

in partnership with Guildford Methodist Church

a member of the cluster group with St Nicolas' and St Saviour's, Guildford

Being intersex in the house of God

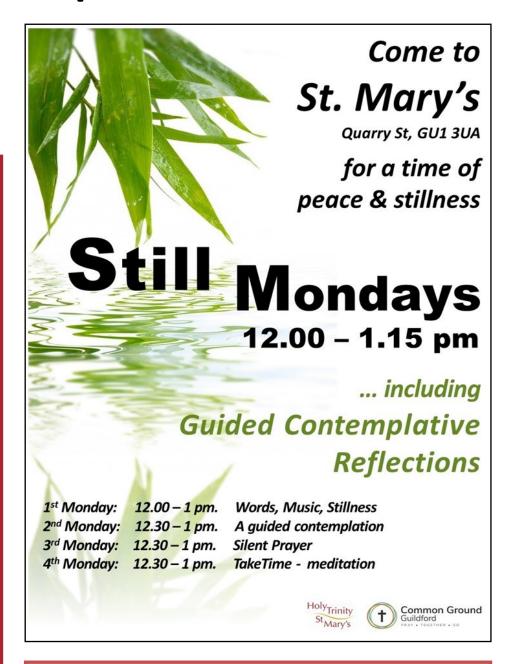
On 5 August, Sara Gillingham was invited to talk to the congregation of St Mark's Church in the parish of Badshot Lea and Hale as part of their inclusion series of sermons. She spoke movingly on her experience of being intersex in the House of God.

Read Sara's sermon on the website

Rector's Blog



NEWSLETTER SUPPLEMENT September 2018



Summer Evening Services at Holy Trinity

During the summer break our evening worship was organised and led by members of the congregation. Some of the reflections given are now available to read on the website.

For newsletters, events and more visit www.holytrinityguildford.org.uk

Parish Office opening hours (term-time): Monday-Friday 9.30am—1.00pm office@holytrinityguildford.org.uk | 01483 567716

Please submit items for the October supplement by Wednesday 26 September

Alexandra, Tim and Henry Clifford Hill would like to thank so many people from the parish for their incredibly kind cards, presents and messages since Henry's arrival on 29th August. Thev are deeply touched by thoughtfulness and generosity. They will thank everyone properly in due course but in the would meantime like to express gratitude. They are all well, extremely happy and looking forward to introducing Henry to everyone!

New Chairs. The three lonely red chairs which have been lurking at the back of the church will soon be joined by three hundred or so more. They are due in October. Having received our faculty we were able to place our order in August. We have arranged for another company to take the old ones away and pay us a small token amount for each usable chair. But first, if any member of the congregation would like a souvenir or two (or more) then please contact one of the wardens. Thanks. 'Tricia and Stephen

Heritage Talks. Thurs 13 September 7.00pm in St Mary's *The Lull before the Storm* with Matthew Alexander. Sat 15 September in the Trinity Centre 12.15pm *Sir Richard Weston and the Wey Navigation* with Doug Scott.

Silent Prayer for half an hour at the beginning of the week at St Mary's at 12.30 pm on Monday 17th September 2018 - a time of peace and personal prayer *Brian and Rod*

Next Trinity Club meeting: "If you must volunteer, can't you find something more glamorous than working in prisons?". Come to the Trinity Centre on Tuesday 25 September at 10.30am at which Anne Marriott will discuss her experiences of volunteering in the un-glamorous distinctly Feltham Young Offender Institution both as a tutor (in basic literacy and numeracy) and as an assistant facilitator on Restorative Justice courses. As always there will be coffee and delicious biscuits, companionship and stimulation. All welcome. David Uzzell

Jonathan Veira performs Songs & Tales in aid of The Leprosy Mission at Emmanuel Church on 22 September at 7.00pm. Tickets £10 from jonathanveiraguildford.eventbrite.co.uk.

Lunchtime Concert given by music scholars of Guildford High School in Holy Trinity. Wednesday 26 September at 1.15pm. Admission free.

