



From the Rector's study We are, once more, indebted to Jana for her work in drawing our magazine together and like the conductor of an orchestra, ensuring that we all stay close enough to the score! This particular edition has a musical theme in the term we hope, pray God, to take delivery of our Digital Organ. And so it would be right to seek the prayers of St Cecilia, the Patron Saint of Music and Musicians, to intercede for us as we offer our music to the worship of the Almighty. Our music joins with theirs in heaven and our offering is perfected by God's blessing.

The role of Music in worship is one which is particularly close to my heart. I wrote my dissertation for my DTh on *The Spirituality of Music* and I offer something from that here, below. The music we offer at St Nicolas is an expression of 'all that we have comes from you and of your own do we give you' - it reflects the largesse of God, not the meanness of our offering. We have, rightly, committed to ensuring that the musicians whom we pay to sing here, are welcomed, cherished and for their offering, we rejoice. It costs money, and that money is a reflection of our priorities for without that investment we would, I hold, fall short of the Catholic worship of which we are guardians. The Catholic Choral tradition is a jewel of great price and like all well constructed and precious things, takes time, skill, time and talents to build and only seconds to destroy.

We are blessed by the ministry which Rick, our Director of Music, brings. His years of experience, the contacts he has and his love for God (a Music and Theology graduate!) are a rare combination in a shallow pool and I thank God for him and his work amongst us.

So, what is the power of this music?

I offer you an abridged version of a precis to my DTh Introduction here which reflects something of how I see the work of music and without which our worship would be all the poorer and our souls lack exposure to the beauty and mystery which the ministry of music affords:

Cultures from across the globe, spanning time and traditions, and indeed from within and beyond the Christian church, have understood, sometimes at some inexpressible level, the power of music to express spirituality, to evoke deity and for theists to invoke that deity and to acquire spiritual insight. From Medieval Organum to music used in worship songs and to accompany liturgical dance, music has, in its various forms, been the pervasive companion to religious and spiritual practices. Further, beyond the church, those who identify as being spiritual rather than belonging to a religious tradition, and indeed those touched by quasi-spiritual experiences are often accompanied by the 'soundtrack' of those events from often religious music - from secular use of monastic chant in the popular charts, to mood music. All of this serves as powerful metaphor and inspiration in accompanying what one might term a spiritual journey and for this reason is sufficient grounds for understanding the importance of music in the worshipping life of the church and, moreover, the import of understanding that for priests.

Perhaps one of the reasons for the potency of music in the liturgical realm is related to the very nature of sound of which music is one of its most distilled classification. This is grounded in the understanding that

the senses provide different and thereby unique epistemic experiences. Hearing, then, as a particular means of knowing, enables humanity and indeed the imagination to begin to comprehend and experience the transcendent in a unique and spiritually precious means. Sounds, by their nature, are transitory and require both transmission and reception. Whilst a liturgical object does not require use to in one sense live, or indeed sustain its beauty, sound only exists if it is being produced in the moment either by live performance or captured by production of a CD and other



means. This capturing of the sounds of the music or even the maintenance of a music library is not music in the same way, perhaps, as the ceiling of the Sistine chapel is said to be art; whereas the potency of the offerings of a Cathedral choir at Choral Evensong (live, or otherwise recorded) can only be experienced if one were to experience its performance. Sound, then, is a temporary means of saturation. Because of that, sound has an intrinsic energy about it and whilst there is undoubtedly creative energy demonstrated and expended in the creation of art in its many forms in the service of the church, not least in the service of the liturgical offerings of the church. Once the pew is carved or the chalice is hammered, it is in one sense all but muted in a way in which the musical offerings of the church cannot be, since in the case of wood, glass, silver and stone, the fundamental dynamic of responsibility lies with the observer or user of the item - perhaps in one sense an example of the doctrine of Receptionism. This is not the case, however, with sound which embodies life and movement, breath and life. The very sound of music could be said to be an experience of the intangible. The medium of the sculptor, painter, artisan or composer is significant to their craft, but in music there is a unique property which is in common to the variety of its expression: irrespective of Pipe organ or voice, it is controlled by air. The air, like the definition of spirituality itself is elusive, but the consequential sounds it produces, refined in music, are an incarnation of the insubstantial and elusive. Sound in general and music in particular, then, can be said to be the paradoxical medium of transcendence and a language for spirituality. It remains both elusive and dynamic; it is both temporary and eternal, both immanent and transcendent which Foley remarks is 'present but not containable' (Foley, 2015 p639). Foley further reminds us that while there are light waves they are much too fast for humans to perceive their movement. Sound waves, on the other hand, move at approximately 1,120 feet per second at 15 degrees Celsius: slow enough to be perceived by human beings as moving. This sense perception and expression of the intangible in tangible reality is the basis of its potency and an analysis of this which undergirds this will be the basis of this paper.

Photo by Suvan Chowdhury, pexels.com



In determining the work of music as ministry I proffer that the effect of music is enormous and wide-ranging; that is not to say that this ministry is in some sense intrinsic in nature, or autonomous in exercise, rather, its ministry is instrumental in that it must be offered and received.

Two views are implied and at the heart of my thesis: first, the necessary and ontological connection between music and worship and secondly, the centrality of singing and musical poiesis in divine service and worship-making as central to liturgy. In relation to the former I make an explicit case; in regard to the latter, it is rather more present by way of supposition. In the explicit sense I state that music has a ministry to offer as spiritual expression in terms of its pedagogical value, marking time and as a guide to spiritual attention and discipleship where music plays a complex and multi-faceted role in Christian life and the church's worship; in relation to the latter, I establish, apparent from the outset, that music functions as a vehicle of the soul and that is its spiritual potency.

Fr Neil

[Editor: **ontological** = relating to the branch of metaphysics dealing with the nature of being; *Google Dictionary*. **poiesis** = in continental philosophy and semiotics, poiesis from Ancient Greek: ποιησις is the process of emergence of something that did not previously exist. The word is derived from the ancient Greek term which means "to make". It is related to the word poetry. *Wikipedia*]

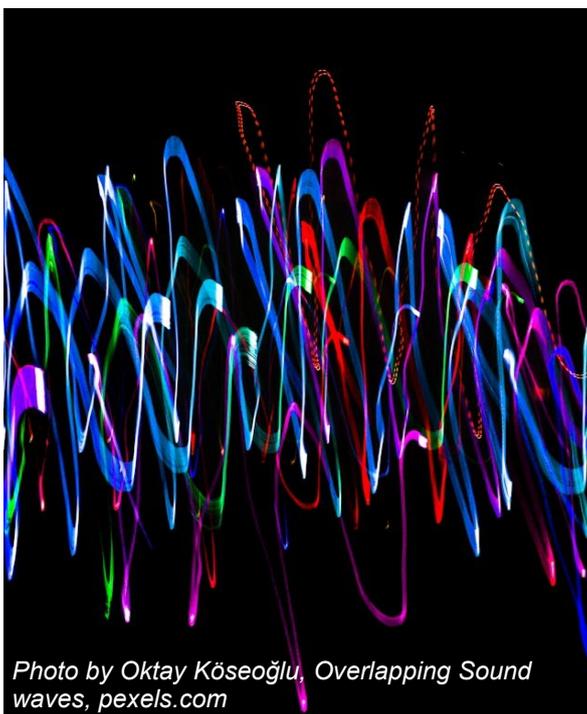


Photo by Oktay Köseoğlu, Overlapping Sound waves, pexels.com

More from the Rector... We have launched lots of wonderful opportunities for the young people and I rejoice that Nicky our Mission Enabler has done such amazing work from **Toasty Tuesdays** to **Cafe Play** on Wednesdays to **Junior church** with Cath and the team, and **Messy Church**.

