

Freda Alexander

Freda first enquired about the Third Order when she was a very busy professor of Epidemiology and a single parent to her small son after the death of her first husband. It is not surprising that it was not until she retired that she was able to pursue her vocation. Freda embraced life with enthusiasm and gave generously of her time and gifts to the service of God, the community and our Order. She was involved at Provincial level and she was what one of our tertiaries has described as "an inspirational" Area Minister for Scotland. With her keen and analytical mind she made valuable contributions at any meeting she attended.

After retirement Freda trained as a Deacon in the Scottish Episcopal Church and served faithfully at St John's in the West End of Edinburgh. She also completed the Ignatian Spiritual Exercises and trained as a Spiritual Director. She conducted Retreats in Daily Life and gave individual direction. There are many people who feel a great gratitude for this ministry.

When she was diagnosed with a serious illness she faced this bravely and did all she could to understand her physical condition and retain some dignified control. She spent as much time as possible with her son and daughter in law and their three children whom Freda adored. There came a point when she decided not to accept any further medical intervention. She described herself at this time as being "full of joy" and she wrote to friends: "I wish to show by my own example that the end of life can be good and holy".

Those who visited her at home found her calm and accepting and the priest who anointed her said she gave him more blessing than he gave her.

We tertiaries in Scotland were privileged to know Freda and we miss her. May she rest in peace.