

Monday 3 October New Men's Fellowship season begins, with supper in the hall  
 Wednesday 5 October Holy Communion at 11 am, followed by a light lunch  
 Friday 7 October Taizé evening at Arbrook Lane, 8 pm  
 Saturday 8 October Voices for Hospices concert in church, 7.30 pm  
 Sunday 9 October Julian made Archdeacon, Guildford Cathedral, 6.30 pm  
 Wednesday 12 October Monthly prayer meeting, 8 pm  
 Saturday 15 October Monthly parish walk, 9.30 am from Torrington car park  
 Sunday 16 October Ukraine update after 10 am and 6.30 services  
 Sunday 16 October Chariots of Fire on Holy Trinity's Big Screen, Church Hall, 4 pm  
 Sunday 16 October Evening service with prayer for healing  
 Monday 17 October Anchor: Revd Dr Raymond Burnish on the Leprosy Mission.  
 Saturday 22 October Claygate Choral Society sing Haydn Masses in church, 7.30 pm  
 Monday 31 October Shine parties at 5 pm and 7 pm  
 Wednesday 2 November Holy Communion at 11 am, followed by a light lunch.  
 Sunday 6 November Annual service for the bereaved, 3 pm  
 Monday 7 November Men's Fellowship Ladies Night: Malcolm Wells, Canine Partners  
 Friday 10-12 February 2006 Parish Weekend away at High Leigh

### 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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October 2005

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and a lot more to keep you in the Holy Trinity picture

## JULIAN RECEIVES SPLENDID SEND-OFF

Julian has left us. But it may be a little while before he comes down to earth. It was quite a week, and Julian and Heather depart from Holy Trinity and Claygate surrounded by acclaim, gifts and love.

Having hosted Jonathan Aitken's visit to Holy Trinity on 20 September and acted as question-master before the 500 people crammed into the church, Julian led a farewell service and reception the next evening for those who are not members of the church family - about 230 people from other churches, local government, business and commerce and voluntary organisations. It was, one guest told *Insight*, a wonderful occasion.

And then it was the church family's turn. On Sunday, Julian led and preached at two morning services, before 450 people sat down to a celebratory lunch. After a video montage of life at Holy Trinity, a song in Julian's honour, a farewell speech from Julian and a tribute from Richard Gordon, and the presentation of farewell gifts from the church family, the occasion finished as the PCC surrounded Julian and Heather in prayer.

VICAR: (Vacancy)

CURATE: THE REVD DAVID KING

LAY ASSISTANT MINISTER: VALERIE BAGLEY

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Julian who?

This perhaps seems a ridiculous and even inappropriate question to be asking days after the wonderful farewell we made to Julian last week, but it is true to say that there will be people visiting our church for the first time this October who might ask this very question. This does not belittle the great things that God has done through Julian here at Holy Trinity, but it does recognise the inevitability of change.

Moments of great change in a church's life can create a considerable gulf between the before and after. No one who was a member of our fellowship during the rebuilding project could ever forget the enormity of the change which the church underwent, not least due to the time spent worshipping together in the Village Hall. Every so often I meet someone who is visiting the church and who has not seen it since the change and the amazement on their face is incredible. It must be a sense of amazement still felt by our 'old guard' (both young and old!) who have been coming for years. And yet for people who joined the church after the rebuilding, including myself, there is a curious detachment from the building project – hasn't the church always looked like this?

Such a change is good for the life of a church. It reminds us that God does not live in the past, but is constantly ahead of us calling us to follow him forward and so we should not live in past projects, past buildings or even past leaders, but rather follow where God is leading.

The difference though is that we are, perhaps, less clear about the future. In the long term, we do not know whom God will call to serve him as leader here and in the short term we are short of a vicar (whereas before we just had a short vicar!) At a time like this, the words of Paul to the Corinthian Church are particularly important:

*"But the Lord said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'" 2 Corinthians 12:9*

It is often at times when we feel weak and anxious, as we must do with the loss of Julian as our vicar, that we are most dependent on God's strength and where his power is most evident. Of course we should always rely on God and do everything in his power, as that is the only way of achieving anything of eternal value, but it is easy with all our resources to rest on our own strength.