For the grown ups I was keen to launch groups and I have been delighted that there has been appetite for our monthly bible study, our monthly **Beer and Banter for Boys**, a resurrected **Walsingham Cell** and our **Curry and Questions** evenings for everyone to dive deeper. But have you noticed the odd one out? Something for the girls!! So.....

I wonder: might there be something for **Fizz and Friends?** A ladies group for discussion? What do you think? ***If you are interested or think this might be something which might whet your appetite, please let me know*** - let's get this party started! We could set the agenda - topics of the groups' choice and meet monthly, just as Beer and Banter do..... or something completely different.....? **Fr Neil**



Details from the Curate... **Walsingham Cell** There is perhaps no clearer understanding of the Catholic heritage at St Nic's than in our devotion to Our Lady. There is a group which comes together throughout the year in devotion to Our Lady and is connected by association to the shrine to Our Lady at Walsingham. They are, therefore, known as the Cell of Our Lady of Walsingham. We meet to offer Mass for the Holy House at Walsingham, share a fish and chip supper with fizz and deepen our faith through spiritual and theological learning. Always joyful, we welcome anyone who would like to explore more of the centrality of Our Lady in the faith of the Church. Ask Fr Neil, Fr Ali, or Philp Hooper for more information. We meet at **7.30 pm in Church**, with the next meeting dates as follows:

- 12th Sep
- 14th Nov
- 13th Feb 2025



If you're interested in coming on **Pilgrimage with us to Walsingham** next year, do speak to Fr Neil, Fr Ali, or Donald Thompson. The dates will be the **16th to the 19th of May**.

Beer & Banter This is a men's group that does what it says on the tinny! Come and join us to discuss topics such as, "Is faith compatible with science?;" "The changing role of men in society;" "Depression and anxiety;" "Christianity in the workplace in the 21st century;" "What about all the different Church denominations?," amongst others. We ask for a £5 contribution to the beer, although if you'd struggle with this do speak with Fr Neil or Fr Ali. The only other thing you need to bring with you is a tolerance for Fr Ali's banter! We meet at **7.30 pm in the Loseley Chapel**, with the next meeting dates as follows:

- 17th Sep
- 15th Oct
- 12th Nov
- 10th Dec



Glastonbury Pilgrimage See p.14 for details. If you're interested speak with Fr Neil, Fr Ali, or Philip Hooper. **Fr Alistair**

Our Curate is now an ordained priest, congratulations!





Su 1	Trinity XIV	8:30 Mass 10:00 Mass
Tu 3		10:00 Morning Prayer, The Quire
We 4	Birinius	10:00 Morning Prayer, The Quire 12:00 Mass, St George's Chapel
Th 5		10:00 Morning Prayer, The Lady Chapel
Fr 6	Allen Gardiner	10:00 Morning Prayer, The Lady Chapel 11:00 Mass, St George's Chapel
Sa 7		4pm <i>Messy Church at GURC</i> 
Su 8	Trinity XV	8:30 Mass
	Accession	10:00 Mass & Baptism with Junior Church
Tu 10		10:00 Morning Prayer, The Quire 7:30pm <i>Curry & Questions</i>
We 11		10:00 Morning Prayer, The Quire
Th 12		10:00 Morning Prayer, The Lady Chapel 7:30pm Mass, Walsingham Cell meeting
Fr 13	Chrysostom	10:00 Morning Prayer, The Lady Chapel 11:00 Mass, St George's Chapel
Su 15	Battle of Britain	8:30 Mass 10:00 Mattins
Tu 17		10:00 Morning Prayer, The Quire 7:30pm <i>Beer & Banter</i> , Loseley Chapel
We 18		10:00 Morning Prayer, The Quire
Th 19		10:00 Morning Prayer, The Lady Chapel
Fr 20	Ember Day	10:00 Morning Prayer, The Lady Chapel 11:00 Mass, St George's Chapel
Sa 21		11:00 Wedding
Su 22	Trinity XVII	8:30 Mass 10:00 Mass with Junior Church
Tu 24		10:00 Morning Prayer, The Quire
We 25		10:00 Morning Prayer, The Quire
Th 26		10:00 Morning Prayer, The Lady Chapel
Fr 27	Vincent de Paul	11:00 Mass
Su 29	St Michael	8:30 Mass with Junior Church 10:00 Mass & Baptism with Junior Church





October Services

We 2	<i>Feria</i>	10:00 Morning Prayer, The Quire 12:00 Mass, St George's Chapel
Th 3		10:00 Morning Prayer, The Lady Chapel
Fr 4	Francis	10:00 Morning Prayer, The Lady Chapel 11:00 Mass, St George's Chapel
Sa 5		4pm Messy Church at the  GURC
Su 6	Trinity XIX	8:30 Mass 10:30 URC <i>11:30 Pub Bombings 50th Anniversary Civic Service (Rector)</i>
Tu 8		10:00 Morning Prayer, The Quire
We 9		10:00 Morning Prayer, The Quire
Th 10		10:00 Morning Prayer, The Lady Chapel
Fr 11	Ethelburga	10:00 Morning Prayer, The Lady Chapel 11:00 Mass, St George's Chapel
Su 13	Harvest	8:30 Mass 10:00 Mass
Tu 15		10:00 Morning Prayer, The Quire <i>7:30pm Beer & Banter, Loseley Chapel</i>
We 16		10:00 Morning Prayer, The Quire
Th 17		10:00 Morning Prayer, The Lady Chapel
Fr 18	Luke	10:00 Morning Prayer, The Lady Chapel 11:00 Mass, St George's Chapel
Su 20	Trinity XXI	8:30 Mass 10:00 Mass 6pm Evensong
Tu 22		10:00 Morning Prayer, The Quire
We 23		10:00 Morning Prayer, The Quire
Th 24		10:00 Morning Prayer, The Lady Chapel
Fr 25	Crispin	11:00 Mass, St George's Chapel
Su 27	Dedication	8:30 Mass 10:00 Mass
Tu 29		10:00 Morning Prayer, The Quire
We 30		10:00 Morning Prayer, The Quire
Thu 31		10:00 Morning Prayer, The Lady Chapel



From the Director of Music

Our Choral Tradition

We are extremely fortunate to have a strong choral tradition at St Nic's. On most Sundays and Holy Days our choir leads the musical parts of our services, offering to God a varied kaleidoscope of sacred music, from plainsong and Tudor settings to outstanding 20th and 21st century compositions. Led by the choir and organ the congregation sings the hymns, and about half of the time familiar mass settings. With their specialist musical skills and experience the choir usually sings a motet or anthem and often grander mass or canticle settings to enrich our worship.



At the core of our choir are the Foundation Singers, musical professionals who offer their talents, in part on behalf of the entire congregation. Unfortunately, because of rehearsal timings before and after the services the Foundation rarely gets to interact socially with rest of the St Nic's community at coffee hour. But please do get to know them, speaking to them to show appreciation. Besides their musical duties most of the Foundation people are involved in education at nearby schools, both state and private. Alison Underhay Ward, Sarah Marsh, and Ruth Vanni are the sopranos and Kate Lowe and Paula Juden the Foundation altos. Stephen Petch and Daniel Mahoney sing tenor, Nick MacMahon and Chris Pearce both bass. With their very full diaries the Foundation don't get to sing all together at more than a few services, thus the need to have more than one singer per part. We also have a list of people who occasionally deputise, coming from other choral groups in the area. Additionally, both Darrol Radley and Phil Thomas regularly sing in the choir, volunteering their services.

