

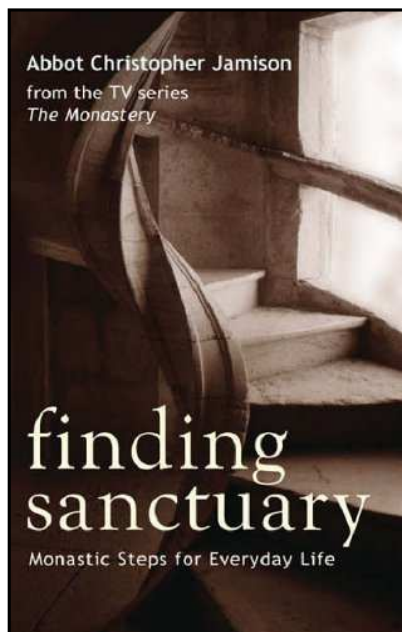
On the last day we went into the village to do a bit of last minute shopping. Then struck camp as best as we could with putting wet tents in plastic bags. They were so much heavier coming home than when we arrived! Once again we had our big rucksacks on our backs and tents to carry for our journey home! After two trains and a plane we were all reunited with our families.

I am really pleased that I was selected to represent Kent for Girl Guiding. I had a brilliant time and I know I will never forget it. I had heard wonderful stories of other people who have been to Kandersteg and I just couldn't wait to go and see it all for my self. Before the trip I was mainly looking forward to meeting other National and International Scouts and Guides. I hope to keep in touch with the new friends I made! I enjoyed being away with people I didn't know very well because you could find out about them and get to know them even better.

I loved every bit of my trip to Kandersteg and I feel like I have learnt a great deal about Girl Guiding and Switzerland. But also I learnt a lot before even going to Switzerland because of fundraising events and other people I have met. I feel that this trip has taught me better communication and people skills, and co operating with people. Overall I am so grateful that I was chosen and that I had such good friends and family supporting me in every way possible to make my trip successful. Thank you everybody.

Eleanor Thompson

Finding Sanctuary



The recent Series on TV called The Monastery offered a quality programme. The Abbot and Monks offered real help and encouragement to the participants.

Inspired by the short TV series I purchased the book of the same title. I found the book, by the Abbot an easy read, interesting and informative. Much can be gleaned from this publication, which focuses on the Benedictine way of life, from which we can all learn.

If you have an interest in this particular way of Christian life, I highly recommend this book at around £5.99 including a discount.

I have received several positive comments from those who have already read the book.

“Finding Sanctuary - Monastic Steps for Everyday Life” is written by Abbot Christopher Jamison, an English Benedictine monk and Abbot of Worth Abbey.

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Garvin Shorter