At this time of change and all the insecurity associated with it though, let us pray and look for God to act with particular power and grace and let us seek to learn what it is to work in God's power and not our own. A good starting point is the monthly prayer meetings on the second Wednesday evening of each month. I and the whole staff team look forward to meeting with you there to seek God's help in the months ahead, praying that we and others will look back on this time as a great time of God's blessing.

*David*



## From the Parish Registers

### *We welcome into the family of the Church:*

Jessica Daisy Walker  
Harry Joseph Robert Moore  
Sophie Kate McNamara  
Toby Cameron John Cramer  
(all baptised on 4th September)  
Rob Sadler  
Susannah Cherry  
(baptised on 18th September)

### *We offer congratulations on the marriage of:*

Stuart Richard Dean and  
Carley Luise Maskell  
(married on 26th August)  
Jonathan Davey Howard and  
Anna Luisa Parks  
(married on 23rd September)



## Stuart Wright

As we indicated a few months ago was expected, Stu has now returned to full-time work with Holy Trinity. He is however no longer a Youth Worker. In recognition of the way his role has been broadening, from dealing with the youth of the community to embrace also the parents of DV8 young people through the START outreach programme, his designation is now as our Community Worker.

## Parish Personalities

This month it is Judith Gascoigne who faces the Insight Inquisition.

*Where were you brought up?*

In Bristol until I was 4, then Coulsdon.

*How long have you lived in Claygate?*

For 31 years.

*What do you like most about it?*

Its friendly people and the wealth of local activities, especially the Gardening Society and the Allotment Society.

*And if there was one thing you could change?*  
Less traffic.

*Where would you locate your ideal home?*

Claygate, but moved nearer to the coast.

*What is the least welcome part of your daily round?* Ironing.

*Which personal trait do you struggle most to overcome?* Impatience.

*What food are you most partial to?*

Any kind of fish.

*And leave on the side of your plate?*

Nothing.

*What do you watch on television?*

Anything historical or to do with the natural world or travel - plus some soaps.

*What would your desert island book be?*

*A History of London* by Stephen Inwood.

*What is your favourite music?*

Any music by Andrew Lloyd Webber.

*And your favourite hymn?*

"Lift High the Cross".

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

Matthew 28, verses 16-20.

*Do you have an unfulfilled ambition?*

Two: to master enough Spanish to converse with my daughter-in-law's parents; and to visit Peru.

## Holy Trinity's evenings of prayer

*A fresh emphasis on corporate prayer was initiated last month, as heralded by Julian in the September issue of Insight.*

*Mike Harle sampled the first evening.*

I went along to an "Evening of Prayer" at Holy Trinity on 7th September.

I didn't know what to expect, but felt welcome and was given a programme for the event. There was clearly going to be some structured prayer led by the Ministry Team and some prayers in small groups.

Julian introduced the event to the gathering of about 60 people and explained that the prayer co-ordination role at Holy Trinity was being taken over by the Evangelism Team and this was the first of a series of monthly prayer meetings. September was going to be a very big month in the life of Holy Trinity, especially Julian's final week and it was good to be able to surround it in prayer. He led us through confession before he and Valerie took turns to pray out loud for global issues, including New Orleans, Iraq, Africa and terrorism.

Later, we broke into smaller groups, with some familiar and some new faces, and prayed on a set of topics of Church and local concern. For those who wanted the reassurance of someone else who knows how to pray in small groups, Julian led a group where he was the sole speaker.

For us as Christians, prayer is our way of having conversations with our Father. As

### Adult baptism

A new first was chalked up on 18th September, when Sue Cherry and Rob Sadler were baptised by immersion in the course of a regular Sunday morning service - it's only happened before in special services. It was a great occasion for them and us all.

a Church (the Body of Christ) in Claygate, praying together and listening to God are really important activities. Overall, the event was relaxed (it took about 90 minutes), peaceful and Spirit-filled. So, the Evening of Prayer was a great way to build in our prayer lives some new momentum, which I'm sure is set to increase in the coming months.

*The next monthly prayer meeting like this is on Wednesday 12th October at 8pm in the church. Please come along to this and any of the other prayer meetings that Holy Trinity has going.*

## Anchor hears about Alzheimer's

Donna Foster, the Mid-Surrey Outreach representative for the Alzheimer's Society, came to speak to The Anchor Group on our opening session on 19th September.