From time to time junior choristers are able to join the choir and we delight to be able to have them involved in the music making. At times it is impractical or impossible to have the Foundation sing, and recently a Congregation Choir has been re-established. They are members of the St Nic's community who are unable to commit to regular rehearsals and services, but who enjoy singing from time to time. They make a valuable musical contribution, boosting the singing from the nave.

Evensong: 20 October Save the date!

20th October Festival "come-and-sing" Evensong launching our new digital organ.

Our new organ will be formally introduced to St Nic's and Guildford in the way we do best: rich, glorious worship with all the trimmings followed by refreshments. Many of the 42 Surrey based choral societies and local church choirs have enthusiastically welcomed an invitation to join our own choir and Foundation Singers, so a large turn-out is anticipated. This is an excellent opportunity to showcase St Nic's as both a church and concert venue.

As befits the centenary of the death of Sir Charles Villiers Stanford, the most prominent Victorian British composer, the evensong will include Stanford's best-known Magnificat and Nunc Dimittis in B Flat, and as expected at such celebrations Stanford's Te Deum in B Flat. The anthem will be César Franck's impressive Psalm 150. Our organist and director of music Rick Erickson will lead much of the service from the organ console and Gillian Lloyd, organist and director of music at our neighbouring Guildford United Reformed Church will assist with some of the choral accompaniments.



Sir Charles Villiers Stanford (1852 – 1924) an Anglo-Irish composer, music teacher, and conductor of the late Romantic era. Born in Dublin, Stanford was educated at the University of Cambridge before studying music in Leipzig and Berlin. He was instrumental in raising the status of the Cambridge University Musical Society, attracting international stars to perform with it.



César-Auguste-Jean-Guillaume-Hubert Franck (1822 – 1890) was a French Romantic composer, pianist, organist, and music teacher born in present-day Belgium. He gained a reputation as a formidable musical improviser, and travelled widely within France to demonstrate new (organ) instruments built by Aristide Cavallé-Coll.
Wikipedia



Introducing the new organ

Rick Erickson

Since mid-February we have been using the grand piano for almost all the main services at St Nic's. Thus, we are excited, beginning this autumn, to be able to once more use an organ for regular and special services as well as concerts. During this last year Fr Neil, our organist and director of music Rick Erickson, and organ committee chair and deputy church warden Phil Thomas thoroughly researched and considered our options. Then in mid-April our PCC met and authorized the purchase of an excellent digital organ for temporary use until such time as our historic Fr Willis pipe organ is fully restored, which remains our strong intent.



Sadly, our Willis organ has deteriorated, and the bits which still barely function are so unreliable as to severely limit practical musical use. Much of the 'mechanism' still dates from 1876, with major alterations in 1913 and 1984. However costly at the time, decades of partial 'patching up' have only slightly prolonged things, and the organ is long overdue a complete rebuilding. Musically, liturgically, and historically our pipe organ certainly merits a proper rebuild, but even at today's figures the work will cost well into six-figures. In our Anglo-Catholic tradition most people expect and clearly want a good organ to accompany and lead the congregation and choir. The new digital organ will be a slight compromise until funds are raised for the pipe organ, but an excellent compromise, serving both our congregation and the wider Guildford and Surrey community.

The new organ has three manuals and 53 stops, slightly larger than the Willis organ at present, but with a tonal specification very similar to our Willis from 1913 until when in 1984 a number of stops were eliminated, and almost identical to what is proposed for the eventual rebuilding. The new organ is made by Makin Organs Ltd, a British firm founded in the Lake District in 1970. The bank of large speakers will be placed up high on a temporary wooden structure and ledge above the ambulatory (passageway between the nave and sacristy), behind the choir singers and the iron screen, to the south of the chancel. The bespoke ledge has been in place and ready since early July and is ideal for indirectly wafting the sound around the church. The oak console will be placed behind the singers, opposite the console for the Willis organ.



The Makin organ is scheduled for installation in September, and then a few weeks later each of the 61 notes per stop will be individually 'voiced' to best fit our acoustic and requirements. This 'tonal finishing' will be carried out on site personally by managing director Dr Keith Harrington, assisted by our organist and the tonal director Prof Ian Tracey, emeritus organist of Liverpool Cathedral. Whilst most electronic organs produce computer generated 'organ-like' tone, Makin organs use actual sampling of pipe organs, every single note of every single stop. Makin has a vast library of samples taken from organs by the very finest, world renowned British pipe organ builders and thus the sound is as close as it is possible to achieve a traditional British organ with a digital system.

The 'stereo' sound systems with which most people are familiar in their own homes have two channels; our new Makin will have 16, including 2 sub-woofers for the bass notes and 14 main speakers, all digitally equalized. This is needed to fill the large space of St Nic's without forcing or distorting the tone. (We don't want the organ to sound like a 1950's transistor radio or a small home instrument amplified through a Tannoy loudspeaker system!) This is more than salesmen's jargon, as demonstrated by the number of UK cathedrals installing exactly the same Makin model whilst they are in the process of rebuilding their own pipe organs.

We will have an excellent and reliable organ fully equal to the task of leading our worship of God, which will be an appropriate asset for all who use St Nic's in any way. "Let everything that hath breath praise the Lord!"



From the Director of Music

St Nic's at 150 2026 will mark the 150th anniversary or Sesquicentennial of the dedication of our present St Nicolas church.

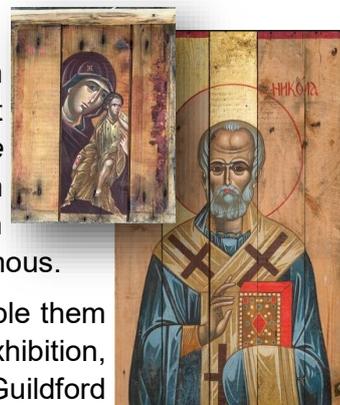


Whilst what is believed to be the 'first' stone St Nicolas church dates back to medieval times, and the record of known Rectors goes back to at least 1300, we can safely assume Christian worship dates even earlier on this site near the river crossing in what was to become Guildford. Yet, as the 17th century poet and priest Robert Herrick said, "Our years hence fly and leave no sound". Our legacy is all around us to the glory of God and witness to the community; the very fabric of the building speaks of prayer and there is the sweet afterglow of billowing incense infused in the stones. We have much reason for celebration and humble pride. Any suggestions as how to best observe this milestone anniversary should be given to Fr Neil, the Church Wardens, or Cath.

Since early Biblical times the arts have been used to give praise to God and enrich Christian worship. One of the ideas for our special anniversary is to hold an Arts Festival, with emphasis on both visual and decorative arts as well as performing arts such as music, theatre, and dance. Based upon the success of the recent exhibitions of art and icons and the many concerts hosted by St Nic's each year we would have an ideal opportunity to welcome a great many people to our church. An Arts Festival could be concentrated as an intense week-long event, or be spaced out throughout the year, perhaps culminating in a grand festival Eucharist or a traditional Corpus Christi flower show. Additionally, our own 'in-house' treasures: the architecture and stained glass, the many objects all around us in the building, and our exceptional musicians are all worthy of note. Please share your thoughts with us. **Rick Erikson**

Icons at St Nicolas

Dear congregation members, thank you for supporting the Ukrainian Icon exhibition so generously, whether as volunteers, visitors or by your donations. At the final count, the Icons raised £9,025 including our donations towards *The Mother of God* icon which we now own. As you may already know, a donor from outside our church felt strongly that St Nicolas church should have the fine icon of St Nicolas and generously purchased it for us while wishing to remain anonymous.



