



ONE MOMENT, ONE MORNING

Sarah Raynor

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About the Author: Sarah Rayner was born in London and now lives in Brighton with her partner. She worked for many years as an advertising copywriter, and now writes fiction full time.



About the Book: The Brighton to London line. The 7:44 am train. Cars packed with commuters. One woman occupies her time observing the people around her. Opposite, a girl puts on her make-up. Across the aisle, a husband strokes his wife's hand. Further along, another woman flicks through a glossy magazine. Then, abruptly, everything changes: a man collapses, the train is stopped, and an ambulance is called.

For at least three passengers on the 7:44 on that particular morning, life will never be the same again. There's Lou, in an adjacent seat, who witnesses events first hand. Anna, who's sitting further up the train, impatient to get to work. And Karen, the man's wife.

Telling the story of the week following that fateful train journey, *One Moment, One Morning* is a stunning novel about love and loss, about family and – above all – friendship. A stark reminder that, sometimes, one moment is all it takes to shatter everything. Yet it also reminds us that somehow, despite it all, life can and does go on.

Questions for Discussion

1. For the person who chose *One Moment, One Morning*: What made you want to read this particular novel and suggest it to the group for discussion?
2. Do the characters Lou, Anna and Karen seem real and believable? How do they change or evolve throughout the course of the story? Who was your favourite, and why? To what extent do they remind you of yourself or someone you know?
3. Talk about the secondary characters – Simon, Steve and Lou's mother, and Karen's children, Molly and Luke. Were they important to the story? Did any stand out for you? Were there any who you didn't like, and why?
4. What did you think about the structure of the book? All the events take place in a week in time. What did you think of the use of flashbacks and multiple perspectives?



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5. Talk about the plot: what was more important, the characters or the plot? Was the plot moved forward by decisions of the characters, or were the characters at the mercy of the plot?
6. The title of *One Moment, One Morning* suggests that there are pivotal moments when our lives can change course forever. Have you had any such pivotal experiences?
7. What did you think about setting the book in Brighton, England? How did it enhance or take away from the story? Was the author's description of the city and local community a good one?
8. What about Sarah Rayner's use of language/writing style? Was the language appropriate to the story? Was it more poetic or vernacular? (You might like to have each member read a favourite passage out loud. It's best to warn them ahead of time that they'll be doing this so they'll be prepared.)
9. What specific themes did you notice throughout the novel? Did you think there was anything particular Sarah Rayner is trying to get across to the reader overall? In what ways do the events in the book reveal evidence of Sarah Rayner's world view?
10. Did certain parts of the book make you uncomfortable? If so, why did you feel that way? Did this lead to a new understanding or awareness of some aspect of your life you might not have thought about before?
11. What do you think will be your lasting impression of *One Moment, One Morning* a year from now?

