

Monday 1 November
 Wednesday 3 November
 Thursday 4 November
 Sunday 7 November
 Saturday 13 November

Men's Fellowship: the Andrewses talk about India
 Holy Communion at 11 am, followed by a light lunch
 Anchor: Jon Davey on living with the media
 Annual service for the bereaved, 3 pm
 The Spirit of England: a concert for Remembrance
 Guildford Cathedral, 7.30 pm (£18, with concessns)

Sunday 14 November
 Saturday 20 November
 Sunday 21 November
 Thursday 25 November
 Saturday 27 November

Remembrance Sunday
 Monthly Parish Walk
 Briefings on next Ukraine visit, after 10 and 6.30 services
 Diocesan Evangelical Fellowship AGM & dinner
 Enthronement of Christopher Hill as new Bishop of Guildford
 Guildford Cathedral, 11.30 am

Sunday 28 November
 Wednesday 1 December
 Thursday 2 December
 Saturday 4 December
 Monday 6 December

Advent Sunday
 Holy Communion at 11 am, followed by a light lunch
 Anchor Christmas meal and get-together
 Christmas Lights event in the Parade
 Men's Fellowship Ladies Night: Maggie Stredder

REGULAR SUNDAY SERVICES

	8 am	10 am	6.30 pm
1st Sunday	Holy Communion (trad)	Morning Praise	Evening Prayer
2nd Sunday	Holy Communion (trad)	Morning Praise	Holy Communion Ord. 1
3rd Sunday	Holy Communion (trad)	All Age Service	Evening Prayer
4th Sunday	Holy Communion BCP	Holy Communion Ord. 1	Evening Prayer
5th Sunday	Holy Communion (trad)	Morning Praise	Evening Prayer

WEEKDAY SERVICES

Monthly on a Wednesday (see diary above): Holy Communion (Prayer Book)
 2nd and 4th Wednesdays, at 2 pm: Toddlers' Praise (in the Church Hall)
 Every Wednesday, at 7 am: Prayers for 30 minutes (in the Quiet Room)
 Every Thursday, at 3.45 pm: Intercessions (in the Quiet Room)

Monthly on a Thursday, at 11.45 am at Wingham Court: Holy Communion
 4th Thursday in month, at 11.30 am at the Day Centre: Holy Communion

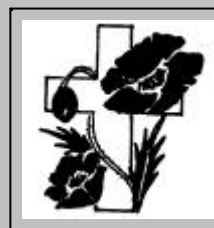
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REMEMBERING IN CLAYGATE

SUNDAY 7th NOVEMBER AT 3

Annual Service of Remembrance and Thanksgiving for those who have been bereaved



SUNDAY 14th NOVEMBER

Act of Remembrance at the War Memorial at 11 am followed by Remembrance Sunday service in Holy Trinity

keeping you in touch

November 2004

SCRIPTURAL AUTHORITY IS NOT A PERIPHERAL ISSUE

Julian comments on the Eames Report

Many who have little to do with the church are bemused by the divisions they see within the Christian community. They cannot understand how those who call themselves Christians seem unable to live peacefully alongside one another, whether that is between denominations or within a particular denomination. Furthermore they cannot see why the current crisis in the Anglican Communion has arisen over what appears to be so peripheral an issue. It has also to be said that many Christians who are deeply involved in church life are equally dismayed at those same divisions, knowing that they are a bad witness and undermine the already weak credibility of the church in the UK at this time.

(Continued on page 2)

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LAY ASSISTANT MINISTER: VALERIE BAGLEY

CURATE: THE REVD DAVID KING

NON-STIPENDIARY MINISTER: THE REVD PROF LINDA MORGAN

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Julian's requests for prayer during November

Julian writes: Let me walk you through a number of things in the diary for November, so that you know what is happening and so you can pray.