30% of the (discounted) value of these two icons was paid to the artists to enable them to continue their work. £6,385 including all donations made by visitors to the exhibition, was added to the proceeds from previous exhibitions, including one at Guildford Cathedral, and used to purchase an ambulance for the Ukrainian medical unit. This was requested from the Rotary Club by the unit's chaplain Fr Aleksader Reshetnik, see below right with his chaplain's vehicle; the transcript of his number plate says "Kaplan," Ukrainian for chaplain. The ambulance was purchased in

France and has already been delivered to Ukraine.

Jana Phillips





Team since: 25th August 2014

What is Lendwithcare? CARE International is a world charity fighting poverty and delivering emergency aid in over 80 countries, but it also delivers long-term help to the world's poorest people, helping to find routes out of poverty. Their micro-finance scheme, **Lendwithcare**, is one of these routes. Micro-finance is different from microcredit which just provides loans; microfinance provides loans *and* provides savings and insurance. Poor people not only have low incomes, but also uncertain incomes—and no banking facilities or access to credit when they need to buy new stock for their businesses. Microfinance particularly benefits women, usually the most vulnerable and poorest segments of society.

What does St Nicolas' do? Back in 2014, St Nics raised £200 for **Lendwithcare** as one of our special causes and I agreed to manage it via their website <https://lendwithcare.org> Do look at the St Nicolas' entry on this website – it gives you an excellent idea of the challenges facing families in the poorest parts of the world. I then chose those entrepreneurs I thought we should lend money to. Since then the initial loans have been repaid and the money re-invested in a series of new entrepreneurs. Care International, who administer the scheme, don't take any fee from the loans, however they do request an optional donation (which we always give) so the initial donation needs topping up from time to time.

Who have we lent to? Our initial loan was to a group of women entrepreneurs in Zambia who ran market stalls. That loan has now been repaid. It's good to know that the women in this group are now independent businesswomen supporting their families and contributing to the economic welfare of their communities. Over the past decade we have made 22 loans. With only one exception, these loans were all aimed at women building their businesses. From my own first-hand experience in third-world countries I know that by helping women, we also help their families; they tend to spend their money cautiously, putting funds aside for family education and healthcare. They also work together to provide childcare for each other in the community, many of them also caring for orphans within their families. Not one of our women entrepreneurs has defaulted on a loan. The one exception to a business loan, was to Mrs Bui Thi Don from Vietnam to build a new eco-toilet which has been part of a successful community scheme to raise the standard of healthcare in her village.

Our 22 loans from St Nics have so far helped over 150 entrepreneurs, 498 family members and created 15 additional jobs in Ecuador, Malawi, Philippines, West Bank Palestinian territory, Rwanda, Cambodia, Zambia, Zimbabwe and Vietnam. Our money has helped farmers, bakers, retailers, cafe owners.

I'm very proud of St Nicolas's reaching out right into the heart (and pockets) of the poorest people across the world – and making a measurable difference. A little money, well administered, goes a long way in these poor communities. **Lendwithcare** gives us hope that we CAN do something to help



Our latest loan is to Alison, a dairy farmer & cucumber grower in Ecuador

 Members: 1	 Loaned total: £1,600.00	 Donated total: £170.75	 Number of loans: 22
 Angels: 0	 Entrepreneurs helped: 153	 Family members helped: 498	 Jobs created: 13

The summary of St Nicolas' activity from 2014 to date, taken from the Lendwithcare website



Children and Families

A lot of our groups took a break over the summer, but during the second week of the summer holidays we held our annual holiday club with 72 children attending each day over the week and 38 volunteers. I would like to thank all those volunteers who made it possible, for their enthusiasm and for going above and beyond to help the children to feel safe, welcome and to have fun.



The theme for the week was computer games, but no computer consoles were used as we turned some of the children's favourite computer games into real life versions with obstacle courses, building activities and a wide variety of sports to try.



We have had some wonderful feedback from the children and parents and I am already looking forward to next year!



As we start a new school year, our friendly toddler group, **Café Play**, starts up again on **Wednesday 4th September** at St Nicolas'.



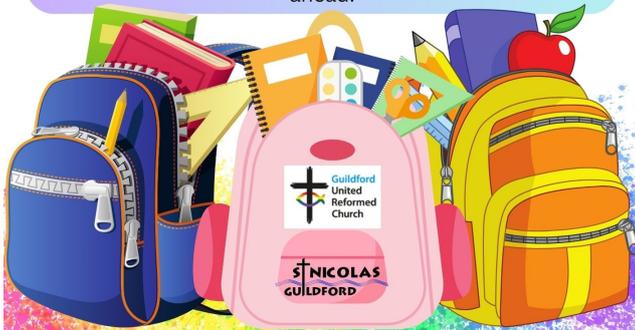
Messy Church for families meets at **Guildford URC** on **7th September** at 4pm for our Back to School session where Fr Neil and Wayne will be blessing backpacks, so please bring along your school/work bags for blessing.



Families are invited to join us for fun, faith-based games, crafts, teaching and singing as we celebrate heading back to school.

Followed by tea for everyone.

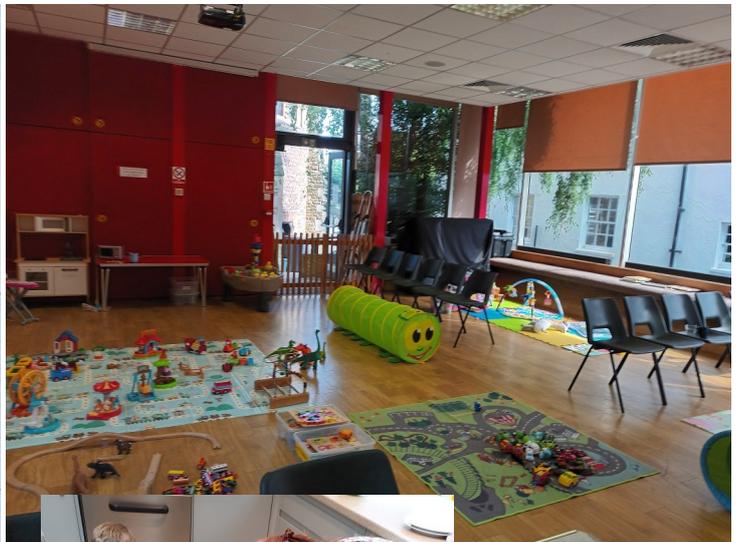
Children and adults are invited to bring along their school/work bags for a special blessing for the new term ahead.



Junior Church or 4-11 year olds resumes on **8th September** alongside our **10am service** with all our usual fun, games and crafts.



Toastie Tuesdays next date is **24th September, 5-6:30pm**. We can't wait to welcome back school years 3-6 for more fun and games and of course toasties! Please see flyers for full details and also for details of our joint activities at Guildford URC.



Café Play is ready for the new term!

Even clearing up afterwards can be fun.



Nicky Geraghty,
missionenabler@saintnics.com



Toastie Tuesdays

For school years 3-6

Last Tuesday of the month in term time

5 - 6:30pm

at Saint Nicolas Church, Bury Street

Computer games

Tuck shop (all food items 50p each)

Board games

Crafts

For more information contact Nicky, missionenabler@saintnics.com
www.saintnics.com www.guildfordurc.org.uk

in partnership with

in partnership with **ST NICOLAS GUILDFORD**

MESSY MONDAYS

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

Mondays during term-time

3:30-4:30pm

Faith-based fun for children aged 7 and under with stories, music and craft

Children must be accompanied by a parent or guardian at this group

For more information contact Nicky on families.worker@guildfordurc.org.uk
www.guildfordurc.org.uk www.saintnics.com

St Nicolas' Infant School
"Living life in all its fullness" John 10:10

According to Mrs Gregory, the Interim Headteacher and Elaine Joyce, Chair of Governors, the school had a busy time over the summer:



Val, the Catering Lead was awarded **5 stars following an Environmental Health inspection.** "We are super proud of her and appreciate all that she does for us in the kitchen every day to provide lovely lunches for us all."

