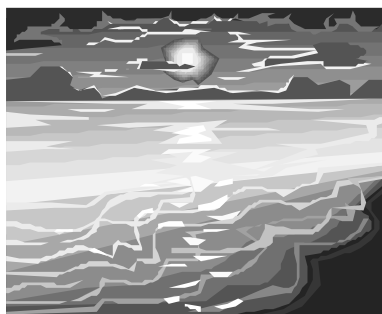


Ebb and Flow

It's that time of year when people are thinking of going on holiday. Some like to try a new and exciting place to go. Others prefer to revisit favourite haunts. I love to revisit Holy Island, more popularly known as Lindisfarne. There's something magical about the place. As well as its historical connection with some of the Celtic saints such as Aidan and Cuthbert, it has a natural beauty all of its own. And there's something highly symbolic about being a tidal island.

Twice a day the tide comes up and the island comes into its own, cut off from the mainland. The rest of the time, when the tide goes out, it's possible to reach the island by car across the causeway.



The natural rhythm of Holy Island is a reflection of the human psyche. Some of the time we enjoy being part of the "mainland"- our connectedness with other people and places and lives that are busy and fulfilled. Holy Island reflects this when the tide is out in the summer and visitors come over in their droves. But some of the time we need time set apart, to be by ourselves- space to reflect and pray and be quiet. We might decide to take a retreat away from it all and have a few days of prayerful peace and stillness. This is like Holy Island when the tide is up, especially on a clear day in winter. There is nobody about much and the island shines like

a jewel in the sea, at peace with its surroundings.

Some of us are more naturally introverts, others extroverts. Some love and need quiet and undisturbed moments alone, while others delight in socialising at parties. Whichever way our personality is naturally drawn, we all need to feed these two basic sides to our lives, our inner and outer worlds. We grow through our experiences of life. We equally grow

through reflection upon these experiences. Recently I've been reflecting on my nearly three years as a curate in Cowley. It has been a significant part of my journey. As I

prepare to say farewell on St James' Day and take up duties a week later at Saint Mary and Saint John, I'll be reflecting on the blessings God has given and continues to give.

John Donne famously said, "No man is an island". We are all intimately connected with one another. This remains true as much when the tide is up and the mainland seems distant as when the tide is out and there is a flow of movement and interaction.

We are all deeply connected in Christ.

Sister Margaret Anne

Chronicle

Ministry of Healing

A monthly service on the first Tuesday of the month,
alternating between St James and Sr Francis Churches

Healing Services:

Tuesday 6th July 7.30 pm

note slightly later time

St Francis Church

Tuesday 3rd Aug 7.30 pm

St James Church

The ministry of healing is available at St James' Church every Sunday during the 10 o'clock service. Please go to St Luke's Chapel after you have received Communion where members of the Healing Team will be available to listen and to pray in complete confidence.



ST MARY MAGDALEN

JULY 22nd

It is easy to understand the popularity of Mary Magdalen over the centuries: she is the patron saint both of repentant sinners and of the contemplative life.



Jesus drove seven demons from Mary, who came from Magadal, a small village near Tiberias in Galilee. She became his follower to the bitter end. She followed him to Jerusalem and was present during the crucifixion, standing heart-broken at the foot of the cross. Her love for Jesus did not end there, for she went to the tomb to anoint his body on the Sunday morning.

Such faithful, humble devotion was richly repaid: it gave her a unique privilege among all mankind: she was the first person to whom the Risen Lord appeared on Easter Sunday morning. She thought He was the gardener at first.

Mary Magdalen has sometimes been identified with the woman who anointed Christ's feet in the house of Simon (Lk 7.37). Over the centuries many artists have painted this scene. Mary Magdalen's feast has been kept in the West since the 8th century. England has 187 ancient churches dedicated to her, as well as a College in both Oxford and Cambridge.

FAREWELL TO SISTER MARGARET ANNE

St James Day - Sunday 25th July

Patronal Festival Service

6.00 pm in St James Church
*followed by strawberries and wine
in the Rectory Garden*



GARDENING OFFERED

I am just coming to the end of the National Certificate in Horticulture level 1 and am keen to start some form of work. Do you have a garden that needs some attention?

I am willing to work on Saturdays as well as weekdays. I cannot supply my own tools as I do not have a car and my transport is bicycle and therefore I need to work within cycling distance of Cowley. I particularly enjoy the company of elderly people and am willing to assist in jobs of a practical nature.

Please contact Susie on Oxford 748220



GOD'S ANSWER FOR YOU

For all the negative things we have to say to ourselves,
God has a positive answer for it.