She explained that dementia is a general term given to a group of illnesses which cause a progressive decline in memory and the ability to carry out everyday tasks. Donna explained that the disease gradually pervades most areas of the brain but each person will experience complex and different reactions.

The service that Outreach offers is a lifeline to those with the illness and their carers, offering everything from legal and financial advice to practical help. They are funded largely from legacies and events organised by fundraisers and volunteers.

## History of Halloween

Modern Halloween celebrations have their roots with the Celtic peoples of pre-Christian times when, on the last night of October, they celebrated the Festival of Samhain, or 'Summer's End'. The priests, or Druids, performed ceremonies to thank and honour the sun. For there was a dark side to all this: Samhain also signalled the onset of winter, a time when it was feared that unfriendly ghosts, nature-spirits, and witches roamed the earth, creating mischief. So the Druid priests lit great bonfires and performed magic rites to ward off or appease these supernatural powers.

Then the Romans arrived, and brought their Harvest Festival which honoured the Goddess Pomona with gifts of apples and nuts. The two festivals slowly merged.

When Christianity arrived still later, it began to replace the Roman and Druid religions. 1 November - All Saints' Day - was dedicated to all Christian Martyrs and Saints who had died. It was called 'All Hallows' Day'. The evening before became an evening of prayer and preparation and was called 'All Hallows' Eve', - the Holy Evening - later shortened to 'Halloween'.

This did not entirely displace fear of the supernatural. During the Middle Ages, animal costumes and frightening masks were worn to ward off the evil spirits and magic words and charms used to keep away bad luck and witches on broomsticks.

Christians have learned to turn to prayer instead of charms to overcome the powers of darkness. And the deeper, true meaning of All Hallows' Eve is that as Christians, we all draw closer to Christ when we remember and give thanks for our loved ones and for others who have gone before us through the gates of death.

## Farewell to Julian

*as sung (boisterously!) at the farewell lunch on 25th September - an updated version of the song written by the Winchcombes' House Group for Julian's 50th birthday*

*Chorus:*

*All things short and bounciful  
Some preachers not so tall  
All things theological  
The Lord God made them all.*

Each little flower that opens  
Each time our Vicar sings;  
He holds the notes for longer  
Than all us lesser things.

The silver-headed Canon  
Who's always rushing by;  
The stripy mustard jumper  
Now brightens up the sky.

He watches over all of us  
And preaches from on high;  
His meaty three-point sermons  
- How quickly time flies by!

You've been here thirteen years now  
We note it's turned you grey;  
We know that you must leave us  
God's called you on your way.

We're truly very grateful  
For all that you have done;  
You've been an inspiration  
To each and ev'ry one.

We pray that God will keep you  
In the hope he called you to;  
May the power that raised Jesus  
Continue shining through.

*Final chorus:*

*All God's blessings go with you  
As you follow his call  
Further on down the A3  
To Guildford Cathedral.*

## No evening service on 9th October

If you are a 6.30-er, do remember that there will be no service in Holy Trinity on 9th October. That is because many of us will be in Guildford Cathedral instead to see Julian formally commissioned as Archdeacon of Dorset. The service there starts at 6.30 pm, and all are very welcome.

## Finding a new Vicar

The process for seeking Julian's successor as Vicar of Claygate is under way. The Parochial Church Council had a discussion with the Patrons on 20th September, and we expect that the post will be advertised this month. We'll keep you informed of progress.

## Prayer for healing

A further ingredient of our renewed push for prayer is our opportunity for prayer for healing. In future this will happen with greater frequency, at the 6.30 pm service on the third Sunday of each month.

## Trafalgar celebrations at Holy Trinity

A local contribution towards honouring Admiral Lord Nelson exactly 200 years after the battle of Trafalgar will be offered by Claygate Choral Society on Saturday 22 October at 7.30 pm. Conducted by Martyn Daldorph, they will be singing Haydn's Nelson Mass (actually written to celebrate the victory at the Battle of the Nile) and his Mass in Time of War, two of Haydn's finest works. Tickets cost £12.50 from 01372 810376.

## Parish weekend

It is this month that we begin to gear up for Holy Trinity's weekend away at High Leigh in Hertfordshire. If you haven't so far made a note of the dates, they are Friday 10th February to Sunday 12th February (yes, only four months from now!).