"We took the whole school to **Wisley Gardens**. It was a wonderful day and the weather was kind to us. We are so grateful to all the parents who came along to support the visit. The children had a wonderful time and the staff were exhausted but happy with the way the visit went."



Dr. Trevor Walker carried out a **SIAMS Inspection** on Monday 8th July. This looks at how our school vision drives and influences the school's work.

The school bid a **sad farewell to Mrs. Appleton and Don Rae** who have been working with the children in Year 1 and Year 2. and thanks them for their hard work and commitment to the school, we will miss them!

You may be aware that the school undertook a **big building project over the summer holidays**, having to replace all internal walls to meet new fire safety standards. This project provided an opportunity to decorate the classrooms. At the start of term, staff will be busy getting the classrooms ready and so there is an additional INSET day on Wednesday 4th September. School starts on Thursday 5th September.

A new Executive Headteacher starts in September.



Most photos by
Wendy Gabriel

The Dragonfly

Today I saw the dragonfly
Come from the wells where he did lie.
An inner impulse rent the veil
Of his old husk: from head to tail
Came out clear plates of sapphire mail.
He dried his wings: like gauze they grew;
Thro' crofts and pastures wet with dew
A living flash of light he flew.

Alfred, Lord Tennyson
English poet, 1809-92



sent by **Sally Lowe,**
photo **Craig Nobbs**

"It is good Lord to be here," St Peter's words at the transfiguration of our Lord were quoted by the bishop of Bath and Wells' chaplain before she read out a welcome message apologizing for his not attending the Mass celebrating the centenary of the Glastonbury Pilgrimage, as he was that morning leading a pilgrimage of young people to Taizé. It was especially appropriate to quote these words, as the Abbey church in the ruins of which the Mass was being held had been dedicated to St Peter and St Paul. The pilgrimage had for many years been held on the Saturday nearest to the festival to these two saints until the Church of England started holding Petertide ordinations on Saturdays making it difficult for bishops to attend.

In addition it was indeed good to be there, in the beautiful ruins of the nave of the Abbey church, at a Mass concelebrated by a retired archbishop, six bishops and nearly 100 clergy. The ruins are set in a large park stretching towards with views across to the Tor itself.

In his sermon, Archbishop Rowan Williams explained how the horrors of the First World War followed by the Spanish Flu epidemic left every family in the country suffering at least one bereavement. This strengthened Anglo-Catholicism as people rebelled against being forbidden to pray for the dead. In this atmosphere Christians were inspired to start the annual pilgrimage to the Abbey.

Copper and tin were mined in the Mendip hills near the modern town of Glastonbury which served as a port for the area. St Joseph of Arimathea, Christ's uncle had a monopoly in trading in these two metals throughout the Roman Empire and might well, therefore, have visited the area. Legend has it that he took our Lord with him and that he planted part of the Crown of Thorns nearby. This was the inspiration for Blake's hymn "Jerusalem". It is of course speculation but we know little of our Lord's life before his ministry. The tree in the grounds known as the Glastonbury Thorn apparently flowers on the April day which would have been Christmas Day but for the calendar changes in the 18th century.

The Abbey itself grew to be one of the wealthiest in the country with land throughout the South West. It fell victim of Henry VIII's Dissolution of the Monasteries, with its wealth seized, buildings destroyed and its abbot beheaded on the Tor.

The final event of the day was a procession by all the pilgrims amounting to nearly 700 people through the town and back into the abbey grounds for Benediction. A tremendous act of witness in a town now apparently dominated by the occult.



Father Alistair led a group of seven from our church and we all agreed it was a deeply moving day in such a holy place. It would be marvellous to have even more next year when it will be held on 12th July, so do put it in your diaries now.



The shop inscription above says: *Jesus the Christ Soul Therapy Centre*



Lena's Hot Chocolate





The Cosy Club at Tunsgate, Guildford



The Good Grief Club

by **Helen Trussler**

We meet on the last Wednesday of every month.

September will be the sixth meet up. This is no Club anyone wants to join but it is heartening to see how well it is going and the need for a space like this is obvious. We average about six people a month, both regular and new faces. We are a friendly, welcoming group and I feel very touched and moved by the honesty of people. It isn't easy opening up to relative strangers about grief and the places in your mind it takes you.

I am also reminded that grief is not just about the loss of a loved one, we can be affected by living losses which are equally painful. Men are very welcome to come along, I appreciate that a table of women talking about their feelings may be daunting, but I can assure you that it's not all doom and gloom and we have a laugh, drink coffee, eat delicious puddings and talk about all aspects of our lives. Finally, the Good Grief Club is a collective, from the name of the group to where to host it has come from the people at St Nicolas, and the support has been incredible. So I hope the Good Grief Club can carry on for as long as it is needed.

In September I start a two year FIM (Foundations in Ministry) course. Once completed, my wish is to be able to provide support for the bereaved. I have no idea what the course entails and was always useless at studying, but at this point in my life it definitely feels like God is gently guiding me onto this path, and I am happy to be going in this direction.



Inspiration - Autumn Lecture Series September—November 2024

<https://www.stmartin-in-the-fields.org/congregational-life/lectures/>

Music, Poetry and Revelation Speakers: Lucy Winkett, Ruth Padel, Claire Gilbert
Monday 09 September 2024, 7:00 pm - 8:30 pm

A Quest for the Sacred Speaker: William Dalrymple
Monday 23 September 2024, 7:00 pm - 8:30 pm

Theatre – Innovation, Access and Community Speaker: Kwame Kwei-Armah Monday 30 September 2024, 7:00 pm - 8:30 pm

Moments of Truth Speaker: Revd Sam Wells
Monday 07 October 2024, 7:00 pm - 8:30 pm

Christian Aid Lecture: Genocide and other International Crimes: Protecting the Individual and the Group Now and Tomorrow Speaker: Philippe Sands KC
Monday 14 October 2024, 7:00 pm - 8:30 pm

Soul Friends Speaker: Rowan Williams
Monday 21 October 2024, 7:00 pm - 8:30 pm

Living with the Gods Speaker: Neil MacGregor
Monday 04 November 2024, 7:00 pm - 8:30 pm

An African History of Africa Speaker: Zeinab Badawi
Monday 11 November 2024, 7:00 pm - 8:30 pm

People and Ideas Speaker: Zadie Smith
Monday 18 November 2024, 7:00 pm - 8:30 pm

Most, but not all, are also available as Livestreams. Book through the website.

Music reaches where words fail

by **Anne Beresford**



I grew up in home where singing and making music was a natural part of life. No one had formal qualifications, just the experience of harmonising vocally and improvising on whatever instruments we'd inherited (piano, violin, cello, wooden flute) or could find - comb and paper, spoons, washboard! When I was 8 my 13 year old brother died of leukaemia. I witnessed the depths of grief but also the love and comfort of my parents' strong Christian faith along with the blessing of music to bring healing.

I trained as a teacher in the early 70s at KAC Winchester where I met my husband Paddy. It was mainly through his encouragement that I began to write songs and use them in ministering to people in various situations in our church life. Mostly, my songs were born out of struggles with faith, disappointments, and longings; but also inspiration from scripture, creation and encountering God in the dark times. One such time for us was not being able to have children but as we trusted in God's plans, we were led to adoption. First a 5 month old girl. Three years later after fostering a baby boy for 10 months sadly we had to hand him back. I also had a miscarriage the same week. This was a very deep time but gradually I found comfort in music and was able to write again- a lullaby for Gabrielle and eventually an album titled "Healing My Aching Heart". A year or so later we adopted Charlotte.