Guildford Opera invites you to an evening with Kevin John and Friends on 29 September in Holy Trinity Church. This trio of talented soloists, Hannah Dobra (soprano), Kevin John (tenor) and Phillip Guy Bromley (baritone) will entertain you with a memorable evening of wonderful songs, arias and duets. Tickets from www.visitguildford.com or 01483 444334.

'Threads through Revelation'. Guildford Cathedral is hosting a stunning collection of vibrant, large-scale textile panels created by artist Jacqui Parkinson, which illustrates themes from the book of Revelation and gives valuable insight to what many of us may view as a somewhat difficult book of the Bible. Don't miss it - runs until 12 October.

The annual Christian Aid Town Centre Collection organised by St Nicolas Church will be on Friday 7 December between 10am and 4pm. Last year nearly £600 was raised on a cold and rainy day without covering all the slots available. If you are willing and able to devote an hour of your time to help please contact David Greenwood (07534 328408).

The next Parish Walk will be on Saturday 29th September in the Pyrford area. As it will be a shorter distance, about 5 miles, and very easy walking we will start at 10am. We are hoping to include a church and a pub. All are welcome, including four legged friends. Please register your interest with Yvonne Cameron (cameronjam@aol.com)

Autumn Churchyard tidy up. We hope that as many of you as possible can join us for the autumn tidy of the churchyard on Saturday October 27th. We will convene at 9.30am and plan to work until about midday with a break for coffee and biscuits. If you can bring some secateurs, loppers or other tools that would be helpful and we would advise wearing gloves. No real gardening skills required, it is a very social event just coming for an hour or showing moral support would be appreciated. Cameron, David Uzzell. Yvonne 'Tricia McIntosh and Stephen Marriott

Rev Joy Todd R.I.P.

Joy Todd was a gracious, kind and sensitive person. She put others first, and cared deeply for them. Joy loved this parish: the music, the people, the connections with the town. After her working life in Guildford, Joy became a lay reader and then was ordained in the early 1990s, being one of the first tranche of women priests. Through her gentle service and deep prayerfulness, she encouraged a number of people to change their opinions about women's ordination. Her spirituality and deep Christian character shone through.

Joy was committed to offering pastoral care, especially to those who might otherwise be forgotten. She cycled up and down hills, taking Communion and bringing comfort to many. She loved the music in the parish as well as the attitude of "open our hearts to the High Street".

Joy was a treasured member of this parish community, a faithful priest and a fine friend to many.

Robert

Joy's funeral at St Mary's Thursday 20th September, 10.00am

Memorial Evensong at Holy Trinity Sunday 14th October at 6.00pm

A message from Bishop Jo:

I'm very sad to hear of the Rev'd Joy Todd's death yesterday, not least because in learning of her death I realise all that I have missed in her life.

Robert's few words about her lead me to want to thank her for her role as a forebear of women in ministry—and particular in ordained ministry—in Guildford. I wish I could have thanked her personally for that. Her role in the pastoral care of others inspires me—along with her commitment to the study of theology and her inspiration to others to know and love God. All the essential marks of a priest...

It's also clear from Robert's words that Joy understood the church as her true family. I send fond wishes and my heartfelt prayers to all in that family, especially at Holy Trinity and St Mary's, who mourn her passing.

'Precious in the eyes of the Lord is the death of his saints' Psalm 116.14

Thanks be to God for Joy!

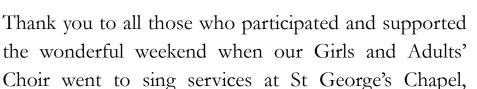
WANTED URGENTLY: music-loving volunteer to help Gillian Lloyd with the monthly lunchtime organ recitals in St Mary's. Simply hand out programmes, welcome the recitalists, and thank them at the end - two enjoyable hours a month. For details contact David Carlé (01483 575813) or the Parish Office (01483 567716).



Holy Trinity Church

Holy Trinity Girls' & Adults' Choir Tour

11th-12th August 2018







Windsor Castle and Southwark Cathedral, involving 70 people from the parish each day. Some wonderful and moving music making - with (of course) much fun, pizza eating and ice cream consumption along the way! Photos of the tour are on the parish website and Facebook page.