1. On Mondays (1st, 8th and 15th) Julian is teaching on the Guildford Diocesan Ministry Course on Paul and his letters. This is the end of a nine week course teaching 16 students training to be Lay Readers or Ordained Local Ministers (OLM's).

2. On Friday 5th the Holy Trinity team that plan All-Age services meet to finalise arrangements for Christmas.

3. On Saturday 6th the Alpha Course holds its Away Day, but here at Holy Trinity.

4. On Sunday 7th our annual Bereavement service takes place at 3 pm, and any who have been bereaved, whether recently or a long time ago, are most welcome.

5. On Wednesday 3rd a four week Baptism Course begins for parents who wish to have their children baptised.

6. On Thursday 11th Julian is in Taunton, assisting in the appointment of a new Vicar

7. On Friday 12th a meeting takes place to finalise preparations for the Holy Trinity budget for 2005, prior to its presentation to the PCC on 22nd November.

Bishop's Enthronement

If you are interested in attending the service in Guildford Cathedral on Saturday 27th November, please have a word with Julian, as places will be limited.

New date for Parish Weekend

High Leigh have now been able to offer us the weekend of 10th-12th February 2006, and this has been booked. Please reserve the dates!

8. On Saturday 13th Guildford Diocesan Synod meets for the morning.

9. On Saturday 20th couples getting married at the end of 2004 and beginning of 2005 will share a half day of marriage preparation.

10. On Sunday 21st there will opportunities after both the 10 am and 6.30 services to hear and ask questions about the proposed trip to the Ukraine in 2005.

11. On Wednesday 24th Julian answers questions at a meeting of members of the Cathedral congregation.

12. On Thursday 25th the Archdeacon of Exeter, the Ven Paul Gardner, will speak at the annual dinner of the Diocesan Evangelical Fellowship in Holy Trinity's church hall.

13. The new Bishop of Guildford, the Rt Revd Christopher Hill, will be installed and enthroned in Guildford Cathedral on Saturday 27th at 11.30 am.

14. The new Bishop will spend the morning of Tuesday 30th with the clergy and licensed workers of Emly Deanery.

From this list of events you can see that November is a busy month. Please pray that all these things will be blessed by God.

Lighting the village for Christmas

The switching on of Claygate's Christmas lights, and all the other festivities in the Parade which traditionally go with that event, will take place this year on Saturday 4th December, starting at 4 pm.

At the time of going to press, we cannot tell you who will be performing the switch-on ceremony.

Church sends another two on leadership course

Holy Trinity is for this academic year sponsoring two more young people on the "Deeper" Christian leadership course at St Saviour's Guildford, which is combined with a practical placement here in Claygate. This year's pair are Tara Watkins, who is assisting Asa with the church youth work, and Fran Hunt, who is assisting Stuart in working with community youth. Tara's experience of one aspect of the course is described on page 5.

St Saviour's piloted a course called "Get Connected" in 2001-2, and the following year Holy Trinity sent Greg Stallard on it. Last year, it was Neil McKinnon who went from Claygate to participate in the course, and both Greg and Neil joined with Stuart in his work among the young people of Claygate. The course has now been restructured under the new title "Deeper".

Result of Harvest Appeal

This year's Harvest appeal was for the benefit of Tearfund, the Christian relief and development agency, and succeeded in raising a total of £3830, of which £750 is tax recoverable under the Gift Aid scheme. Thanks to all who made contributions.