You say: "It's impossible"
God says: All things are possible (Luke 18:27)

You say: "Nobody really loves me"
God says: I love you (John 3:16 & John 13:34)

You say: "I can't go on"
God says: My grace is sufficient (II Corinthians 12:9 & Psalm 91:15)

You say: "I can't figure things out"
God says: I will direct your steps (Proverbs 3:5-6)

You say: "I can't do it"
God says: You can do all things (Philippians 4:13)

You say: "I'm not able"
God says: I am able (II Corinthians 9:8)

You say: "It's not worth it"
God says: It will be worth it (Roman 8:28)

You say: "I can't forgive myself"
God says: I FORGIVE YOU (I John 1:9 & Romans 8:1)

You say: "I can't manage"
God says: I will supply all your needs (Philippians 4:19)

You say: "I'm afraid"
God says: I have not given you a spirit of fear (II Timothy 1:7)

You say: "I'm always worried and frustrated"
God says: Cast all your cares on ME (I Peter 5:7)

You say: "I don't have enough faith"
God says: I've given everyone a measure of faith (Romans 12:3)

You say: "I'm not smart enough"
God says: I give you wisdom (I Corinthians 1:30)

You say: "I feel all alone"
God says: I will never leave you or forsake you (Heb. 13:5)



Signs found outside churches...

- It is unlikely there'll be a reduction in the wages of sin.
- If you don't like the way you were born, try being born again.
- Looking at the way some people live, they ought to obtain eternal fire insurance soon.
- This is a ch__ch What is missing? (U R)
- Forbidden fruit creates many jams.
- In the dark? Follow the Son.
- Running low on faith? Stop in for a fill-up.
- If you can't sleep, don't count sheep. Talk to the Shepherd.

WITH HOLIDAYS IN MIND...

Don't know nothin'

When Columbus started out, he didn't know where he was going. When he got there, he didn't know where he was. When he got back, he didn't know where he had been. And he did it all on other people's money. Can't help thinking that Columbus reminds me of some teenagers who go on family holidays...



Sky fright

An airliner flew into a violent thunderstorm and was soon bumping around in the sky. One very nervous lady happened to be sitting next to a clergyman and turned to him for comfort. "Can't you do something?" she demanded forcefully.

"I'm sorry ma'am," said the minister gently. "I'm in sales, not management."

Sky at night

The scientific theory I like best is that the rings of Saturn are composed entirely of lost airline luggage.

Hole for one

A golfing priest, after having been beaten by an elderly parishioner, returned to the clubhouse somewhat depressed. "Cheer up," said the layman. Remember, you'll eventually be burying me some day." "Yes," said the priest. "But even then it will be your hole!"

STORM IN A TEACUP

"I'm sorry," my wife said as she laid my cup of tea on the bedside table, "but I forgot to use the tea strainer." Being more accustomed to modern teabags, she had overlooked the old-fashioned method of pouring from what they now call 'leaf-tea'.

I raised a sleepy smile. "All right, dear. I'll try to remember." So long as the tea was refreshing and tasty, who cares?

Before these modern infusing methods were invented, somewhere in the early 1960s, it wasn't unusual to pour out the tea, tealeaves and all, to find some floating on top whilst others hid themselves at the bottom of the cup. Things had always been like this. Why bother to change anything? Who cared?

If our tea was made with water at less than boiling point, many more tealeaves would float to the top, needing use of the teaspoon to scoop the nasty things off. Why bother? Who cared?

I suppose Jesus sees our sinfulness in this way.

We can live our life with nasty tempers and tantrums floating on top, whilst our loving partner constantly skims them off, only to leave our deeper misdemeanours hidden at the bottom of our life where we hope no-one will ever find them.

Using the more up-to-date method, we can dispose of faults by the bagful, claiming we knew nothing about them.

Tea, we suppose, tastes much the same however it's brewed.

When best quality tea is used, brewed over a precious three and a half minutes, then carefully strained and offered, the outcome is remarkable.

That's how Jesus can alter our life. He has already disposed of tealeaves of our sins, on the Cross. Life in him tastes much more refined.

Jesus strains away our sins. Because He IS the one who cares.



THE PASSION BRINGS THE HIGHEST RESPONSE EVER TO CHRISTIAN ENQUIRY AGENCY

Over two thousand people who have seen 'The Passion of the Christ' film have sent response postcards to Christian Enquiry Agency (CEA) asking about Jesus Christ, and more are arriving every day.