Organ Scholars at St Mary's

In 2016, **Nicholas Edwards** (then a student at the Royal Grammar School) began playing the organ for worship at St Mary's on one Sunday each month. He became one of the first 'Organ Scholars at St Mary's'. Nick has developed his skills brilliantly, leading towards the award of a scholarship at Christ's College, Cambridge, which he takes up later this month. Nick will be giving an organ recital at St Mary's on 12 September at 1.10pm.

Sam Jones started as an organ scholar at the same time as Nick. Sam will continue playing for another year as he is now in the Upper 6th Form at RGS.

Emily Nott will be joining Sam as an organ scholar. We welcome Emily and offer her encouragement and thanks as she contributes to our parish worship.

Renewing the windows in the Trinity Centre

We have decided to renew the windows in the Trinity Centre, starting with the windows on the west side. This is being done as some of the windows do not close properly, some are rusting and some glass can no longer be properly secured. The project, however, has been temporarily paused while we have further discussions with Guildford Borough Council. Material for the half-complete project has to be stored securely in the Trinity Centre: in the Quiet Room and by the cellar door. More news will follow as soon as possible.

Robert

Tuesday Mix

2.30 - 4 pm

- · September 11 Anne Payne will lead us into our new term
- September 25 Operation Christmas Child. Follow the shoebox into the hands of a child with Maureen Grew
 ... also a lovely stall

For further details of activities, contact Rosamund: 577766



St Mary's





'For the fruits of His creation, Thanks be to God.'

New Methodist Minister at St Mary's The Rev Keith Beckingham





Keith Beckingham has been Superintendent of the Brownhills & Willenhall Circuit since 2014. His move to the West Midlands followed appointments in the Christchurch & Lymington Circuit from 2003 to 2012 (where he was Superintendent) and, following circuit amalgamation, the Christchurch & Wimborne Circuit. He previously served for 16 years in the Swinton and Chorley Circuits.

Before transferring to the Methodist Church Keith was a Salvation Army officer, subsequently studying for two years at Hartley Victoria College Manchester. He also holds a postgraduate diploma in Applied Theology from Westminster College Oxford. Keith's wife, Hilary (who is a local preacher) was also a Salvation Army officer and they have grown-up family living in Hampshire and South Yorkshire.

Keith has experience of chaplaincy in a variety of settings and is particularly interested in developing links between mission and pastoral counselling as well as the use of music as a tool for mission.

Looking forward to his appointment Keith said "Hilary and I are delighted that the next chapter of our lives will be shared with the Wey Valley Circuit and we pray that together we will discover more of the grace of God as we pursue the path of Christian discipleship."

A message from Keith:

Dear Friends,

I wanted to write a few words of introduction and say how blessed Hilary and I are to come to Guildford and to share God's grace with you. It is a great privilege to be appointed to this appointment and walk with you on the path of discipleship and mission that God is leading you on. In this year when the Methodist church has asked us to review and discuss the Conference Report on Ministry it is especially interesting to come into a closer relationship with the Church of England and other Christians.

My wife Hilary is a preacher and formerly a primary teacher trained to specialise in music, an MHA chaplain, and a circuit lay worker. We have 3 children and 4 granddaughters with another grandchild expected in November. Previous circuits include Swinton, Chorley, Christchurch & Lymington and Brownhills & Willenhall.

I feel that God is calling me to know more of His immeasurable grace and to find new ways to share His grace with all people. I pray that together we may "grow in the grace and knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and forever! Amen." (2 Peter 3:18)

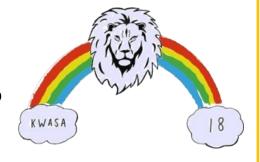
I look forward to building relationships with you and working with you.

God bless you,

Keith

KWASA 18 | 3-15 August 2018

21 people from Holy Trinity and St Mary's travelled to South Africa to experience life in Kwasa College.



Here are some of the highlights and reflections.