Damage to gravestones

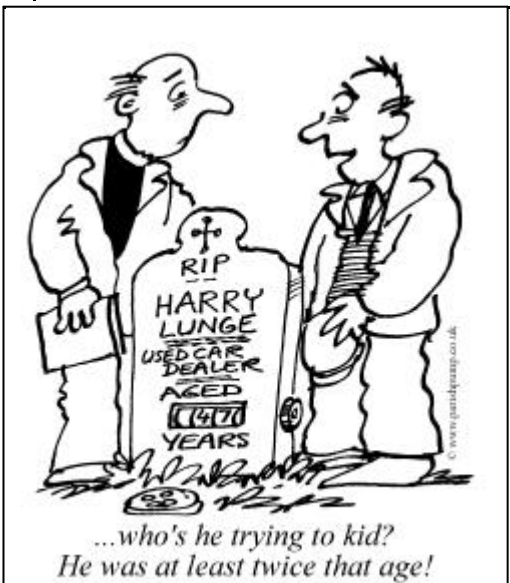
Those visiting Holy Trinity over the last month will have noticed the broken gravestones in front of the church. This appears to have been the result of an accident and, with the matter in the hands of insurers, there is every reason to believe that that it will be satisfactorily resolved and the gravestones

Holy Trinity's youth work reviewed

One of the features of September's meeting of the Church Council was a paper and presentation by Asa on the church's youth work. This was one of the PCC's regular focuses on aspects of Holy Trinity's activities. Asa reported that the Youth Fellowship was 24 members strong and growing, and commented on some of the inherent challenges, like ensuring a continuous supply of new helpers, as senior members went off to university and were lost from the leadership team, and the need to promote integration with the life of the church generally.

A new financial overseer

David Andrews has now stepped down from the position of Chairman of Holy Trinity's Finance Advisory Group, and his place has been taken by Rodney Luff. Rodney had been the Treasurer of the successful Appeal to house our Curate.



New help for the Church Office

For quite some while the demands on those who work in the church office have been more than should be reasonably expected. So earlier this year a review of all the Church office work was carried out by Jem Salter. This made clear that the growing number of areas of work in church and parish were increasing the workload on the office staff to too great a level.

The PCC responded by deciding that a new part-time position of Deputy Administrator should be created. Notices in the newssheet over the summer produced a list of interested people, of whom three eventually made formal applications for the post. All three were strong applicants and are members of Holy Trinity. A morning of interviews was held on 30th September.

Christine Greaves was appointed and will be starting on 15th November. Chris lives in Esher and is a recent member of the 10 am congregation. She did the Alpha Course in early 2004 and was one of the candidates baptised and confirmed at Holy Trinity on 18th July. Chris has been employed by Elmbridge Borough Council

in short-term contract work for a number of years, helping with the oversight of voting and elections. In her spare time she is also currently the District Guides Commissioner.

We welcome Chris to her new post, praying that she will settle in quickly and that her 15 hours a week will make a significant difference in reducing Janet's workload.

Help of another kind has also just arrived in the Office, in the form of a new duplicator. The old duplicator was giving frequent trouble and had come to that infuriating point where it was too unreliable, where its faults were creating huge amounts of extra work and where spare parts were no longer available. The PCC decided at its September meeting to replace it and the new machine arrived on 14th October.

Do remember to give thanks for and pray for Janet, Doreen and Chris and all their many helpers in the Office.

Julian

Repeat visit to Ukraine agreed

At September's meeting of the PCC, it was unanimously agreed that, following this summer's successful visit to the villages of Akli and Gyula, our support for the area should be sustained by another visit in the form of a working holiday next summer.

The dates now settled are from Friday 29th July to Monday 8th August, with the pattern for the visit similar to this year's. A leaflet is now available giving details of the plans and the costs involved, and application forms are available from the Church Office for those who would like to join the team. Completed application forms, and a deposit of £100, need to be submitted by Wednesday 24th November.

Fellowship members briefed on Ukraine

Members of the Men's Fellowship sat down to an excellent supper in the Church Hall last month to inaugurate their new season of meetings.

After supper, Andrew Tarcy introduced the up-dated video of Holy Trinity's visit to Ukraine, following which he and Michael Webb-Peploe, the leader of the medical team, were able to add a few comments, and answer a range of questions about conditions in the Transcarpathia region and what members of the Holy Trinity team had been able to do.

In Julian's absence teaching in Guildford, David King drew out some biblical connections and closed the evening with prayer.