God doesn't always clearly answer our 'Why?' questions but it is possible to receive His peace in their place. This he did for me miraculously one morning at that time. My spirit was in the depths but as I listened to an amazing jazz trumpeter playing 'All hail the power of Jesus name' I just couldn't stop my spirit soaring with that trumpet! I was able to trust again.

In my fifties I trained as a Music Therapist and am passionate about the impact of music therapy in every area of life – physical mental social and spiritual. I have worked in palliative care, with those experiencing dementia, children and young people with autism and severe learning disabilities. It is amazing how music can communicate deeply from one person to another even without words. One special memory was playing my small harp at a hospice bedside. I felt led to play an Irish tune. The patient opened her eyes – the first time for days. Half an hour later the daughter came to find me saying that she had just died: "It was as if your playing enabled mum to let go. She used to sing that song to us." Another time I was playing the piano in the reception area and a doctor came to thank me as the music had just 'eased the way' at that moment to having a very difficult conversation with someone.

Singing together is so powerful in bonding and healing, especially between mothers and babies, parents and children, carers and patients. A song or a tune can release tension or distract from stress or pain. I run music sessions for parents and toddlers and music time for those with dementia and their carers, both in Cranleigh. *Ann worships at St John's, Womersley but her mother-in-law Margaret Beresford used to attend St Nicholas Church when she and her husband lived in Buryfields.*



The Celtic Harp was a wedding gift from Roy. For him I bought Panpipes, which I still possess.

The music wallpaper in my music room shows pictures of J S Bach and Joseph Haydn. There is also a picture of a harp! Psalm 100 exhorts us to Serve the Lord with gladness and come before His presence with singing. It must always be for the Glory of God.

My friendship with Peter and Hilary goes back many years to 1997, first meeting Peter at the Clubhouse Dapdune Wharf where Roy and I were invited to join the Wey Cruising Club. At that time we had a thirty foot narrow boat called 'The Hollies'. Peter was very encouraging and together we played Sea Shanties and Irish Jigs.

My Celtic Harp by **Julia Wake**

Later we met Hilary at their house by the riverbank and became known as the Friendly Waits, the name being derived from Fletcher and Wake which Hilary thought through for us. We played music when we were invited into Care Homes at Christmas and at other times as well, Peter played the melodion, Hilary played recorders, I played my concertina and Roy kept the rhythm going using the bongos, one of which can be seen in the photo. There were Christmas songs and hymns that the residents sang along to and we always finished with “We wish you a Merry Christmas and a happy New Year.”

After a year, the 50 foot narrow boat 'Bright Spark' was bought and was enjoyed at Christmas times on our mooring at Farncombe Boathouse where we gathered together for drinks of hot punch and to play our musical instruments. The boat had a long low floor cupboard in the lounge where I kept my keyboard and concertina and as my Celtic Harp was portable with a strong carrying case that could also be taken aboard. Many a happy hour was spent making music in it to cheer the soul. What wonderful memories I have of those times!

Music bringing people together

by **Helen Roberts**

Louis, Benedict and I had a wonderful week singing the services at Winchester Cathedral during August. I have been singing with the



Sanderstead Singers, which was directed by my dad until 2019, for a week at a cathedral each year since 1991. Louis first sang in 2018, Benedict in 2022 and we hope Ted will join us next year. The choir to us is extended family. This year we sang alongside by mum, sister, brother-in-law and niece (although for the first time dad was their only in a supporting role) which in itself is incredibly special, but it also goes deeper than that. All three of the boys have godparents amongst the group and consider people I grew up with as their friends, whilst also being friends with their children. Singing daily choral evensong with this group is a incredible privilege as well as a wonderful spiritual experience.

The range of music sang was, as always, vast and the boys genuinely love it. It is a huge bugbear of mine that children today are so often only given popular and/or contemporary works to sing- there is so much more out there which they can and will love with just the smallest bit of effort! In just a week we sang the hauntingly beautiful “Stabat Mater” by Sister Sulpitia Cesis, a Sixteenth century Italian nun, as well as the slightly more familiar (at least in the church music world!) sixteenth century “Ave Maria” by Robert Parsons. We also enjoyed Chorister classics such as Sumsion’s “They that go down to the Sea in Ships”, Parry’s “My Soul there is a Country far beyond the Stars” and Stanford’s “Beati quorum via” and the boys have also finally sung Sumsion in G Magnificat and Nunc Dimittis and now fully understand “have a banana” (if you know, you know!). We would have ended the week with the contemporary composer Mauten Laurensen’s stunning “O Nata Lux” but alas the week ended with the boys getting what we can only assume was Norro Virus (which they kindly passed on to both Neil and myself in the past week). It was an unfortunate end, but in no way took away from what was a wonderful week.

The week obviously involves a lots of singing-ninety minutes rehearsal each morning, an hour’s rehearsal before evensong and then singing the service itself- but it is also so much more. We traditionally complete

a treasure hunt in the city we are singing in, play board games across generations (one of Louis’ highlights was, of course, playing chess with our choirmaster!), go on trips (this year to Winchester Science Museum), cook and eat together and so much more. We are incredibly privileged to play a small part of keep the wonderful English Choral tradition alive! Next year Sanderstead Singers will be singing at Canterbury Cathedral and we would love to see you there worshipping with us.



Cathedral travels

David Greenwood sends another Welsh gem. **Eglwys Gadeiriol Tyddewi. St.David's.**

The patron saint of Wales, Dewi Sant was a bishop during the 6th century. A native of Ceredigion in West Wales, he became renowned as a teacher and preacher, founding monastic settlements and churches in Wales, Dumnonia (modern Devon and Cornwall), and Brittany. One of his most famous sayings - "Be joyful, keep the faith, and do the little things". Amen to that.

This is an ancient and holy place. The cathedral stands on the site of the monastery David founded in the Glyn Rhosyn valley of Pembrokeshire. Between 645 and 1097, the community was attacked many times by raiders, including the Vikings; however it was of such note as both a religious and an intellectual centre, that King Alfred summoned help from the monastic community at St Davids in rebuilding the intellectual life of the Kingdom of Wessex. In 1123, the Pope made St. David's shrine a major centre of pilgrimage, a status that lasted throughout the Middle Ages until it was brought to an end by the Reformation. But David's shrine is still venerated although the remains of the saint are long gone.

The 12th century Nave, showing Gower's 14th century screen and part of the magnificently carved roof from the 16th century. A typical example of how these buildings are beautified and cherished by succeeding generations.

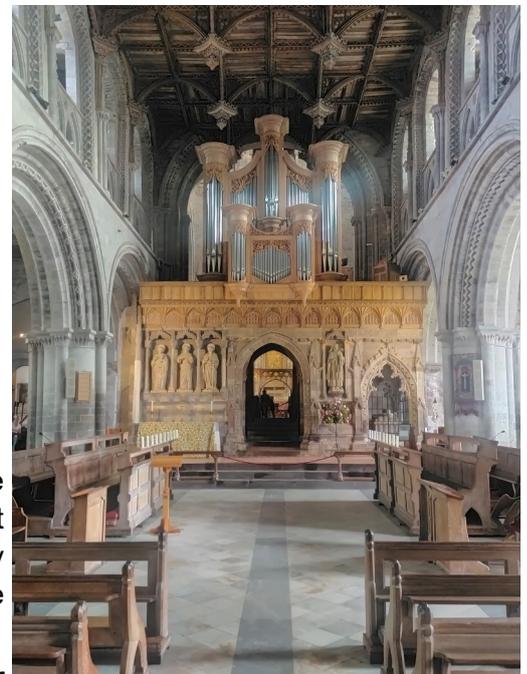
The present cathedral was begun in 1181 and is the culmination of centuries of rebuilding and expansion.