- A smile and a hug from one of the brighter, and more disruptive, little boys in Grade 1 he
 just needed some time and individual interest.
- Re-enacting Joshua and Jericho with the littlest ones in Ladybirds (age 3 to 4), aided only by two Lego figures, a plastic table turned on its side, and lots of castanets and tambourines and whistles.
- Watching the Ladybirds help each other wash their hands.
- The joy on the children's faces when they greeted us in the morning and when they were having the sports' day.
- One highlight for me was watching the children performing in the concert. They were so enthusiastic and confident and a number were obviously quite talented! It also gave me more of an insight into their culture.
- The day that Jane, Chris and myself took charge of Class 2 in their teacher's absence. I was way out of my comfort zone just being in a classroom with the kids but to actually have co-responsibility was terrifying! But the three of us were able to bounce ideas off each other and change plans at a moment's notice when we saw something wasn't working. At the end of the day I felt we'd actually taught the children something from their maths and English syllabus as well as keeping them amused creatively.
- As I said one evening whilst at Kwasa, I was worried that I must be hogging all the best bits as I was having such a wonderful time. Turns out I wasn't, but it definitely felt like it!
- I loved working with the Grade 4 class (9/10s) and building a relationship not only with the children but also with the teacher, whose demeanour and class management methods (shouting!) seemed rather unapproachable at first despite his, asked for advice and help with putting on a play.
- Everyone seemed to think in advance that we all (or those new to it) would be feeling apprehensive. I wasn't really. Was looking forward to it, not sure what it would be like totally, but not that apprehensive.
- Surprised by quite how tired I would be.
- Camaraderie & getting to know acquaintances now friends!
 The children were amazingly up-lifting, and we don't fully realise how lucky UK children are, until you see & begin to understand all their circumstances.
- There was almost too much to absorb, both contrasts and similarities: being warned, for
 instance, not to take photographs of the informal settlement because it was too dangerous,
 and then watching the children learning and playing in safety at Kwasa, being allowed for
 a short while to behave like children the world over arguing, shoving, helping, talking,
 sharing, smiling, crying, singing.

- My experiences over the 12 days were both varied and very exciting. From schoolroom to safari the trip has given me so many precious memories. Seeing all the animals and birds in their natural habitat made me realise how critical it is to preserve such wonderful creatures for future generations.
- 'Butterfly class' at Kwasa is for about thirty 5-6 year olds; I admit I was surprised to see a white face. They seemed very small against our children of the same age. At this age the pupils wear their own clothes to school; it was cold when we visited so they wore their coats all day in the classrooms only taking them off to play if the day warmed up. It must have been hard for their parents to keep their clothes clean and many of their shoes were inadequate. All their lessons were in English although most spoke Zulu as their mother tongue. They concentrated in the class on numbers to 10, the date and learning their letters with a number of singing sessions and stories which they listened to with intensity joining in with any repetitions. Part of their day included having breakfast and lunch, usually a plate of a basic food, filling, nutritious but not exciting. They ate outside on the ground from plastic plates with a plastic cutlery They are very lucky to have a caring and creative teacher, Miss Lesego who loves her job despite the poorer conditions of service than she would have in a state school. When I think of 'Butterflies' I will remember their smiles and openness.
- Kwasa college is doing a fantastic job of meeting some of the enormous needs of both the
 children in the neighbourhood and the wider community. Needs that in their wider social
 context, and complexity, I hadn't remotely understood before we went. But Kwasa is already
 a big business and the ongoing management of both current needs and future plans will be
 a significant challenge. I suspect the level of the commitment required of HT/SM will need
 to expand in parallel.
- Visiting the Apartheid Museum
- The service on the first Sunday at a township Church: over 2.5 hours long, but full of energy, joy and wonderful singing
- The Museum of Humankind
- Sunrise Prayer with the birds singing
- In the last hour on safari, with Stephi, scanning the countryside through binoculars for any animal at all and watching a small movement of what appeared to be rocks turn into a "dazzle" of 9 zebras trooping down from the hillside to the water hole. For a while they felt like "our zebras" pure magic!