A Christian hospital in Kent

The subject for ANCHOR's October meeting was "Burrswood - A Christian Hospital & Place of Healing" and our speaker was Kate Kirkland. Kate is a Management Consultant working among charities and has helped Burrswood with a project, so has seen it from many different angles.

Kate emphasised that the entire focus of Burrswood is on healing the whole person - body, mind and spirit. "This is true Christian healing: the entirely practical application of love and prayer given in a framework of knowledge and medical expertise".

She gave a brief outline of the history of Burrswood, which is set in beautiful surroundings in Kent. It was founded in 1948 by Dorothy Kerin, who had been cured miraculously when close to death and thereafter devoted her life to helping others find the healing she had herself received.

There is a 35 bed non-surgical hospital which is now registered by Primary Care Trusts and there is also a hydrotherapy pool and physiotherapy suite. Most

patients stay for about ten days to two weeks, which gives the hospital capacity to treat about 700 inpatients each year plus a busy outpatient department.

Christian worship and prayer is central to life at Burrswood. All the staff are practising Christians and everyone attends the church which was built in 1959 under Dorothy Kerin's direction and is consecrated as part of the worldwide Anglican communion.

Burrswood does face problems because of the enormous costs of upkeep and the need to charge high fees, although there is the Care Grant Fund which gives bursaries to patients of limited financial means. Among the many ways in which money is raised for the Care Grant Fund are the provision of a thriving Guest House, Tea Room, Conference Centre, Book shop and Gift Shop and Charity Shops.

ANCHOR's next meeting is on Thursday 4th November when Jon Davey will speak on "Living with the Media".

Christian Bookshops sell 4% of all books

Figures released in the monthly magazine *Christian Marketplace* show that books sold by Christian bookshops represented 4% of all the books of all types sold throughout the UK in 2003.

The number of religious books published in 2003 was 4,400, again about 4% of books on all subjects published. Not all religious books are Christian, but the large majority are.

Most of the 500 specialist Christian bookshops sell many other things besides books - magazines, cards, videos, and so on. In 2003 their overall income was in excess of £82 million.



The number of different books needed for some services was quite overwhelming

(Continued from front page)

On 18th October, the Windsor Report by Archbishop Eames' Commission was published, offering an attempt to hold the Anglican Communion together and create a bit of peace and quiet in turbulent times. The content will take a while to digest and it will be several weeks before considered opinions can be given. But from initial readings we can discern a resolve within the report to remain a Communion of Churches around a core set of beliefs and practices through an Anglican Covenant.

This has been welcomed by some because it retains a framework and sets some boundaries within which Anglicans worldwide should work. On the other hand it has been criticised by others, who claim it restricts and limits the freedom to believe and behave. And there will be a host of other reactions all across the spectrum.

The big question is over how tight that proposed covenant and agreement ought to be. Traditionally, the Church of England has been a broad church, giving room for a variety of opinions on matters of secondary importance, but expecting agreement on fundamentals. The reason this has worked for many years, but is in trouble now, is that the wide divergence of opinion today is more obvious and extreme, particularly as it is expressed in a worldwide communion. But when those differences on something so central and fundamental as the authority and interpretation of Scripture get to the point of becoming contradictory, then we can begin to understand the measure of the crisis facing the Church of England and the Anglican Communion.

In my view, the Bible must be allowed to hold its traditional Anglican place as the supreme authority for Christians in all matters of faith and conduct. Yes, the wisdom of tradition, (Christian understanding developed down the years), reason (the exercise of rational thought) and experience (the reality of what works in practice) need to be used to interpret those Scriptures, but they must not be given equal authority with the Scriptures. In each generation they should be moulded and changed by Scripture. One of the causes of the current debate is that reason and experience are being used by some to challenge Scripture.

A traditional interpretation always needs to be questioned and we must be willing to rethink our traditional understandings, so that they are consonant with a current reading of the Bible. But the authority of Scripture must not be weakened in the process. And that is why this current crisis is so important and cannot be said to be a peripheral matter.

