this area, and the Muslim Bosnians who reside further north who also revere her as a Holy figure.

The week that I went coincided with the 37th Youth festival for people between 18-35 years old, with programmes of prayer, worship and service offered to those who were interested. During my visit, some 50,000 young people were there, and I could not believe how many countries were represented by pilgrims who had come from the ends of the earth.

I saw fellow young Christians from South Korea, Colombia, Ukraine, Russia, China, Madagascar and the Holy Land to name just a few places. The zeal for



drawing closer to God was on full display and many said that this was a witness to the Church being alive amongst young people. I was selected to carry the England flag in the procession of the nations, which was a particularly powerful moment during the trip. In the procession, the English were placed next to the Argentinians, and before we went out onto the stage, two Argentinian women turned to us and said, "I think they've put us next to you as an effort at peace". The English contingent agreed, despite being secretly pleased that they lost the World Cup final this year!

The Fransiscans run many projects in the town, including a rehabilitation centre and charity called Cenacolo for young people who suffer with addictions of various kinds, including drug and alcohol addictions, amongst others. Many of these young people go to this centre as a last resort, after having been in prison in Bosnia or Croatia, and having received treatment in local healthcare centres. The centre offers help to those from all faiths, and a young muslim man told the crowd during an event that his parents had sent him to this centre after exhausting all other efforts of getting him help, and that after being there for over a year, he had overcome his addiction, had been baptised, and was now helping others within the centre in their personal journeys.

During the week, the Cenacolo centre put on a show which dramatised both the creation account in Genesis, intertwined with their own personal stories about overcoming addictions, along with the life and resurrection of Christ. The show could rival a West End show in its production and thousands of people attended to watch it. This show was a highlight for many people; all of the actors and production crew were current or former residents of the centre, and I was struck by how deeply the good work done by the charity could affect so much change in so many lives, all done in the name of Jesus.

During the pilgrimage, many pilgrims liked to start the day early in the morning, often at around 01:00am to avoid the heat of the day, and take the opportunity to visit sites such as Ap-



partition Hill and Cross Mountain which are important sites in the town. The Cross on top of Cross Mountain contains a relic of the True Cross upon which Jesus was crucified. Watching the sunrise on Cross Mountain one morning after climbing it at night was very special, and I was reminded that the often overlooked pattern of Jesus "withdrawing from the crowds" to find times of quiet reflection can be followed by us all, and can have a real benefit in our own lives, when the rush of daily life can often be intense.



Above all, I took away from the pilgrimage that, despite all of the gloom and darkness of the current news and of world affairs, there are still very many Christians seeking to follow Christ's teachings of compassion for the weak and afflicted, and seeking to further God's Kingdom. The faith of the thousands of young people there was pure and profound. It sometimes felt, as many locals said, like an oasis of peace, and a place where part of heaven touched the earth. It was a very profound place to visit, and I would recommend it to anyone who is interested.

Dan Brown



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SEASON OF CREATION 2026: LIVING WATER

The Season of Creation, **from 1 September to 4 October**, is an annual, ecumenical celebration of prayer and action for creation that Christians on six continents have commemorated for many years. The Season of Creation is a time to renew our relationship with our Creator and all creation through celebration and commitment together. During the Season of Creation, we join our sisters and brothers in the ecumenical family in prayer and action for our common home.

Around 600 years before the birth of Jesus, 30-year-old Ezekiel, an apprentice priest in exile, took on a prophetic role and wrote of a time when water flows out from under the temple, when 'swarms of living creatures will live wherever the river flows' and 'fruit trees of all kinds will grow on both banks of the river'. This year's Season of Creation is rooted in Ezekiel 47:9 and 12. Denominations across the world are calling on Christians to become 'part of God's river, joining creation's healing'.

Creator of all, we praise you for the gift of life
and for the faith that unites us in care for our common home.

We confess how estranged we have become,
from one another, from your Creation,
and from our truest selves.

We acknowledge that our greed and destructive impulses
have fractured our relationships with you,
with others, and with the Earth.