Learning and loving in Africa 7th October, Sunday morning worship at Holy Trinity

Reflections on our continuing links with Kwasa Photos and discussion after the service



EXPLORE YOUR HERITAGE

Holy Trinity's Mound

The mound in the centre of the churchyard is intriguing. There are many theories about it but actually it's just a pile of earth and rubble. Not any old rubble though – it is the soil removed when the church was extended in 1888.

We know this because when Philip Palmer, master of Abbot's Hospital, drew a plan of the gravestones in 1891 he labelled the mound as the soil excavated for the extension.

By the 1880s the 1750s church had become too small. Not only had the population increased, but services had changed. Communion was far more frequent and more space was needed, and there was a choir which sat at the east end, not in the west gallery as in the old church. The organ had also been moved from the gallery. The architect Arthur Blomfield drew up plans for a new church stretching from one side of the churchyard to the other, using as much space as possible. Money was raised and work began on the east end. This was part of the churchyard and presumably the soil was kept on site because it was consecrated ground. Gravestones were moved to the west wall to create space for the rubble, and other gravestones were placed at the foot of the mound. The churchyard had been closed for burials for thirty years at this point.

When the tiny 1750s chancel was demolished parts of the medieval church were found used as building rubble. Some pieces were kept in the porch but have now gone, and others may still be in the mound. A Purbeck marble slab was used for a dais for the altar in the Queen's chapel, and was revealed recently when the carpet was removed. So although the mound is only spoil from building work it may contain clues to the history of the church.

Mary Alexander



Three successful years and now onwards to the fourth!

We would like to invite all those who have been involved in Sandfield activity mornings over the last year to a celebration in the Trinity Centre on 23rd September after the morning service at Holy Trinity. Please bring your coffee with you and we will provide cake and biscuits. This is a thank you for all your help during the last academic year, and a chance to discuss what went well and where we could improve in the future. We shall end by 12.00 so that you can get home to your Sunday roasts!



Anyone who is curious and perhaps even interested in being involved in the future would also be very welcome. Come and find out how things work from those who have already been involved.

Jan and Margaret

Saturday Coffee on 29th September

Holy Trinity 10am - 12noon

Our regular Saturday Coffee Morning on 29th September will be held as part of the 'World's Biggest Coffee Morning' event in aid of



Macmillan Cancer Support. Please come and join us. If you would like to donate a cake, or come and help, please contact me at stephi.pratley1@btinternet.com. Stephi Pratley

Safe Car Wash App

"Through the Safe Car Wash App we now have a chance to help tackle this scourge which is damaging so many people's lives." The Archbishop of Canterbury, Justin Welby

Modern slavery is hidden in plain sight on our high streets. The National Crime Agency thinks there are tens of thousands of people being exploited in the UK, forced to work long hours, for little or no pay, and under threat of violence.

Some of those people are being exploited in hand car washes - download the Safe Car Wash app and help stop modern slavery. Within the first month of the app's release, 11 modern slavery cases in car washes were opened from callers encouraged to make a report through the 'Safe Car Wash' app that indicated 69 potential victims of labour exploitation in car washes.

www.theclewerinitiative.org



Practical Aspects of Spirituality



St. Mary's

Quarry Street Guildford

09.30 - 12.30

22 September Saturday

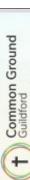
Making Space for God

Ideas for mini retreats and meditation

Richard Fox

session is open to all who want to take This stand alone Saturday morning their spiritual life deeper.

please email Richard Fox at richard@purposefullives.com If you would like to attend





Coffee Cake St Mary's

Take a break from your shopping & meet up with friends

Thursday 27 September:

What happens @ St. Mary's?" focussing on







drop in to St Mary's

between

20.00 to 23.30

Friday 28 September

'- looking at life through a different lens'



Stained Glass Wariations

An Exhibition of Photographs by Michael C Sleigh Capturing Images of Church Stained Glass



St Mary's Church, Quarry Street, Guildford Open Tuesdays, Thursdays & Fridays 11.00 - 15.00

This exhibition is the seventh in a series of displays showing images of church stained glass from photographs taken by professional photographer Michael C Sleigh.

Originally started as a personal project, it has developed into the Church Stained Glass Project under the auspices of The Neo-Gothic Guild.

