

Dear Friends,

This photo might not look much but it's meaningful to me. It's a view of the River Tiber in Ostia, about 20 miles from Rome. It was the focus of a previous sabbatical which began with a week in that beautiful city.



In his book *Confessions*, St. Augustine of Hippo describes looking out of a window of a house in Ostia on the River Tiber where he and his mother St. Monica shared a profound spiritual experience. His account of this experience was a reading I studied in a module on Christian Mysticism some years ago. It inspired me to go to Ostia which was a wonderful, spiritual and historical visit.

*Confessions* was written as a prayer to God and in it, Augustine uses his own life story to show how the more we learn about ourselves, the more we learn about God.

Nowadays ancient Ostia is an excavation site with buildings, frescoes and mosaics which have been excellently preserved. There is even an old, excavated church which would have stood during the time of Augustine's visit to the town. It was a sacred place for me.

Rome was the starting point of a journey made by another famous St. Augustine – of Canterbury. He was sent by Pope Gregory as a missionary to England and is regarded as the founder of the English Church. The site of the Benedictine monastery where this Augustine was the Prior now has a church dedicated to Pope Gregory. It was another significant sacred site in the history of Christianity which I was able to visit.

Journeys, pilgrimages and visits can be spiritual experiences in which we learn more about ourselves and about God. We can learn much about God's world through the geography and history of the places around us.

I hope that whatever you are doing for the remainder of this summer, whether it is a time of work, rest or play, whether you visit sacred sites, the seaside, or the local park, it will be a time of blessing and renewal.

Shaun



### **Resources/Good News**

#### **Keeping cool in a heatwave**

Age UK's website has information and tips on how to stay cool in hot weather, and advice on what to do if you feel unwell.

It's important to be prepared for hot weather as high temperatures can be dangerous to your health.

[How to keep cool in hot weather | Age UK](#)

#### **New app to make bus travel easier for visually impaired users**

Surrey County Council is now the first UK local authority to provide a new app to help guide blind and partially sighted passengers around bus stations across the county.

The Aira Explorer app allows customers to place a video call with a trained visual interpreter on speakerphone, who looks through the person's smartphone camera to guide them around the bus station.

The service is now operating at bus stations in Guildford, Redhill, Staines and Woking.

[New app to make bus travel easier for visually impaired users | Surrey News](#)

## **Trinity Methodist Church, Woking**

is seeking to appoint a

### **CHURCH ADMINISTRATOR**

to support our ministry and liaise with  
the many groups using our premises  
Monday to Thursday 9am to 1pm (with some flexibility required)  
Remuneration £15 per hour

Application forms can be downloaded from our website  
[www.trinitywoking.org.uk](http://www.trinitywoking.org.uk)

Or by contacting the office at [recruitment@trinitywoking.org](mailto:recruitment@trinitywoking.org)

Telephone 01483 730754

Applications should be received by 18<sup>th</sup> July 2025  
Interviews will take place 11<sup>th</sup> and 12<sup>th</sup> August 2025

## **The Contemplative Oasis**

I run a short contemplative group each Thursday evening between 8.30 and 9pm called the Contemplative Oasis. I use the source material from the Methodist TakeTime resource which originated in the prison ministry at Send prison.

I run the meeting both in person and by Zoom and wanted to offer an invitation to anyone in the Circuit who would like to join in by Zoom if they want to try out the TakeTime Contemplative resource.

The Zoom link is here:

<https://zoom.us/j/94431865967?pwd=wdfznhYT53u9wvPii8B3zqdTWo8MDM.1>

Ross Richardson, Senior Steward at Walton

# STOUGHTON METHODIST CHURCH

*(On the corner of Stoughton Road and Grange Road)*

## COFFEE CORNER

Tuesdays from 10 am – 12 noon



**3<sup>rd</sup> June**

**10<sup>th</sup> June**

**17<sup>th</sup> June**

**24<sup>th</sup> June**

**1<sup>st</sup> July**

**8<sup>th</sup> July**

**15<sup>th</sup> July**

**22<sup>nd</sup> July**

**29<sup>th</sup> July**



Enjoy Coffee & a Chat, Coffee & a Game, or Coffee & a Book

The choice is yours!