Fertile fields have become barren,
forests lie desolate, oceans and rivers are polluted. Thriving communities
have become places of suffering, and the earth cries out.

May we come together as one family, to labour for your peace, where all
your people may dwell in safety, and rest in quiet places.

Amen.

arocho.org.uk

UPDATE FROM GUILDFORD FOOD BANK

We have seen a steady demand for food parcels this year. It is encouraging to see that demand has not increased year on year this year, which you will know it has in previous years. We are extremely grateful to Guildford Lions who faithfully support us every month by contributing to our fresh offering. Everyone who donates on a regular basis makes our planning so much easier, giving the reassurance that we will have income to cover our expenditure.



Donations in kind (food and cleaning/hygiene products) brought directly to us at the food bank, or donated at Sainsburys and Waitrose have really dropped off this year, which has been a concern for us. We mentioned at the beginning of the year that we ran at a deficit in 2025. We currently have reserves to cover the costs of buying in stock and our running costs, but are having to explore fundraising projects which will help sustain our work for the future; part of this work is to encourage more donors to give on a regular monthly basis.

The continued high demand is also putting a pressure on our volunteers, whom we find we are often asking to do "just one more shift". If you are able to spread the word that we are looking for volunteer Team Leaders, Cafe Listeners and Drivers, that would be amazing. Thank you.

What we are doing

We are seeing first time clients on a regular basis at the moment and hope that our support and the appropriate signposting will help them to move away from crisis. However, some clients have complicated circumstances and need our support for longer. Where resource allows, we are talking to these clients and their referrers in more detail, to really try and support them with what is needed to help them move away from regular food crisis.

A number of our cafe listeners recently attended an "Advice First Aid" course, run by Citizens Advice, which has equipped them to be able to

support clients in using the Citizens Advice website and to carry out initial benefits checks. This will be really valuable in many cases and will also free up Citizens Advice time for more complex cases.

I am currently working with a group of local organisations to put a bid together for the Crisis and Resilience Fund. We are looking to provide in person support at a number of hubs in Guildford, including the food bank. This will enable our food bank clients and others to access face to face support and advice, in the community. We know that working in this way has already helped to reduce dependency on food banks in other areas of the country so, if approved, hope that we can start to have an impact in this way too. We will let you know if we are successful with our bid in the coming months.

*Jessica
Manager, Guildford Food Bank*

Ian's story

A few years ago, Ian was using the food bank. After paying his rent, he had £154 left to cover everything else. It didn't stretch, so he had to use the food bank. He was ashamed and said "I just wanted to get in and get out, in case I saw someone I knew." No-one should feel ashamed walking through our door. So we don't just provide a food parcel – it's a welcome, a hot drink, someone who asks how you are and talks about what could really help.

After a lot of hard work, Ian has rebuilt his life and now volunteers with us twice a week. He knows exactly how it feels to walk in.

"I was that person. So I try to make them feel a bit easier — pick out some extras, have a chat....Whoever donates is doing a fantastic job – they should be proud of themselves. I'm so grateful for how the foodbank helped me."





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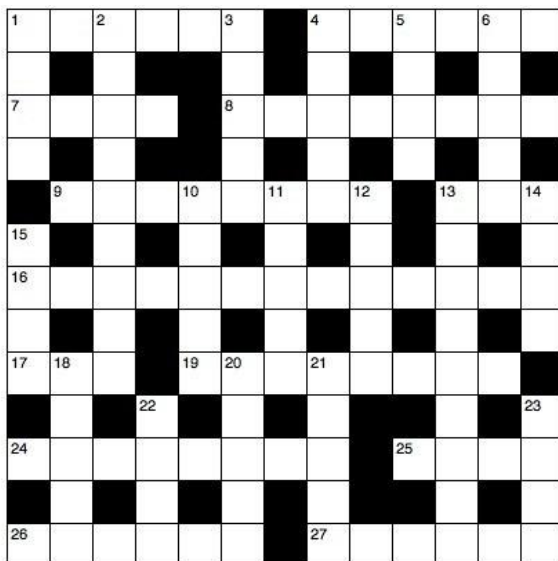

