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"I love my work, I love caring for people."

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12/31/2006

My dream was always to be a film director. I used to live in Elstree near the BBC Studios and thought the break-through would just happen one day! Nevertheless, I studied nursing and I now work full-time in

a London Hospital as a staff nurse. There is a certain connection though, I love caring for people, how the body works, how computers work and I love putting it all together! I still love making short videos and DVDs, they tend to be short promotional or travel documentaries.

At the age of 19 I used to spend most of my time (and money) in the pub with my friends, and shopping all day Saturday and Sunday! It gets rather boring... Then I met a friend who introduced me to Tamezin Club, a youth club run at one of the Opus Dei houses, I began helping out with all sorts of activities and planning, I loved the young people and found the volunteering very creative and fulfilling. Little by little I became more interested in Opus Dei and received formation in the Faith which led me to think more deeply about my vocation in life. Eventually

I realised that my vocation was to be a Numerary, so I asked to join, they made me wait though! I eventually joined in 2004 when I was 20 years old.

The choice between being a Supernumerary and Numerary was the big decision for me. I think that the main thing is that you have to do what you have to do! It's a question of prayer and following your own conscience.

In my work I find that consideration of my spiritual childhood before God really helps me to be cheerful and do my best. That's all you can do isn't it? I consider myself very fortunate. I love my work, I love caring for people. My colleagues and I have a good laugh at work – you need that in a stressful or tiring situation. The same goes for the patients, to get over an embarrassing moment, to lighten the atmosphere of being very

ill, being scared or worried about the future.

Many of my colleagues are believing, practising Christians, and also many are Muslim and we have an excellent relationship. They work hard and then they go home and have so much to deal with – hungry children, food shopping, noisy neighbours etc. I have the great good fortune of coming home and finding the other people of the Work have prepared food for me, done my washing, the house is clean, they tolerate my moods, sometimes I may be upset or sad from work when a patient has died or whatever, I am cared for – they are so nice to me. But I do correspond to that kindness – they think I'm good company too, in fact I'm very witty... I think this is a wonderful form of Christian fraternity.

My colleagues pull my leg a bit about being a Numerary, but it also makes them think a bit more deeply – about the existence of God, having faith... and the meaning of life.

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