A leaflet is now available giving information, including the news that Paddy Beresford, an old friend, will be the main speaker on the theme "Prayer: the Ultimate in Wireless Communication". Booking forms containing more details of the weekend will be available from Sunday 9th October.

## Canine partners

It is by now a little too late to urge men to buy their tickets for the Men's Fellowship's supper on 3rd October, opening their new season of meetings, but it cannot be too soon to tell everyone that the following meeting will be a Ladies Night. Malcolm Wells of Canine Partners will be coming to speak about "Transforming the lives of people with disabilities". All ladies are welcome to join us in the Church Hall at 7.45 for 8 pm on Monday 7th November, for what promises to be an interesting evening.

## Anchor looks at leprosy

The Revd Dr Raymond Burnish of the Leprosy Mission will be the speaker at Anchor's meeting on Monday 17th October, in the church foyer at 7.30 for 8 pm.

## Shining on

Two Shine parties, the better alternative to Halloween, will be held on Monday 31st October, at 5 pm for younger children and 7 pm for older ones. Look out for details.

## Aitken attracts a huge crowd

A hundred extra chairs were crammed into Holy Trinity in order to seat all those who wished to hear what Jonathan Aitken had to say on 20th September. He stood at the front of the church, without lectern or notes, spending almost an hour recounting his story, and then answered questions from the audience. He spoke well, without trace of Cabinet Ministers' pomposity and spin, and seemed to convince those present of his remorse for past actions and the sincerity of the faith he had found.

If you couldn't be there, our centrespread this month reports on what he said.

### Alpha

Since Jonathan Aitken was promoting the Alpha course, which had been so beneficial to him, it is relevant to add that 12 people signed up for the course which was due to start at Holy Trinity after he came, and others may be joining them.

## "A wonderful privilege" - Julian

At the farewell lunch held in the church and the church hall on 25th September, Julian said that it had been a wonderful privilege to be the Vicar of Holy Trinity over the last thirteen years. He and Heather could not have wished for a happier or more fulfilling time.

Churchwarden Richard Gordon recalled the many ways in which the church had moved forward under Julian and paid tribute to his enthusiasm, ability to communicate with everyone, young and old, and so much more. Julian and Heather were presented with signed cards from all those present, a painting of Holy Trinity, a portrait of Julian drawn by Clive Grundy, a wheelbarrow full of deer-proof plants for their Ripley garden (plus the same variety of wisteria which clothes the front of Church House) and the tools with which to plant them, a bouquet for Heather, and a cheque.

## Harvest Appeal

Harvest thanksgiving is on Sunday 3 October. With such a large lunch last week, we are not having a Harvest lunch this year, but there is the usual appeal. This year it is for the benefit of Tearfund's work in West Africa, a region in desperate need.



## Learning from the Bible

*"You are a mist that appears for a little while and then vanishes."*

James chap. 4, verse 14.

Holy Trinity members are bound to wonder what lies in future for the church. What sort of person will become the new Vicar of Claygate? In which direction will they lead us? How different will things be? Where will we be in ten years' time?

Similar uncertainties apply to our lives. The older ones among us - and many younger ones - may reflect on how unpredictable the course of their lives has turned out to be. And how confident can any of us be, young or old, that our future will be at all as we expect? Opportunities can open up in a way that could never be foreseen. Challenges arise that were never on our agenda.

In his four page letter towards the back of our Bibles, James gives a warning about our relying too much on our own plans. He addresses himself to those who boast about tomorrow, who over-confidently say they are going off to another city, to spend a year there, carry on business and make money. Why, he exclaims, "you do not even know what will happen tomorrow". And he likens our human existence to a mist that appears and then vanishes again.

So do we forget about the future and just live for today? That is certainly not James' message. He emphasises that we simply need to build into our future planning a recognition of our human limitations and of God's sovereignty. We should say "If it is the Lord's will ..." we shall do this or that. We can see in the Bible repeated examples of God's turning peoples' expectations on

their heads: consider how Abraham, Moses and David would never have imagined how their lives would be transformed by God's intervention.