Keep praying for wisdom, love and truth in the ongoing debate,

With my best wishes and prayers,



From the Parish Registers

We welcome into the family of the Church:

Arianne Mae Wright
Charles Thomas Arthur Steed
Harvey Richard Steed
Oscar George Louis Winter
(All baptised on 17th October)

We offer congratulations on the marriage of:

Ross Taylor and
Victoria Lord
(Blessing of marriage on 16th October)

We offer sympathy to the relatives and friends of:

Deborah Herridge
(12th September)
David McGee
(21st September)
Margery Doris Ardley
(3rd October)
Minnie Lucy Jordan
(8th October)

Insight

You know that another year is racing to its end when we remind you that the next issue will be the Parish-wide Christmas edition.

Printing deadlines mean that we have to ask for all contributions to be with the Editor, please, by Friday 12th November.

Parish Personalities

This month Richard Aylmer-Hall is the subject of the Insight Inquisition.

*Where were you brought up?
In Winchester and the Home Counties.
How long have you been at Holy Trinity?
About 7 years.*

*What do you like most about it?
The way Christ's love is shown in action.*

And if there was one thing you could change?

*More leg-room between rows!
Where would you locate your ideal home? Here, but with a dam-able river running past.*

What is the least welcome part of your daily round? The alarm clock.... just another five minutes....

Which personal trait do you struggle most to overcome? Gluttony.

*What food are you most partial to?
Roast lamb.*

*And leave on the side of your plate?
Shallots.*

*What do you watch on television?
Thrillers, motor racing, the news.*

*What would your desert island book be?
The complete works of Gosciny & Uderzo.*

What is your favourite music?

A bit of everything - Beethoven symphonies, Mozart piano concertos, Dire Straits, Keane, David Gray....

And a favourite hymn?

Traditional: "Thine be the glory" & modern: "Consuming Fire".

Which passage of the Bible is most telling for you personally?

John chapter 3.

Do you have an unfulfilled ambition?

To become a racing driver!

A Moment to Meditate

For many if not most of us, November will always be associated with remembrance. Remembrance Day was instituted after the First World War as a way of honouring the sacrifice made by enormous numbers of predominantly young men and ensuring that they would not be forgotten. More recently, Holy Trinity has made November in addition the occasion for an annual service of remembrance and thanksgiving for those who have been bereaved.

This may therefore be a suitable time of year to think about how Jesus urged our remembrance of him. The Apostle Paul was the first to record details of this act of remembrance which Jesus himself instituted on the night that he was betrayed, but Matthew, Mark and Luke all followed in setting down this final and significant instruction to his disciples before he was arrested. The taking of bread and wine in what Paul called the Lord's Supper - variously known to people today as Holy Communion, the Eucharist or Mass - immediately became the first, and enduring, ritual of those who followed Jesus, bringing to mind our Saviour's association of the elements with his own sacrifice.

But in this case the act does not simply remind us of Jesus and what he did for us. More than memory is involved, even if we leave on one side the old controversies about the nature of the elements. For the Greek word which is translated as remembrance (*anamnesis*) has a deeper meaning, involving bringing the past in some real way into the present. We see it illustrated in the Old Testament words of the widow from Zarephath to Elijah (1 Kings 17.18) when her son became ill: "*You have come to me to bring my sin to remembrance, and to cause the death of my son!*" The "remembrance" of her past sin was

"Do this in remembrance of me."

1 Corinthians, chap. 11, verse 24

something which was having a practical effect in the here and now. In the same way, the act of sharing in Holy Communion, in remembrance of him, brings Jesus afresh into our lives. That is what we mean when we refer to Communion as a sacrament, which is a means of grace which impacts our lives.