Volunteers needed!
Contact Cath in the
St Nics' office:
parishoffice@saintnics.com



PUZZLE PAGE

CROSSWORD

Answers on page 50



Across

- 1 'Unless the Lord builds the house, its builders — in vain' (Psalm 127:1) (6)
- 4 Season of the year (Psalm 84:6) (6)
- 7 'My soul is overwhelmed with sorrow to the point of death. — here and keep watch with me' (Matthew 26:38) (4)
- 8 It came over the whole land from the sixth to the ninth hour on the first Good Friday (Luke 23:44) (8)
- 9 Paul invariably did this in the synagogues he visited on his missionary journeys (Acts 17:2) (8)
- 13 'It is God who works in you to will and to — according to his good purpose' (Philippians 2:13) (3)
- 16 Members of the Church of Scotland (13)
- 17 'Now when he saw the crowds, he went up on a mountain side and — down' (Matthew 5:1) (3)
- 19 Mock(Luke14:29)(8)
- 24 Disgrace(Psalm44:13)(8)
- 25 First month of the Hebrew calendar (Exodus13:4)(4)
- 26 Christianity of the Britons before Augustine arrived from Rome(6)
- 27 Mean (Numbers 35:23)(6)

Down

- 1 'Whoever finds his life will — it' (Matthew 10:39) (4)
- 2 'My lord the king, let the — — on me and on my father's family, and let the king and his throne be without guilt' (2 Samuel 14:9) (5,4)
- 3 O raid (anag.) (5)
- 4 'If two of you on earth — about anything you ask for, it will be done for you by my Father in heaven' (Matthew 18:19) (5)
- 5 Take care of (1 Samuel 17:15) (4)
- 6 What the older son heard as he came near the house the day his prodigal brother came home (Luke 15:25) (5)
- 10 'Do not think of yourself more highly than you ought, but rather think of yourself with — judgment' (Romans 12:3) (5)
- 11 Do ten(anag.)(5)
- 12 Architectural style first used in Greek temples in the sixth century BC (5)
- 13 Capable of being used(1Kings7:36)(9)
- 14 'Each one should — his own actions'(Galatians6:4)(4)
- 15 Among the items imported by Solomon's fleet of trading ships (1 Kings 10:22) (4)
- 18 'But I am afraid that just — was deceived by the serpent's cunning, your minds may somehow be led astray' (2 Corinthians 11:3) (2,3)
- 20 Outstanding 18th-century hymn writer, — Watts(5)
- 21 One of the four sons of Asher(Genesis46:17)(5)
- 22 Be distressed(Proverbs24:19)(4)
- 23 He was the father of Gaal, who threatened rebellion against Abimelech (Judges 9:28) (4)

SUDOKU

Solution on page 40

	3			2			6
7	9			8		2	
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							9
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ACHES AND PAINS? NOT FEELING RIGHT? FEELING STRESSED?

Come and learn some techniques to alleviate these problems with **Anita Ho of Wutan UK**, instructor in the martial/internal art of tai chi:

a system of moving, mediation and self-defence. Tai chi helps to:

- Find balance in the body and mind
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- De-stress & build up good core strength
- Improve flexibility & improve clarity of mind
- Get the feeling that one is in control of oneself

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Give your mind and body the attention it needs to function effectively. On *Trust me I'm a doctor* on BBC, two groups of people were compared, one doing tai chi and one doing Zumba. At the end of the 12 week experiment it was found that the monitored health benefits were the same. Health benefits monitored were lower blood pressure, heart rate increased during the class, blood vessels were more dilated and useful blood chemicals increased (anti-oxidants, anti-inflammatory).