So whether through divine intervention or the chances of life, we can never be certain of how the future will treat us. Does this mean that we can be certain of nothing? Let's consider another Biblical character who had all his expectations dramatically turned upside down. Paul's experience on the Damascus road changed his life for ever, but it injected into his life a new certainty. He wrote to the Philippians "I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord".

The certainty that Paul acquired gave him tremendous empowerment. He knew, as the letter to the Hebrews says (13.8) that Jesus Christ is the same yesterday and today and for ever. If we want something solid and reliable in our lives, about which we can be certain, Jesus is the answer.

Certainty about Jesus is a gift from God. It does not involve objective proof or any guarantees about our future comfort and security, but it does derive from our relationship with him. If we are able to build a new, real and deeper personal relationship with Jesus, who knows where we might be in five years' time?

*Scribatus*

*If a man will begin with certainties, he shall end up in doubts; but if he will be content to begin with doubts, he shall end in certainties.*

*Francis Bacon*

## Young people today....

The summer has been amazing as ever, and having attended two CYFA camps I know perhaps the full effect of that labyrinthine wonder that is residential Youthwork. It remains perhaps my greatest privilege to be part of this work and to take so many of our church's young people away. Seeing the Spirit at work so keenly merely reaffirms that.

That said, there were some odd happenings; from having to iron and wash the clothes of some of my dorm each day, to repairing a broken window, through to being threatened with the full wrath of the Royal Marines. But as the advert says, teenagers are the most exciting people to work with and so I took it all in my stride; albeit an ever slower one. For regular readers it was longer, but less tiring than Easter and I got a lot more sleep this time round, which was mirrored in many better choices. Strange that. It must be true that getting older directly correlates with getting wiser - quite encouraging because after 3 weeks non-stop Youthwork I definitely feel older.

But the weeks were mainly full of some great times that I shall always treasure. It appears that I have a fan club now, based in Folkestone, much to the amusement of YF and the bemusement of those people who were meeting me for the first time and did not understand the deep sense of irony that the fan club T-Shirts were made with. Taking 8 wickets in 10 balls in a game of cricket in Portsmouth was particularly edifying and getting to run creative writing workshops around the words 'cusp', 'ochre' and 'Miranda' as well as a marathon game of dictionary that lasted 2 hours 45 minutes

were all highlights.

However, nothing will compare with the joy that Jon and I got to witness at seeing all our effort bearing fruit around us. We were massively blessed to see some of that harvest now and are both hugely encouraged for this coming term. Watching people turn back to God, or embrace Him for the first time, are the moments that heaven touches earth and in this work when there is so much heartache they have a sustaining quality which is more precious than even the Ashes victory. For those who know how much I love my cricket, that is a claim indeed. There is a new sense of depth in YF already this term and hopefully that will be evermore explored over this term that includes a visit down to Kent in the invaluable minibus for our weekend away and the burgeoning fellowship that is so valuable to those whose care I have been given.

And it is against this backdrop that those leaving for university this term will be so sorely missed. Please pray for Marcus Wood, Tara Watkins, Dave Morgan and Hannah Mason as they move away from home for the first time. This is the downside to our ever-deeper fellowship, that parting becomes ever harder. However, this time of year is the epitome of 1 Thessalonians 5. 18, that we should "give thanks in all circumstances." The sorrow is a mark of the love that is felt, and that especially amongst teenagers, is reason for rejoicing.

*Asa*

*Securing a place in Heaven*

*Do you know why there are so few bearded men in heaven?*

*It is because most men get into heaven only by a close shave.*

# "Out of the depths I cry to you, O Lord!"

Turning to that day's page in the little booklet of *Praying the Psalms* which he had been given revealed a powerfully fitting prayer for Jonathan Aitken. For it was his first night banged up in a cell in the toughest block - nicknamed 'Beirut' - of Belmarsh prison, after being sentenced to eighteen months' imprisonment for the perjury to which he had pleaded guilty. News of his arrival had spread rapidly among the other inmates and an intimidating chant had been arising from the rest of the block about how he would be got (many expletives deleted in Jonathan's account!) the next day. It was enough to freeze the blood of a first-time prisoner, and he felt vulnerable and terrified. He wondered about praying, but even the words of the Lord's Prayer stuck in his throat.