It is also worth reflecting what Jesus meant in saying "Do this". Do what? Can he have been simply referring to taking bread and wine, or possibly the fuller rite of blessing, breaking, sharing etc? Or might he have had in mind the larger context of what he was doing, in linking his acts at supper with the sacrifice he was making out of love for all mankind. In urging his followers to "do this in remembrance of me", perhaps he was suggesting that we too should give ourselves in love to our fellows.

- *Scribatius*

A Communion hymn

Jesus, we thus obey
Thy last and kindest word;
Here, in thine own appointed way
We come to meet thee, Lord.

His presence makes the feast;
And now our spirits feel
The glory not to be expressed,
The joy unspeakable.

Whate'er the Almighty can
To pardoned sinners give,
The fullness of our God made man
We here with Christ receive.

Charles Wesley

Young people today....

I am privileged to have an excellent and very capable helper with me this year in the form of Tara Watkins who is helping me in her Gap Year to do the church girls work. Tara has just been on a week's training and this is a brief description of all she enjoyed and endured...

Asa

Friday 1st October: as far as I was concerned, I was being whisked away by my course to go on a team building week; instead I learnt what it was like to be the victim of racism and what the phrase 'soaked to the skin' really meant...

I had my reservations about Birmingham, as we were spending the weekend in a predominantly Muslim area. Culturally it was a shock. I have never felt so out of place in my life, and the residents of Sparkbrook had no problems with making their feelings towards us known - we were shouted at in the street and people even stopped their cars to voice their opinions. However, as soon as we stepped into a church I had never been more welcome in my life! The Christians living there have been totally blessed by an abundance of the Holy Spirit and their compassion for those people that ostracise them will never cease to amaze me.

After such an eventful weekend, I expected the next part of our trip, to the Lake District, to be calmer and less challenging. I couldn't have been more wrong! Of course I expected it to be wet but I wasn't prepared for the rain that awaited! We settled in on the first night and managed to stay relatively dry, until I realised that the statutory phone call to my parents had to be made and I had to find a signal. 20 minutes of walking later and having familiarised myself with the bush I had to stand in to get reception, I was able to call them.

I think I contracted rising damp at that point - I have never been so wet in my life!

I think the most memorable experience of the week will be when, camping up a mountain, we were woken up with cries of "Who's got space in their tent?!" As I stuck my head out into the elements I found our instructors flailing their arms around - their £400 Arctic tent had been shredded by the wind and all their kit had blown away! Being a hospitable person I let one of them stay in our tent, but I didn't get much sleep as, every time I shut my eyes, my tent was flattened by the wind and I'd be woken up by my friend shouting "Rebuild! Rebuild!"

Now I can put up a tent, in the dark, half way up a mountain, whilst battling the onslaught of torrential rain and winds, and sleep while holding up a snapped tent pole! So the team building week was quite an experience or, rather, good practice working as a team to survive the night! I shall now be opting out of any camping trips for the next...oh, 10 years I'd say!



The Curate was preparing the children for the special visit of the Bishop to the church on the following Sunday.

"Does anyone know what the Bishop does?", he asked.

There was a silence. As the Curate looked encouragingly around their faces, one little boy finally piped up:

"He's the one who can move diagonally".

Children seldom misquote you. In fact, they usually repeat word for word what you shouldn't have said.

Why not let Taizé work its magic for you too?

How it all started

Taizé, in the south of Burgundy in France, is the home of an international ecumenical community founded there in 1940. It is made up of over a hundred brothers, Catholics and Protestants, from more than twentyfive nations.

Its founder was Brother Roger, who at the age of 25 left his native Switzerland to live in France, where his mother came from. For years he had suffered from tuberculosis and during that long illness the call had taken shape in him to create a community where simplicity and kind-heartedness would be lived out as essential Gospel realities.

The village of Taizé, where he settled, was close to the demarcation line of Nazi-occupied France, and was thus well-situated to be a place of welcome for refugees, Jews among them, fleeing the war. The house and outbuildings he acquired there became, with the help of his sister, a haven of hospitality, for local orphans and for German prisoners-of-war as well as refugees. Other brothers joined him and on Easter Day 1949 the religious community was formally established, with the brothers committing themselves to celibacy, to material and spiritual sharing and to a great simplicity of life.