In his Radio 4 programme, 'Just One More Thing', Dr Michael Mosley said that doing tai chi gave the same benefits as Zumba but without the huffing and puffing! He was surprised that his heart rate increased during the practice of tai chi. Listen at www.bbc.co.uk/sounds/play/m001hf9h

He says: "If you're looking to add more exercise into your lifestyle why not consider Tai Chi. It's an ancient Chinese martial art – it's sometimes called "meditation in motion". It's a series of different postures that gently flow into each other in slow movements. One of the big benefits to Tai Chi is that it can significantly enhance the activity of our immune system. And although it looks gentle, it can be a surprisingly good workout! Michael Mosley speaks to Dr. Parco Siu from the University of Hong Kong, who has been studying the health benefits of Tai Chi for over a decade.

His research has revealed that Tai Chi can lead to faster brain benefits than other exercises. He also found that Tai Chi was as effective as conventional exercise like moderate-intensity aerobic exercise or muscle strengthening activities for reducing body weight and visceral fat!"

In this month's Vogue magazine:

vogue.com/article/what-is-tai-chi-walking

It's often recommended to go on a walk when you're feeling stressed. Whether that means taking a quick lap around the block or escaping to the nearest park to be one with nature, the act of walking has many well-documented physical health benefits - and, depending on how you do it, mental benefits too. One that falls into both categories is tai chi walking.

Comments from students in the class:

"I have tried several forms of exercise and martial arts. This works for me. I always come away energised and relaxed."

"I'm new to tai chi. After a lesson the stress of the week has fallen away. My agility is improving consistently since I've been doing classes. Anita keeps us well interested."

"I find the tai chi class a calming yet energising pause in my working week. I first started Tai Chi 7 years ago to complement the energy flow of Reiki. I am grateful for, and value, the sense of calm that Tai Chi gives me. Anita is a great teacher, who takes the time to explain the purpose of the movements, which gives a greater depth of understanding."

"At the age of 90, I'm proof that you are never too old for Tai Chi!"

**Classes will run on
Mondays, 3.30-4.30pm
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For more details see wutansurrey.com/, call me on 07941 476220 or 01252 311751, or message me on anita@wutansurrey.com.



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SUDOKU SOLUTION

Grid on page 37

5	3	4	7	1	2	8	9	6
7	9	6	3	8	5	2	1	4
8	1	2	6	9	4	5	3	7
3	4	5	9	7	8	6	2	1
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4	5	3	8	2	6	1	7	9
9	2	1	5	4	7	3	6	8
6	8	7	1	3	9	4	5	2

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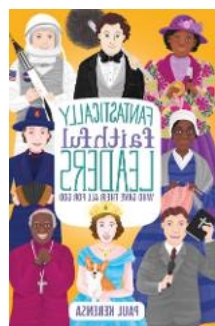


Dementia, God and the Church: Journeying with hope

By Wendy Gleadle and Frances Attwood, BRF, £12.99

Dementia is one of today's most feared health conditions, and Christians with the condition may also worry about losing their faith and their connection to God. However, there is still hope: those living with dementia can still find meaning in their life and their faith. Written

by two practitioners in this field, this book aims to show how person-centred approaches to dementia can provide hope. Wendy Gleadle first examines the difficulties of maintaining religious beliefs as cognition declines, and the implications of this if faith is equally emotional as cognitive. She explores other forms of spiritual awareness, such as relationships, the arts and creativity. Frances Attwood asks how churches can better support those living with dementia, through examining what they and their families and carers find helpful and want most. Throughout, space is given to first-hand stories of those with dementia, those working with them and those caring for them.



Fantastically Faithful Leaders Who Gave Their All for God

By Paul Kerensa, Starshine Books, £8.99

This book brings to life eight extraordinary people from history who answered God's call to lead - and changed the world in the process. Perfect for children aged 7 and up, this lively, laugh-out-loud chapter book introduces young readers to a wonderfully diverse group of real-life leaders who stepped up, spoke out, and served others - all because of their faith in God.

Whether used as a family read-aloud, for independent reading, a classroom resource, or a Sunday school supplement, this book gives children real-life role models who show what ordinary people can achieve when they trust an extraordinary God.



