



**3 August 2022**

Dear Friends,

**“O taste and see that the Lord is good.”**

**Psalm 34.8**

We know that God is good – but this psalm instructs us to taste, to see, to listen, to seek and to attend. Unless we do this, so much that is good may pass us by. God does not force a way into our lives. We can ignore what is around us, but our lives are diminished. So, in that spirit, a few summers ago I bought a book that would help me to identify wildflowers. While I was walking the dog, instead of letting my mind go into neutral, I paid attention to what was around me. This year, I have taken an interest in grasses. I love Pewley Down. As this downland is seldom mown, the grasses flourish. It is not monoculture; there is great variety: couch grass, cat’s tail, beard grass and cock’s-foot. Recently, I identified some “Yorkshire fog” – what a wonderful name for a grass!

Paying close attention is something that I have learnt from our focus on the environment. Engaging with the Eco Church project reminded me of the spiritual value of careful listening and looking. The sheer variety of grasses in a few acres of downland is remarkable. Each grass, with its different height, moves in a different way in the wind. That is a delight to see. Moreover, it is easy to take that insight and apply it to human behavior as well: how the same hymn, or the same Bible passage, moves us in different ways, provoking different reactions and emotions. Paying careful attention stimulates, heals and nourishes our souls.

Yet the psalm also encourages us to taste. Beware! On a course run by Surrey Wildlife Trust recently, we were encouraged to taste yew berries. Yew leaves, bark and seeds are all poisonous. The red fleshy part that surrounds the inner seed is not, containing a sugary substance that can be delightful – I am told. I think I will take the teacher’s word for that, rather than trying it out myself!

- Robert

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**WORSHIP SUNDAY 7<sup>th</sup> August 2022**

**HOLY TRINITY**

10am Summer Worship - Sermon by Rod Pierce

**ST MARY'S**

8am BCP Holy Communion - Led by Rod Pierce

10.30am Morning Worship - Led by Ben Cahill-Nicholls

### Guides (3rd Guildford Holy Trinity)

We enjoy Guides because, we get to hang out, and make new friends. We often go out on trips to different places around Guildford. Last week we went to the GMES, (Guildford Model Engineering Society), where we drove steam and electric trains. Sometimes we go to Guide Headquarters and use the kitchen to cook.

Guides is for girls from 10 – 15 years of age. We do have spaces in our unit and would love to welcome more girls. For more details contact [thirdguildfordguides@ntlworld.com](mailto:thirdguildfordguides@ntlworld.com)

Ann Pierce  
Unit Leader



**Chit Chat** Summer Pop-In

ChitChat classes are taking their summer break -  
**but you can still chat on Wednesday mornings!**

**At St. Mary's Church Quarry St GU1 3UP:  
Wednesdays: 20 July & 3, 17 & 31 August**

**At Guildford Baptist Church's Open Grounds Café GU2 4BE  
Wednesdays: 13 & 27 July, 10 & 24 August & 7 September**

**Time: 10.00 – 11.30**

*ChitChat classes restart at St. Mary's: Wednesday 14 September*

#### Contact us:

Rev Robert Cotton  
[rector@holytrinityguildford.org.uk](mailto:rector@holytrinityguildford.org.uk) 01483 575489

Corinne Jones - Operations Manager  
[office@holytrinityguildford.org.uk](mailto:office@holytrinityguildford.org.uk) 01483 567716

Chloe Benson - Communications Manager  
[comms@holytrinityguildford.org.uk](mailto:comms@holytrinityguildford.org.uk) 01483 567716

Please make sure we have your current contact details.

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