"We've never known anything like this, and had to pull out all the stops to cope with the demand for information about Jesus. We've been totally overstretched, but it is great to be helping so many people," said Andrew Taylor at the CEA Enquiry Office.



Around 150,000 response postcards were placed in cinemas across Britain in an ambitious outreach campaign to reach people who don't attend church. Churches have snapped up thousands more of the cards for outreach. Those who send the

enquiry card back to CEA receive a free copy of the 'True or False' booklet produced by CPO, which relates to the film, plus a personal letter offering further help and ideas. These include a free copy of one of the gospels in a magazine format, details of local Alpha courses, a telephone helpline, prayer and contact with a local Christian. Hundreds of people are now coming back with questions and requests for help.

Commenting on the campaign, Jeff Bonser, the CEA Director, said "We felt it was vital to provide an opportunity for people to find out more about Jesus while they were still in the cinema and thinking about what they had experienced.

"Cinema is the most popular form of cultural activity outside the home, attracting over 80% of the entire population in one year and more than 60% of all cinemagoers are under 35. This is the age group that is missing from churches and the film offered a great opportunity to reach them with the reality of the cost of God's love for us all."

The response postcard also refers enquirers to the evangelistic website, www.rejesus.co.uk/the Passion. The website has background notes to moments from the film, covering the Last Supper, King Herod, the shadowy 'devil' figure, and other details – plus a special page on 'what happened next'. These pages have received thousands of hits.

'PAVEMENT PROJECT' FOR STREET CHILDREN

A pioneering project has been launched to bring hope to some of the estimated 150 million street children worldwide.

'Pavement Project' is the result of four years' research by Scripture Gift Mission into the psychology of traumatized children living on the street. Christian street workers used findings to develop a 'Big Green Bag' containing pictures, activities and Bible stories that summon a sense of value and self-worth among even the most troubled children.

PP has already been tested in 6 countries and works with established street ministries and organizations to train workers how to take a child through the pack's therapeutic process. Resources are used one-on-one with children in day centres, shelters and out on the streets and have been written in seven languages so far.

Said one child who used it, "It's as if a thorn was removed from me. I'm like the lost sheep, searched for and cared for again."



Superstition in Sport

Sportspeople are notoriously superstitious. If they win there is the belief that the win was derived in some way from the routine leading up to the game. The routine must therefore be repeated next week.

A survey of American sportspeople showed that 137 respondents admitted to a staggering 904 irrational things that they did in order to perform better.

Before we laugh at our cousins across the pond, is there any reason to think that sports people in the UK are any less superstitious? Don't forget Paul Ince's habit of not putting his match shirt on in the dressing room but carrying it in his hand and putting it on when he reaches the pitch.

This situation is well described by ice-hockey player, Dennis Abgrall. "When you win, you try not to change anything. Nothing. You do everything exactly as you did the whole day of your win. Beginning from the time you get up, was your window/door left open? Get up on the same side of the bed. Eat the same meals, at the same places - home or at the same restaurant - nothing extra. If your salad was dry, order it dry again; if you had a large milk, then again; if your steak was ordered medium, then again; no dessert, and so on. You leave at the same times, take the same routes, park in the same place, enter through the same door, and prepare for the finale - game time - with the accent on precision."

The superstitions can mainly be grouped into three categories as follows:

1 Ritual

This begins when the athlete does something one week and the team wins. Then it is believed that that action must be repeated next game or the team will lose.

An American baseball player confessed to the researcher conducting the above survey that he ate fried chicken at 4pm every day, closed his eyes during the national anthem and changed his shirt at a set point in the game during seven consecutive victorious games! Former Michigan basketball coach used to take great care, when driving to a home game, never to have to stop at a particular traffic light!

2 Taboos

These are things which must NOT be done – if you want to avoid bad luck.

In baseball many teams make sure never to cross the handles of stacked bats – they are believed to bring bad luck. Also in baseball when a pitcher has a 'no-hitter' in progress, no one is supposed to utter the words 'no hitter' lest it break the spell!

It is not unknown for the wife of a footballer to be banned from watching the team, if the team has appeared to lose when she is there and win when she isn't and her presence is therefore thought to bring 'bad luck'.

The US Masters gold tournament in Augusta is preceded by a Par 3 competition. As the winner of the Par 3 tournament has never won the main tournament, some players will ensure that they do not win the Par 3!

3 Fetishes – or lucky charms

When Sunderland won the FA Cup in 1973, manager Bob Stokoe wore the same suit for every Cup game. The magical suit got its share of the credit. Golfers are no less superstitious. Jack Nicklaus usually played with three pennies in his pocket; Al Geiberger used a penny as a ball-marker, always ensuring that the president's eyes faced the hole and so on.