The exhibitions aim to increase appreciation of the beauty of stained glass and the quality of design that can be seen in church windows.

This display includes a new set of images of windows by J E Nuttgens dating from 1929 & 1935 showing the stylish design influences of the period.



Regular Services, Activities & Events

Need more information? Interested in using our buildings?

Contact the Parish Office: 01483 567716 | office@holytrinityguildford.org.uk

*term time only

Sunday	Holy Communion Sung Eucharist (Foodbank collection 1st Sunday)	08.00 10.00	St Mary's Holy Trinity
	Morning Service (Foodbank collection 1st Sunday)	10.30	St Mary's
	Choral Evensong (term time) or Evening Prayer	18.00	Holy Trinity
Monday	Morning Prayer*	08.30	Holy Trinity
	U3A Keep Fit*	9.00 & 10.15	Trinity Centre
	Words, Music Stillness (monthly 1st Monday)	11.45-13.00	St Mary's
	Silent Prayer (monthly 3rd Monday)	12.30	St Mary's
	Guildford Vox Choir practice*	19.00	Trinity Centre
Tuesday	Morning Prayer*	08.30	Holy Trinity
	U3A Yoga Class Trinity Club discussion group (monthly last Typeday)	10.00	Trinity Centre Trinity Centre
	Trinity Club discussion group (monthly last Tuesday) Holy Trinity Church open with stewards	11.00-15.00	Holy Trinity
	St Mary's Church open (monthly 1st Tuesday)	11.00-15.00	St Mary's
	Lunch Club (monthly 1st Tuesday)	12.30	Trinity Centre
	Lunchtime recital (monthly 1st Tuesday)	13.15	Holy Trinity
	Tuesday Mix fellowship group (fortnightly)	14.30	St Mary's
	Pilates Class	20.00	Trinity Centre
Wednesday	Morning Prayer*	08.30	Holy Trinity
	Chit Chat*	09.30	St Mary's
	Organ Recital (Mar-Dec, monthly 2nd Wednesday)	13.10	St Mary's
	Shine Time Theatre School* Rock Choir Rehearsal	18.00 19.30	Trinity Centre
	Bell ringing practice	20.00	Holy Trinity HT or SM
Thursday		08.30	
Thursday	Morning Prayer* Coffee & Cake (monthly 4th Thursday)	10.30	Holy Trinity St Mary's
	Holy Trinity Church open with stewards	11.00-15.00	Holy Trinity
	St Mary's Church open with stewards	11.00-15.00	St Mary's
	Roman Catholic Lunchtime Mass*	12.45	St Mary's
	HT Choir practice (boy choristers & adults)*	18.15	Holy Trinity
	HT Choir practice (girl choristers)*	18.30	Trinity Centre
	Girl Guides*	19.00	Trinity Centre
	Argentine Tango class	21.00	Trinity Centre
Friday	Brownies*	17.15	Trinity Centre
	Girl Guides*	19.00	Trinity Centre
Saturday	Guildford Theatre School*	all day	Trinity Centre
	Morning Prayer	09.30	Holy Trinity
	Saturday Coffee	10.00-12.00	Holy Trinity



Activities & Events

Regular activities are listed separately. Our two churches and the Trinity Centre are also used by a wide range of community groups throughout the week not listed here.