But he remembered the booklet which had undergone so many security checks and repeated scrutiny before being allowed to remain in the pocket of his new prison uniform. On the page for that day in June 1999 he found Psalm 130, whose first line appears in our headline. The words really spoke to him, and against all the odds he enjoyed a night's sound sleep.

Jonathan Aitken had begun the telling of his story not at the beginning but at a big turning point in his life, standing in the dock of No 1 Court at the Old Bailey, following in the footsteps, as he was told, of Dr Crippen, Lord Haw-Haw, the Kray brothers and generations of evil-doers. Being taken down to the cage beneath the court to join all the other convicted men waiting to be transferred to prison was to be confronted by a panorama of despair.

But there were lighter moments. The ritual of induction once he arrived at Belmarsh included an interview with the prison psychiatrist, a man perhaps too overworked to keep in touch with the headline news. His standard questions, hunched over his notepad, followed "Do your next of kin know you are in prison?" with "Does anyone else know you are in prison?" Jonathan Aitken's answer, indicating that probably half the population did, sparked the psychiatrist's interest, suggesting to him that here was an opportunity to get his teeth into someone clearly suffering from delusions!

It was when he came to the part of the story where he was

*Jonathan Aitken spoke to a packed church on 20th September to tell his story, acting, he said, as a warm-up man for the Alpha course. This is Insight's report on the evening.*

locked up, scared stiff, for the first time, that Jonathan Aitken wound back the clock to an earlier turning point in his life. It was after his libel case had collapsed and his life was at a low point that someone turned up on his doorstep saying that he recognised what a terrible time he was having and asking whether he could come in and pray with him. Jonathan did not realise at first that he meant pray aloud with him, not something that he was used to at all or felt very comfortable with. But he agreed the man could come back and found that he would then bring others with him, and the experience began to feel more positive. So much so that Jonathan urged us all that one of the most valuable things we could do was in a similar way to get alongside those who were in trouble.

After that it was the late Michael Alison MP who suggested to Jonathan that he should come to an Alpha course. Jonathan resisted, being sure that Alpha was not his sort of thing. But eventually he agreed and was surprised (in a condescending way, he admitted) how good it was, though he was still not keen on continuing with it. But it was on the fifth session - only partly because it was conducted by an attractive young woman in a miniskirt! - that he found Alpha beginning to affect him. It was a very practical session on how to pray, and later that night he began to put it into practice, gradually transforming not only his prayer life but his whole life.

This meant that by the time he was sent to prison, he was able to pray with more confidence. And after that first intimidating evening, he found that his fellow inmates were not so bad after all. But they were very young (the average age of a prisoner is 23); they were very vulnerable; they were heavily exposed to drugs, especially in prison; and their literacy levels

were dreadfully low.

It was that last characteristic that began to form the basis of a relationship between Jonathan and his fellows. He was asked to read a prisoner's letter for him, and then to write a reply on his behalf, and soon a queue of those seeking a similar service was forming outside his cell every evening. Eventually a lifer named Paddy offered him, on behalf of all the lads, some tangible thanks in the form of pornography. To soften his rejection of such a gift, Jonathan had to explain that he was trying to follow a new path, to be astonished by Paddy's response that "I'd really like to try that path myself".

And so a small prayer group started to meet, steadily recruiting others and giving a whole new meaning to the concept of a 'cell group'. What came out of that prayer group, Jonathan suggested, could be summarised by five important words beginning with 'p':

- Pain, because so often it can be a gateway to God;
- Prayer, because through listening and communicating we are able gradually to build a relationship with God;
- Penitence, as a result of which a change of heart and mind and direction can produce real fruit, shown by the way members of the group were able to throw away their porn, to stop swearing, to give up drugs and to renew contact with their families.
- Power, because those in the group became enabled to identify the source of empowering help;
- Peace, because despite all the turbulence of life, particularly in prison, a sense of inner peace began to be felt.

The journey of change, which Jonathan's friends in Belmarsh had embarked upon, and which was open to us all, had been illustrated in a striking way by Paddy. Jonathan continues even today to mentor him and, as examples of what had been transformed in his life, he had broken his heroin habit, and had arranged to have his baby baptised in the prison chapel, a very unusual event. Other members of the prayer group had joined in the event and to see what had been known as villains gathered around a baby and acting in an angelic way was momentous and something that Jonathan would remember as long as he lived.