Perhaps the most unusual fetish recorded involves the throwing of a dead octopus onto the ice at an ice-hockey game! In the 1950s a local fish merchant and ice hockey buff started the tradition when the Detroit Red Wings needed eight victories to be champions - the idea being that the eight tentacles would bring eight victories. When the Red Wings achieved their eight victories, the superstition was established.

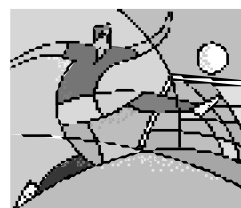
All of this seems harmless enough, even if it is curious to find such primitive rituals given such credence in our sophisticated society. At a time when a belief in God or Jesus Christ seems irrelevant, people will eat chicken at 4pm in order to appease the gods of superstition. It does not add up!

Every time he went into bat Alan Knott – the former England cricketer and a Christian - used to touch the bails before facing his first ball. He did it in order to check that they were securely in place and would not easily be dislodged. One match, the opposition wicket-keeper, stood with his hands protecting the wicket to prevent Knott from touching them. Realizing that people thought it was a superstition, Alan never did it again.

As Christians we believe that a loving God is in control of the world. He showed his love by sending Jesus Christ to take away the sins of the world. Sport is not unimportant – it is part of God's creation. Success in sporting events will be determined by how we use the ability we have been given and how our opponents use their ability – not by whether we wear the same suit, eat fried chicken at 4pm or even throw a dead octopus into the arena.

From Stuart Weir of Christians in Sport.

www.christiansinsport.org.uk



ROBIN'S PRAYER

God bless the field and bless the furrow,
Stream and branch and rabbit burrow,
Hill and stone and flower and tree,
From Bristol town to Wetherby –
Bless the sun and bless the sleet,
Bless the lane and bless the street,
Bless the night and bless the day,
From Somerset and all the way
To the meadows of Cathay;
Bless the minnow, bless the whale,
Bless the rainbow and the hail,
Bless the nest and bless the leaf,
Bless the righteous and the thief,
Bless the wing and bless the fin,
Bless the air I travel in,
Bless the mill and bless the mouse.
Bless the miller's bricken house,
Bless the earth and bless the sea,
God bless you and God bless me!
Old English Rhyme

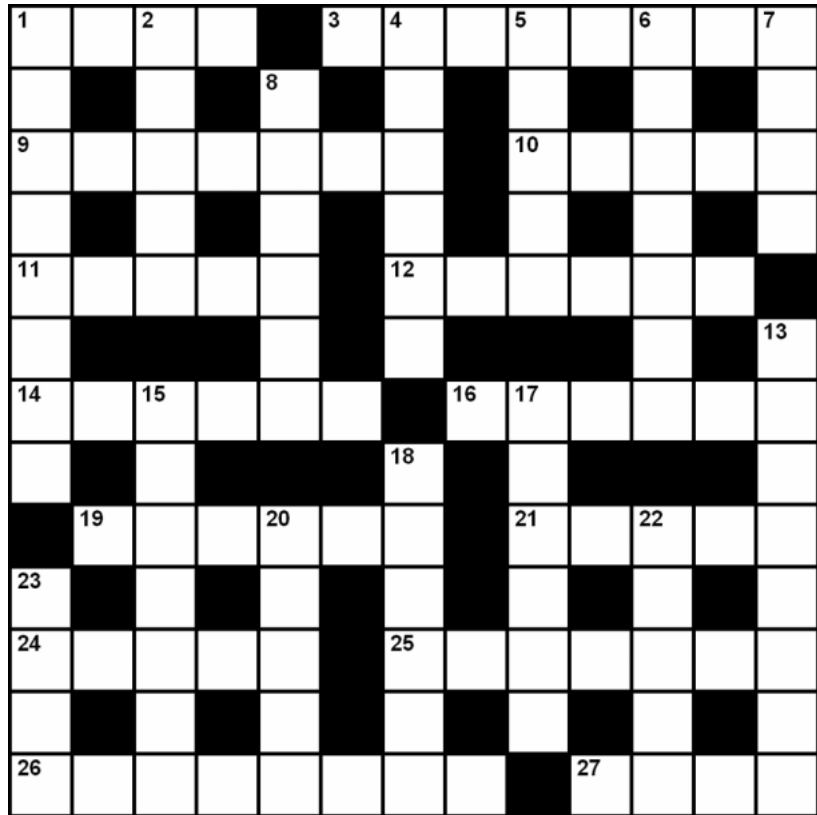
CONFIDENCE IN GOD

Alone with none but Thee, my God,
I journey on my way.
What need I fear, when Thou art near
O King of night and day?
More safe I am within Thy hand
Than if a host did round me stand.
St Columba

