

Worker Guests at Alnmouth Friary

Some Notes.



Introduction

The first thing to say is ‘thank you!’ We are extremely grateful to you for coming to be with us and it is our sincere hope that you will also enjoy your time in the Friary. We hope that you will be able to do three things: to help us; to pray with us and to relax!

What follows is not exhaustive but we hope that it will act as a guide. Please ask a Brother if you are uncertain about anything here.

Structure of a ‘typical’ day – a Timetable is in your room.

7.00am Morning Prayer *followed by Prayer time*

8.05am Breakfast

8.30am Brothers’ Morning Meeting in the Guest Common Room

8.45am Breakfast is cleared

12 noon Midday Office *followed by Mass* (not on Fridays)

1.00pm Lunch

4.30pm Afternoon Tea

5.00pm Evening Prayer *followed by Prayer time*

6.15pm Supper

9.00pm Compline

The Greater Silence begins after Compline and continues until 9.00am

Meals...

One of the main areas in which Worker Guests assist the Brothers is preparing for meals. A Brother is designated at every meal to liaise with the Worker Guests. He will ensure that you have everything you need but please don’t be afraid to ask any Brother. You wash up after the meals and prepare the table for the next meal. Ask the cook of the day what is needed.

Each Morning

- Check Tea Points and replenish as required.
- Check all public toilets and bathrooms and replenish as required.
- Sweep the Refectory floor as needed.

Other possible jobs...

- Cleaning in Chapel (*consult the Sacristan*)
- Cleaning Chapel silverware (*consult the Sacristan*)
- Cleaning in Kitchen (*consult occasional cleaning list on fridge and the cook*)
- Dusting in Library
- Gardening
- Working on Garden furniture (*e.g. varnishing or oiling*)
- Washing and ironing Altar Linen (*consult the Sacristan*)
- Water house plants.

Some practicalities.

- A list of Brother's phone numbers is on display in the Library and Front Hall.
- If you want to be absent from the Friary in order to meet someone or go somewhere that is absolutely fine; please let the Brothers know in advance.
- You are invited as a guest to work with the Brothers in their home. Respect that how they want things done is their decision.
- If you interact with other guests, only ask open questions, let them

volunteer information. They are here to be looked after by the Brothers with your support.

- Do work in common areas, when possible, do not disturb Guests or Brothers.
- Let the brother lead the chapel life and guide other guests.
- On Fridays the Friary is cleaned by the brothers and worker guests.

Please remember to have some time off every day and do not feel guilty for doing so; the Brothers will be attempting to follow suit!