By the end of the 1950s, young adults between the ages of 17 and 30 began to arrive in ever-increasing numbers, attracted to Taizé by the opportunity to seek meaning in life through the climate of openness and spirituality offered by the Community. Nowadays, in the summer months, more than 5000 young people from 75 different countries make a pilgrimage to Taizé to tap the wellsprings of faith through worship, prayer and participation in practical tasks.

A week in Taizé is, they say, a way of realising the intimate relationship between an experience of communion with God in prayer and personal reflection on one hand and an experience of communion and solidarity among peoples on the other.

They are invited as they leave to live out in their own situation what they have understood, and Taizé-style worship has steadily spread around the world

Other visitors to Taizé have included Pope John Paul II, three Archbishops of Canterbury, Orthodox metropolitans and the fourteen Lutheran bishops of Sweden.

The next Taizé Hour will take place at the Friends Meeting House in Claremont Lane on Friday 3rd December. If you have not yet experienced this unique form of worship, our feature this month tells you the background and (below) Sheila Haddow encourages you to take the opportunity of sharing in it.

Taizé in our own locality

On the first Friday of the months of February, April, June, October and December, some of the members of Churches Together in Esher and Claygate take it in turn to act as host for a Taizé Hour from 8.30 to 9.30 pm.

What happens? Does one have to do or say something "out loud"? No, you don't have to do anything other than sit quietly - usually in candlelight - and let the Taizé Hour's special peace surround you

There is a structure, so you know what to expect: the songs or simple chants are easy to follow, and the music is led by small groups of musicians. Between the songs there are several minutes of silence, simple intercessory prayer and one or two short readings.

At the end of a busy week, Taizé seldom fails to work its magic: this shared time in God's presence is very special, and there's no doubt it grows on you. There is a time of fellowship afterwards, with tea, coffee etc for those who would like to stay and talk. It is a good opportunity to get to know Christians from other local churches.

If you feel that an hour with no telephones or other interruptions, but time for quiet reflection and prayer would help you to unwind, why not make a note in your diary?

S.H.

Music, prayer and reflection

Brother Roger has said many times how important a role music and singing have played in Taizé from the very beginning. The Community describe how they approach it in the following terms: Singing is one of the most essential elements of worship. Short songs, repeated again and again, give it a meditative character. Using just a few words they express a basic reality of faith, quickly grasped by the mind. As the words are sung over many times, this reality gradually penetrates the whole being. Meditative singing thus becomes a way of listening to God. It allows everyone to take part in a time of prayer together and to remain together in attentive waiting on God, without having to fix the length of time too exactly.

To open the gates of trust in God, nothing can replace the beauty of human voices united in song. This beauty can give us a glimpse of "heaven's joy on earth," as Eastern Christians put it. And an inner life begins to blossom within us.

These songs also sustain personal prayer. Through them, little by little, our being finds an inner unity in God. They can continue in the silence of our hearts when we are at work, speaking with others or resting. In this way prayer and daily life are united. They allow us to keep on praying even when we are unaware of it, in the silence of our hearts.

The value of silence

If we take as our guide the oldest prayer book, the biblical Psalms, we note two main forms of prayer. One is a lament and cry for help. The other is thanksgiving and praise to God. On a more hidden level, there is a third kind of prayer, without demands or explicit expression of praise. In Psalm 131 for instance, there is nothing but quietness and confidence: "I have calmed and quieted my soul ... hope in the Lord from this time on and forevermore." At times prayer becomes silent. Peaceful communion with God can do without words. "I have calmed and quieted my soul, like a weaned child with its mother." Like the satisfied child who has stopped crying and is in its mother's arms, so can "my soul be with me" in the presence of God. Prayer then needs no words, maybe not even thoughts.