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WORSHIP AND READINGS

2026	8am	10am	4pm
6 th September, Trinity 14 Back pack Sunday and church picnic	Holy Communion Exodus 12:1- 14, Romans 13:8-end and Matthew 18:15-20	Altogether Worship Cafe Style Service Exodus 12:1-14, Ro- mans 13:8-end and Mat- thew 18:15-20	Tea Time Church 12:1-14, Ro- mans 13:8- end and Mat- thew 18:15- 20
13 th September, Trinity 15 Pastoral Sunday		Church Family Com- munion with Children's Church Genesis 50:15-21, Ro- mans 14:1-12 and Mat- thew 18:21-35	Tea Time Church Genesis 50:15 -21, Romans 14:1-12 and Matthew 18:21-35
20 th September, Trinity 16	BCP Communion Exodus 16:2- 15, Philippi- ans 1:21-end and Matthew 20:1-16	Morning Worship with Children's Church Exodus 16:2-15, Philip- pians 1:21-end and Mat- thew 20:1-16	Tea Time Church Exodus 16:2- 15, Philippi- ans 1:21-end and Matthew 20:1-16
27 th September, Trinity 17		Church Family Com- munion with Children's Church Exodus 17:1-7, Philippi- ans 2:1-13 and Matthew 21:23-32	Tea Time Church Exodus 17:1- 7, Philippians 2:1-13 and Matthew 21:23-32

DATES FOR YOUR DIARY - SEPTEMBER

Wednesday 2nd, 10.00am	Central Team Meeting
Wednesday 2nd, 10.30am	Men's Coffee Morning
Thursday 3rd, 8.00pm	Men's Group 'Exploring the Way'
Friday 4th, 10.00am	Baby & Toddler Group
Saturday 5th, 10.00am	Band Rehearsal
Monday 7th, 6.30pm	Safeguarding Team Meeting
Tuesday 8th, 7.30pm	Altogether Worship Planning
Wednesday 9th, 12.30pm	Wednesday Lunch Group
Wednesday 9th, 7.15pm	PCC Meeting
Wednesday 9th, 7.45pm	Sharing & Learning Group
Thursday 10th, 7.30pm	Deanery Synod
Friday 11th, 10.00am	Baby & Toddler Group
Friday 11th, 3.00pm	Friday Group
Saturday 12th, 9.00am	Prayer Breakfast
Wednesday 16th, 2.30pm	Dray Court Service
Wednesday 16th, 7.30pm	Big Build Team Meeting
Thursday 17th, 8.00pm	Men's Group 'Exploring the Way'
Friday 18th, 10.00am	Baby & Toddler Group
Saturday 19th, 2pm-5pm	Autumn Fair
Sunday 20th, 5.30pm	Youth Group
Monday 21st, 2.00pm	Hear Here Clinic
Wednesday 23rd, 7.45pm	Sharing & Learning Group
Friday 25th, 10.00am	Baby & Toddler Group
Friday 25th, 3.00pm	Friday Group
Saturday 26th, 10.30am	Orchard Volunteer Morning
Monday 28th, 5.30pm	Worship Vision Group
Monday 28th, 8.00pm	Premises Team Meeting
Wednesday 30th, 7.00pm	Finance Vision Group Meeting

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Crossword answers (grid on page 36)

ACROSS: 1, Labour. 4, Autumn. 7, Stay. 8, Darkness. 9, Reasoned. 13, Act. 16, Presbyterians. 17, Sat. 19, Ridicule. 24, Reproach. 25, Abib. 26, Celtic. 27, Intend.

DOWN: 1, Lose. 2, Blame. 3, Radio. 4, Agree. 5, Tend. 6, Music. 10, Sober. 11, Noted. 12, Doric. 13, Available. 14, Test. 15, Apes. 18, As Eve. 20, Isaac. 21, Ishvi. 22, Fret. 23, Ebed.

MORE WHOS WHO

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The Arts Society Guildford	Sian Davis	07836 550355
Guildford County School	Steve Smith	504089
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Onslow Infant School	Katherine Donlon	532726
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