Sept	embe	er 2018		
Sun	9	Children's Groups resume during Sung Eucharist	10.00	Holy Trinity
		Choral Evensong resumes	18.00	Holy Trinity
Mon	10	Quiet Monday: Lectio Divina guided contemplation	12.30-13.00	St Mary's
		Mothers' Union meeting	19.30	Holy Trinity
Tue	11	Tuesday Mix	14.30	St Mary's
		George Abbot Graduation ceremony	pm	Holy Trinity
		The Upper Room	20.00	The Keep pub
Wed	12	Chit Chat training day	09.30	St Mary's
		Holy Communion at Abbot's Hospital	10.00 Ab	bot's Hospital
		Monthly Organ Recital: Nick Edwards	13.10	St Mary's
Thu	13	Heritage Day open churches	11.00-15.00	HT & SM
Fri	14	Heritage Day open church	10.00-16.00	St Mary's
Sat	15	Heritage Day activities in both churches	10.00-16.00	HT & SM
Sun	16	Heritage Day open church	12.00-16.00	St Mary's
Mon	17	Still Monday: Silent Prayer	12.30	St Mary's
Wed	19	Chit Chat resumes	09.30	St Mary's
Thu	20	Funeral: Joy Todd	10.00	St Mary's
		Royal Grammar School Senior Prizegiving	pm	Holy Trinity
Fri	21	Concert: Martin Harley & Daniel Kimbro	20.00	Holy Trinity
Sat	22	Practical Aspects of Spirituality	09.30	St Mary's
		Full Peal of Bells for Private Melville	am	Holy Trinity
Sun	23	Harvest Eucharist (all ages)	10.00	Holy Trinity
Mon	24	Quiet Monday: Take Time guided meditation	12.30	St Mary's
Tue	25	Trinity Club	10.30	Trinity Centre
		Tuesday Mix	14.30	St Mary's
		Concert: Guildford High School Music Scholars	13.15	Holy Trinity
Thu	27	Coffee & Cake	10.30	St Mary's
Fri	28	Night Vision	19.30-23.00	St Mary's
Sat	29	Saturday Coffee in support of Macmillan	10.00	Holy Trinity
Sun	30	Sung Eucharist followed by	10.00	Holy Trinity
		Dedication of new war memorial in Castle Grounds	11.15 C	astle Grounds
		Folk Concert	19.30	St Mary's
Octo	ber 2	2018		
Mon	1	Still Monday: Words Music Stillness	12.00	St Mary's
		Guildford Methodist Church Council	19.00	St Mary's
Tue	2	Lunch Club	12.30	Trinity Centre
		Lunchtime Concert: The Royal Grammar School	13.15	Holy Trinity
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FRANCISCAN PRAYER

Most people, when they think of St Francis, remember the pictures of him with birds or the story of the taming of the wolf. For me, however, the most remarkable story is that of St Francis kissing the leper, overcoming his strong revulsion because in the face of that leper he saw the face of Christ. What an example for us as we try to see Christ in every person we meet.

The Third Order was started by St Francis in 1221. Not everyone could follow him, he said, for some had to stay behind to look after fields,

animals, homes, matters of state etc. So he founded a lay order whose members commit to a Rule of Life while living in their own homes, working in the community and caring for families. We all know many Christian men and women who are not members of a religious order but I find it helps me to live out my Christian faith.

I chose an Order because I needed the discipline of a Personal Rule of Life and chose Francis because he saw God in all His creation and respected all life. The principles of the Order are Gospel-inspired, aim at inclusivity and show God's love and compassion. I joined the Third Order of the Society of St Francis in 2001 and after a three-year noviciate was professed as a tertiary.

Franciscans emphasise incarnation, not redemption. It is good to be human as Christ was human. Real presence is everywhere, in neighbour, in nature, in sinners and enemies, in the collective Body of Christ and in bread and wine. If you want to find God look first in a mirror, not in a building of stone. Imagine seeing the world in a grain of sand and heaven in a wild flower.

Prayer, work and study, make up the three ways of service. All three interlink. Francis saw work as a form of prayer.

It is important to make time and to find the right place for prayer. The time may only be a few minutes, while the place should be somewhere that feels right and makes you want to be with God. We withhold time from those with whom we feel shy, indifferent, suspicious or hostile; we set it aside for those we like, wish to work with or love. We should want to spend time with God and therefore spend time in prayer.

Much of prayer should be like a conversation with a good friend – speaking and really listening. We should be able to talk about anything – our desires, hopes, fears, requests, guilt – and, above all, we should give thanks for all we have and are. Having committed to pray each day I find it has become part of my life, a bit like the first cup of tea or cleaning my teeth.

For Francis Jesus became someone to imitate, not just to collectively worship. Love and action are more important than intellect or speculative truth. Francis emphasised the importance of love and learning how to love. By spending time with God in silence I have felt His embrace and have been able to love God back. It is good to be intimate with God.

Jane Gillbe