Constructed in the Transitional Norman style using fine-grained, purple Cambrian sandstone, it has survived both the collapse of its tower and an earthquake in the 13th century, although today the floor slopes noticeably, the arcades veer from the vertical, and the east and west ends of the building differ in height by about four metres.

The River Alyn, flowing past the cathedral. Such an important part of Welsh Christianity. Very much in tune with nature.



View from the south-east



The central tower ceiling





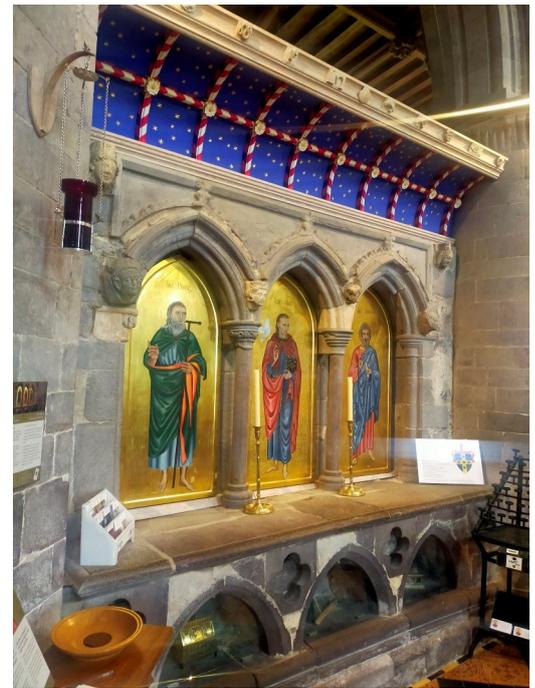
There are some superb misericords from the 15th century



The building, as we see it today, has been extended and altered over the centuries by many individuals. The Nave is 12th century, while most of the building east of the crossing dates from the 13th or 14th century. The cathedral's appearance was probably most influenced by Bishop Henry Gower in the 14th century, and later in the 19th century, through restoration by Sir George Gilbert Scott. Of particular significance are Gower's screen and the magnificent 16th century carved wooden nave vault.

A noble building in an exquisite semi-rural setting. Welsh Christianity, rooted in Celtic traditions and in tune with Nature, challenging the imagination, refreshing the soul.

Painting of a barn owl and a magpie in the entrance to the Choir Screen.



The shrine of St. David. It was a great place of pilgrimage until the Reformation, when it was destroyed. It was restored in 2012.

The town of Saintes Marie de la Mer is the capital of the Camargue which is an area of wetland in the South of France where the Rhone meets the Mediterranean sea. It is a fishing village and the area and its church is of particular importance to the Gitanes, Manouche and Gypsy who as an ethnic group originated in Northern India. Since 1935, Marquis Baroncelli authorised the procession into the sea of the Black Sara as a focal point for these people who come from all over the world in May and October. The Catholic church has tolerated this and the town has benefited economically from these gatherings. So many of these people suffered in the concentration camps.

Les Saintes Marie de la Mer and the Black Madonna by **Grace Gale**

The Marian aspect comes in the form of the story of the three Marias' escape from Alexandria after witnessing the empty sepulchre where Jesus rose from the dead. The church is dedicated to the Virgin Mary and to Mary Magdalene as well as two others, one the mother of James and John the fishermen. There is a pilgrim route for Mary Magdalene who is supposed to have ended her days in a cave at Baume.



There is a statue to the Black Madonna in the village where my son lives along the pilgrimage route. Sara, perhaps a Gypsy herself, is supposed to have welcomed these religious refugees to the Camargue and there is a precedent for the boat people today and the Roma. Black here means a compliment to pure blood.

I went into the Crypt to experience the heat of the candles and the devotion to Sara. Rupert Sheldrake considers the Earth to have a morphic resonance or a memory and this religious site certainly had a very profound effect on me, perhaps because there is a history of economic and political refugees among my own ancestors.

Van Gogh painted the church in 1888 while in Arles. This is my painting of the Basilica Les Saintes Maries, painted in oil after the painting by Van Gogh.



Members have continued to gather from 9:45 each morning for a varied programme, always accompanied by friendship, fun and chocolate biscuits! We have enjoyed a mixture of shared activities, discussions and memories. We have also been treated to talks by guest speakers. Tuesday Group gardeners offered a varied plant stall for the Church Summer Fayre, decorated with some of our own handicrafts. If you have never enjoyed a game of “Carpet Bowls without the Carpet” on a hall floor which added unpredictability, you have missed some excitement! Bingo has traditionally been a gambling game, but the Tuesday Group version without the gambling taxed our general knowledge and memories, and inspired lively discussion. Shared memories have played a part in other topics. Do you remember when Timothy White’s provided a shopping experience in Guildford? We have been treated to some inspiring talks by guest speakers. John Vines gave an informative account of humankind’s struggle against disease, and the scourge of Smallpox in particular. He brought to life the work of Edward Jenner and the discovery of the method and benefits of inoculation, a legacy from which we all benefit today. Rory Fenner returned to tell us of the “Summer Night Sky.” Once again we heard the most fascinating explanation of the vast expanse of wonder to be seen above us at that time of the year, and marvelled at the depth and detail of Rory’s extensive knowledge which he shared with us. “A Summer Medley” provided by members brought the term to a close, but we look forward to the start of our new Autumn programme.

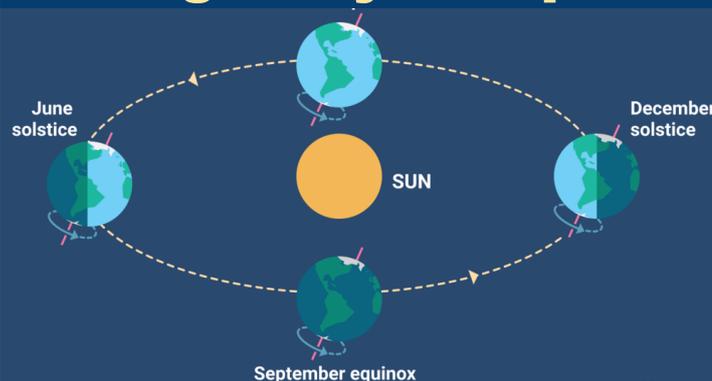
The programme for September & October:

- 3 Sept** A good place to visit locally—contributions from members
- 10 Sept** Quiz—2 teams
- 17 Sept** Fun games for all
- 24 Sept** Pencil and paper puzzles quiz—working in pairs
- 1 Oct** Culinary herbs—individual contributions
- 8 Oct** Simple Autumn craft work
- 15 Oct** A favourite film—individual contributions
- 22 Oct** “The Story of the Symphony” Part 2 - Tchaikovsky to Rachmaninov
Guest speaker
- 29 Oct** Half term holiday



Written by **Hilary Fletcher**, photos **Chris Goodwin**

The night sky in September & October **Rory Fenner**



September The **Sun** moves from Leo into Virgo on 23 September, at Autumnal Equinox. *[when the tilt of the Earth’s axis is perpendicular to the rays of the sun, making day and night equal].*

Mercury reaches Greatest Western Elongation and offers its best morning apparition. **Venus** is poorly placed in the evening sky. **Mars** migrates into Gemini, becoming well placed in the morning sky by the end of the month. **Jupiter** rises late to mid evening, bright to a magnitude -2.5 and is

well high in the sky by the end of the night. **Saturn** reaches Opposition in Aquarius on 8 September and is visible all night. **Uranus** is an morning object near the Pleiades open cluster and is high in the South by the end of the night. **Neptune** reaches Opposition on the 21 September and is visible all night in Pisces.