**Everyone welcome – bring a friend!**

## COFFEE AND CAKE

**AT ST. MARY'S**

QUARRY ST. GUILDFORD GU1 3UP



**JUNE – AUGUST  
2025**

**Thursday 26 June**

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**Thursday 24 July**

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**Thursday 28 August**

**10.30 – 12.00**

- each month features a different charity

***Everyone welcome***



# Weybridge Male Voice Choir

Conducted by Jonathan Kilhams  
Accompanied by Thomas Kelsey

Registered  
Charity  
No: 1038624



Present a

## Summer Concert



With Special Guest



Charne Rochford

**Friday 18th July 7.30pm**  
**St James' Church, Weybridge KT13 8DN**

**Adults £15 U12's go Free**

Retiring collection  
in aid of



COMMONWEALTH  
WAR GRAVES

*Foundation*

Tickets from Choir Members, or  
[www.ticketsource.co.uk/weybridgemvc](http://www.ticketsource.co.uk/weybridgemvc)





**RAFFLE**

**FREE ENTRY**

**POPcorn**

**LAKEVIEW COMMUNITY  
FUN DAY**

**Saturday 19th July**

**11am - 4pm**

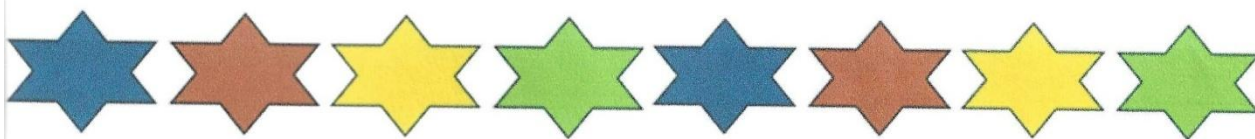
**At Lakeview Community Centre &  
Hartshill Walk Green GU21 3AG**

**Live Music - BBQ- Bouncy Castle - Food & Drink Stalls- Ice Cream  
Van - Raffle- Tombola - Games -Craft Stalls - information stalls and  
more!**

 **Reg Charity No:- 1115704**

**We have space for a few more stands with activities and also more  
volunteers on the day would help. If anyone can help with either of  
those, could they please contact [ROCwoking@gmail.com](mailto:ROCwoking@gmail.com)**





**Saturday morning events at the  
Addlestone Methodist Church café  
on Station Road**



***Come along between  
10am and 12 to enjoy  
tea/coffee and cake and  
join in with activities***

**1<sup>st</sup> Saturday of each  
month – Fun Bingo**

*Donations to Sam Beare Hospice  
or Open Doors Charity*

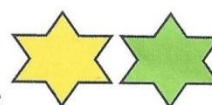


**2<sup>nd</sup> and 4<sup>th</sup> Saturdays – popular  
hymns & songs to sing to or just  
listen to.**

**3<sup>rd</sup> Saturday – time for our Quiz**



*Check notice board for any changes*





## Bereavement Support Group

The Brigitte Trust is running **free** structured 8-week bereavement programmes run by a professional facilitator for anyone in Surrey struggling with their own grief and bereavement.

The aims of the programme are to:

- provide support with focus
- encourage mutual support
- share experiences
- learn new coping strategies
- develop some altered thought patterns

The sessions are limited to a maximum of 12 people and offered in different parts of Surrey according to need.

For more information or to book a place contact **Sarah Pattenden** on **07469 932192** or email **[sarah.pattenden@brigittetrust.com](mailto:sarah.pattenden@brigittetrust.com)**





## New Specialist Outreach Service for Women Affected by Gambling – Now Available Across Surrey

Oakleaf is expanding its Bridge the Gap Trauma-Informed Outreach Service to support women affected by gambling-related harm.

### Referral Form



Our dedicated team offers  
**1-1 community-based support** for:

- Women impacted by their own or someone else's gambling
- Ethnic minority communities
- Veterans
- Autistic women

**Empowering individuals.  
Building stronger support networks.**

For more information about the service, please visit:  
**[www.oakleaf-enterprise.org/gambling-support](http://www.oakleaf-enterprise.org/gambling-support)**

Reg Charity no:1064524

101 Walnut Tree Close,  
Guildford, Surrey, GU1 4UQ

Reg Company no: 3388671