June's Solution

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| H | E | A | P | E | N | G | R | A | V | E | R |
| E | W | A | U | U | I | E | | | | | |
| R | E | F | I | N | E | R | F | E | N | C | E |
| D | U | I | S | U | E | D | | | | | |
| S | A | L | E | M | E | N | S | I | G | N | |
| M | | A | D | | | A | | | | | L |
| A | N | G | E | L | S | | S | M | Y | R | N |
| N | A | | | C | | A | | | | | B |
| | B | R | E | A | C | H | | R | A | I | S |
| A | N | B | | R | | T | | M | | | L |
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July's Crossword



CLUES

Across

- 1 Become larger (4)
- 3 Saved from the bondage of sin (8)
- 9 Children who have lost both parents (7)
- 10 Unhappy or worried (5)
- 11 Grandfather of Abraham (5)
- 12 Region known for it's balm, spices and aromatic gums (6)
- 14 The season of growth (6)
- 16 Jewess chosen by the king of Persia to be his queen (6)
- 19 Where the Israelites first encamped after crossing the Jordan (6)
- 21 Cereal crop (5)
- 24 Collection of sacred scriptures (5)
- 25 Given to Jesus on the cross to assuage his thirst (7)
- 26 Obscene behaviour (8)
- 27 Not as much (4)

Down

- 1 A preference of right over wrong (8)
- 2 Daughter-in-law of Naomi (5)
- 4 Flag (6)
- 5 Equivalent (5)
- 6 One of the youths cast into the fiery furnace (7)
- 7 A particular day (4)
- 8 Without offspring (6)
- 13 Brightest star in the constellation Bootes (8)
- 15 Refraction of the rays of the sun shining on falling rain (7)
- 17 Needlework (6)
- 18 Shiny black fruits (6)
- 20 Gather (5)
- 22 Bird representing power (5)
- 23 Brother of Cain (4)

Sunday Services

ST JAMES' CHURCH, BEAUCHAMP LANE

| | |
|----------|---|
| 8.00 am | Holy Communion |
| 10.00 am | Sung Eucharist (<i>exc 2nd Sunday</i>) All Age Eucharist (<i>2nd Sunday</i>) |
| 1.00 pm | Cowley Asian Christian Fellowship |

ST FRANCIS' CHURCH, HOLLOW WAY

| | |
|----------|---|
| 10.30 am | Parish Eucharist [<i>Family Eucharist - 2nd Sunday of the month</i>] |
|----------|---|

Mid-Week Services & Meetings

| | | |
|-----------|----------|---|
| Monday | 9.00 am | Morning Prayer – <i>St James</i> |
| | 5.00 pm | Evening Prayer – <i>St James</i> |
| Tuesday | 9.00 am | Morning Prayer – <i>St James</i> |
| | 5.00 pm | Evening Prayer – <i>St James</i> |
| | 8.00 pm | St Francis Discussion Group – <i>4 Long Close</i> |
| Wednesday | 9.00 am | Morning Prayer – <i>St James</i> |
| | 10.10 am | Mothers and Toddlers – <i>St Francis</i> |
| | 12.00 pm | St James Prayer Group – <i>13 Clive Road</i> |
| | 5.00 pm | Evening Prayer – <i>St James</i> |
| Thursday | 9.00 am | Morning Prayer – <i>St James</i> |
| | 9.30 am | Eucharist - followed by coffee – <i>St James</i> |
| | 11.00 am | St Francis Prayer Group |
| | 5.00 pm | Evening Prayer – <i>St James</i> |
| Friday | 9.00 am | Morning Prayer – <i>St James</i> |
| | 5.00 pm | Evening Prayer – <i>St James</i> |
| | 7.00 pm | Friday Club – <i>alt Fridays at St Francis</i> |
| Saturday | 9.15 am | Morning Prayer & Breakfast – <i>St Francis</i> |

Arrangements for Baptisms, Banns of Marriage, Weddings, Confessions and Home Communion can be made with any of the clergy.

Days Off

Stephen has Friday off; Mark has Monday off. Except in emergency, please try and respect these days of rest. Sr Margaret Anne works within the parish on Tuesdays, Thursdays and on alternate Sundays.

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