October The **Sun** moves from Virgo into Libra on 23 October. **Mercury** passes Superior Conjunction on 30 September and is out of view. **Venus** improves slightly in its frustrating evening apparition but is mired in the evening twilight. **Mars** is really well placed in the morning sky in Gemini, brightening to magnitude $+0.3$. **Jupiter**, a brilliant morning object in Taurus, at magnitude -2.7 , is high up in the small hours. **Saturn**, not long after Opposition, is still visible most of the night. **Uranus**, a morning object in Taurus near the Pleiades, is visible through binoculars or a small telescope. **Neptune** lies well placed in the constellation of Pisces, not long after Opposition.

I spent yesterday morning picking blackberries. My hands and arms always fit a bit tingly afterwards due to the thorn scratches and nettle stings, but it's worth it for the free produce. I have some Blackberry Liqueur now in production (delicious in a glass of prosecco - Hedgerow Fizz!) I also make Bramble Jelly and Blackberry Jam - the latter often made with apples, which reminds me so much of my childhood. There was a lady in my home village who made a delicious cake using blackberry jam and as she was called Helen, it's known as Helen's Sponge. I hope you like the recipe - I hope to have some blackberry jam on sale at the **McMillan Coffee Morning on Friday 27th September**, so you'll be able to make this.

Helen's Sponge

8 oz soft margarine
 8 oz soft brown sugar
 8 oz plain flour
 2 teaspoons baking powder
 1 teaspoon ground cinnamon
 4 large eggs
 2 dessert apples (diced)

Filling:

250g mascarpone, 2 oz icing sugar, 4 tablespoons blackberry jam.

Put all the sponge ingredients into a mixing bowl and beat together until lighter and fluffy. Fold in the diced apple and fill two 8 inch tins. Bake in a moderate oven (180C - 160C fan - Gas 4) for 30 minutes. Mix the icing sugar into the mascarpone and fold in the blackberry jam. Sandwich the cooled cakes with the filling.



The great Scone debate

by **David Greenwood**



I have always assumed that burning heretics is a bad idea; recently, however, I am beginning to think there might be a point to it.

A few weeks ago, controversy raged in the Times letters column - which can always be guaranteed to highlight the things that really matter. The question was that age-old conundrum - whether to put cream before or

after the strawberry jam on your scone. I shared this problem with my friends on Facebook and unwittingly unleashed a social media storm.

Well – it's obvious isn't? Cream first. Almost immediately, I was assailed by those who favour putting jam on first. They didn't actually say I should be locked up for my safety and that of others, but they came close. And that was not the end of it. These Jammists proceeded to split between those who favoured raspberry jam and those who adhered to the strawberry faction. Then there were those who insisted on butter first before the jam.

So – I was presented with a contrast. On the one hand, we had the simple and rather beautiful purity of Creamism; on the other, there was a bewildering cacophony of beliefs (Strawberry Jammism; Raspberry Jammism; Buttery Strawberry Jammism). This, I said to myself, is what happens when people go astray - as G.K.Chesterton nearly said - "when people cease to believe in cream, they will believe anything." !!

Finally, we were all challenged by the weird idea that the cream should be scraped off after it has been spread !!!! This, of course, was extremism of the worst kind and united the Creamists and the Jammists in condemnation. After all, if someone will scrape off the cream then what will they do, given half the chance, to the Creamists themselves? Truly, I tremble. And we think Full Visible Unity is within reach !

"Therefore it was called Babel, because there the LORD confused the language of all the earth; and from there the LORD scattered them abroad over the face of all the earth." Genesis 11:9

Inspired by Stuart Murdoch's recent article about AI, the editors used Copilot to illustrate a solution to the Scone Dilemma →



New flamenco dance classes at St Nicolas' Parish Centre



Starting on Monday 9th September, Guildford Flamenco is offering weekly dance classes for beginners (6:30 - 7:30 pm) and improvers (7:30 - 9:30 pm). All classes will be led by a qualified flamenco dance instructor from the London School of Flamenco, the UK's largest flamenco school. Flamenco dance can be enjoyed by people of all ages, genders and abilities. For more information visit www.folkinspiration.org/flamenco

For Beginners

Mondays 6:30 - 7:30 pm

For Improvers

Technique:

Mondays 7:30 - 8:30 pm

Choreography:

Mondays 8:30 - 9:30 pm



Luminosa Chamber Voices Presents a Night of French Choral Masterpieces at St Nicolas Church, Guildford

Luminosa Chamber Voices is delighted to announce an enchanting evening of French choral music on November 9, 2024, at the historic St Nicolas Church in Guildford.

This much-anticipated performance will feature a selection of beloved French choral works, promising a rich and diverse musical experience, including Maurice Duruflé's serene and spiritually uplifting Four Motets, César Franck's exquisite "Ave Verum," and Gabriel Fauré's profoundly moving "Cantique de Jean Racine." The evening will also include Marc-Antoine Charpentier's grand "Te Deum," a masterpiece of the French Baroque era.

Luminosa Chamber Voices, known for their meticulous artistry and emotive performances, will bring these timeless pieces to life under the direction of their esteemed conductor. Their dedication to musical excellence and passion for choral music ensures an evening that will captivate and inspire audiences.

The venue, St Nicolas Church, provides a perfect setting for this concert. Its splendid acoustics and historic ambiance will enhance the audience's experience, making it a memorable night for all.

"We are thrilled to share these French choral gems with our community," said Rebekah Abbott, conductor of Luminosa Chamber Voices. "Each piece in this programme has been selected for its beauty and emotional depth, and we are excited to bring this music to life in such a wonderful venue."

Don't miss this opportunity to experience the beauty and power of French choral music. Mark your calendars for November 9 and join us for an evening that promises to be both moving and unforgettable. The concert will begin at 7 pm. Tickets are priced at £10 and available via www.luminosamusic.com/box-office or for purchase on the door

For more information, please contact Luminosa Chamber Voices at boxoffice@luminosamusic.com



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LIVING WITH ANXIOUS THOUGHTS



Led by **Dr Martin Brunet, GP at Binscombe Medical Centre**
and **Dr Jenna Mckeown, Clinical Psychologist**

Saturday 19th October 2024
10 am – 12.30 pm
(Coffee available from 9.30 am)

Please reserve a place by contacting Sally Pollard

email: pollard3@hotmail.co.uk,
tel 01483 428646)

by Friday 4th October

Life Issues Series

At **Godalming Baptist church**

Queen Street, Godalming, Surrey, GU7 1BA

Living with anxious thoughts can be very difficult.

This session will look at all aspects of anxious thoughts, intrusive thoughts and health anxiety, and aims to help with understanding where these thoughts come from and how best to manage them.

The session will be free of charge, but with an opportunity to give a voluntary donation, towards the Farncombe Community Garden -

see the link to the garden Facebook page:

<https://www.facebook.com/>

[Farncombcommunitygarden](https://www.facebook.com/Farncombcommunitygarden)

Dr Brunet shares short video posts on social media on topics around mental health, which we can highly recommend:

Instagram: https://www.instagram.com/doc_martin_gp/

Facebook: <https://www.facebook.com/docmartingp>

Youtube:

<https://www.youtube.com/channel/UCwzJTqBWK4PrIwxTH5DoqYw>

St. Nicolas Parish Church, Bury St, Guildford, GU2 4AW

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Please email or telephone your material to Jana m.07970 934325, post to the Parish Office or give to Fr Neil or Jana at church.

The next copy deadline is **Sunday 20 October**. The issue will cover November & December 2024.

