

# Congratulations! You're making a difference!

For years the people of the Parish of Cowley have been making a difference to people around the world and in our community. Just the other night members of a PCC committee met to give money to some very worthy organisations. You might think our donations are just a drop in the bucket of what is needed to make a difference, but your giving is important and significant.

For example, we're designating some money for Tearfund. They transform people's lives in some of the world's poorest countries, like the 18 million people in the Sahel region of West Africa who are in danger of not having enough food. In East Africa, where high food prices and failed harvests have left 10 million people on the brink of disaster, Tearfund works with relief agency partners. Your giving allows us to help people who appear to have nowhere to turn.

Parish of Cowley funds will be a significant help for people involved in mission work. Faith2Share is an organisation headed by Revd Mark Oxbrow, who is also a member of the Parish of Cowley ministry team. Faith2Share is affiliated with CMS (The Church Mission Society) and they are making a difference to local mission work in over 100 countries worldwide including India, Sri Lanka, Nigeria, New Zealand and Ireland.

It's not just international organisations who need our help. We believe in giving to local agencies to help people in our own community. For example, we've decided to support Oxford Youthworks

who offer unconditional care, support and hope to young people in Oxford.

Loneliness can be debilitating. It can affect people of all ages and backgrounds and can be caused by external circumstances – bereavement, relationship break up, mental or physical illness, redundancy or retirement. We will contribute to Oxford's Archway Foundation, established in 1982 to serve the lonely. We're also giving to the Community Emergency Foodbank, Child Contact, Viva, Pact and Asylum Welcome. I hope that makes you feel good about helping us to make a difference. But we don't give just to feel good.

Why do we give? We believe we're here to share God's light and love and hope wherever we can. We believe in giving our talents, our time and our money.

Money. How we spend it matters, because it indicates whether we serve money or it serves us. It matters because it makes us think about what we truly value. Giving (whether time, talents or money) matters because it forces us to ask, "Do we value money and use people, or value people and use money?" Jesus calls us to value people – to love our neighbour as ourselves.

Sometimes as we go about our daily lives, we forget that we who live here in England are part of the richest 10% of the world. When we receive the offering on Sunday morning, the words of the liturgy remind us that everything we have is given to us by God. When we share, we are living out our trust in God to supply all our needs.

**Howard**

# Chronicle

October 2012

# Editor's Letter

Dear Readers

I do hope everyone who gave May Morgan their slips and subscriptions received their September issue of the Chronicle on time. And I do hope you enjoy this current issue. It is so good to receive articles from new contributors alongside our regular ones. Speaking of May, I really would like to thank her for the way she gives up most of her Friday afternoons and evenings on "Chronicle Weekend", printing and collating the magazine. She really is a star. Last month she even had to postpone a planned outing with a friend to meet the deadline due to a computer glitch.

Did you notice in our local newspapers that St Francis Court won a gold award for their garden in the "Oxford in Bloom" contest? Congratulations to them and also congratulations to Templar Square with all its colourful petunias for coming second in their category.

I'd like to draw your attention to the small notice later in the magazine about the Jubilee Brass Band concert on 28th October. I know it is on a Sunday evening and there is unmissable television but you could record your favourite programmes, couldn't you? The very reasonable ticket price of £5 (£4 for concessions) for a live performance might possibly persuade you. And it is for a good cause.

No-one has taken up my suggestion of a Chronicle recipe book yet. Does that mean that you've tried our recipes and they are not very good, or that you've snipped out the ones you like already. I am still open to your comments.

## CHRISTMAS GIFTS AND CRAFT FAIR

**Saturday 3rd November 2012**

**10 am to 2.00 pm [entry free]**

Shop early for Christmas

Coffee while you browse and light lunches served

Unique crafts and those special gifts. Home made cakes and orders taken for Christmas cakes and wreaths.

I am sure you will enjoy John Shreeve's message from St Francis with all the news about Harvest Festival. At St James we were thrilled to welcome the lovely contributions made by the Junior Church to our intercessions. Some of the prayers, written and read by our youngest church members, were very moving and heartfelt. Our resident choir added greatly to the service by singing an anthem during communion. They were in good voice and were much appreciated. The whole service, including Howard's sermon about "why worry?" was a good way to celebrate the harvest thus, I suppose, adding a full-stop to our summer activities.

And so on into autumn. There are so many events planned for the parish leading up to Christmas that our diaries are over-flowing!

Many of our ladies have been busy knitting hats for Smoothies (the final total this year is just under 1000), gloves and scarves for the Christmas box appeal (Joyce so far has filled 40 boxes, but is aiming to fill 50 which ensures the boxes are collected at the end of October – your contributions are very welcome) and preparing items for our Christmas sale. Many thanks, ladies, for all you do.

Frank and I are off for a couple of weeks' holiday leaving the compilation of the October Chronicle to the indomitable Sally, our assistant editor. It will be in safe hands, she too is a star.

See you next month, keep your articles coming, please.

God bless

**Rosanne**

## NEW DAY

This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes this day will be gone forever. In its place is something that you have left behind. Let it be something good.

**Marlene Shreeve**

# GARDENING

There are many types of bees in this country, some more rare than others. We know of honey and bumble bees which are all in decline because of our gardening and farming practices. Different types of bee are around at different times of the year, some have long tongues and can reach into tubular flowers, other bees have short tongues and need different shaped flowers, e.g. comfrey. We need to keep nectar-rich flowers in our gardens all summer, from primroses in the spring to various tall daisies of helianthus in the autumn. Some bees are social and many have specific places to sleep and/or hibernate. Honey bees use hives, others use holes in the ground or in trees, and some take over bird boxes. Can you think of any places which you can leave aside for bees, or plants you can place in your garden?

This year with all its rain promises to be the best ever for slugs and snails. We all know how much the slimy little - or not so little – beasts love brassicas, lettuce, hosta and beans, but what about the plants they don't like? Sadly, they tend not to be the plants which we want to eat either, but at least we could have some greenery which is not shredded. These plants include hellebores, foxgloves, geraniums, sedums and roses - so they do cover the main flowering year. You could find other slug-proof plants by walking around your garden and noting which plants are free of holes.

There will probably be various clear spaces in your garden, due to crop failure or slug damage, so fill your plot with bulbs, pansies and polyanthus, wallflowers, sweet Williams and daisies. Don't let the weather and the slugs destroy your garden - fight back, and make your garden even more colourful than ever!

Enjoy these months of autumn.

**Diana Pope.**

## ST FRANCIS NEWS

Our time recently has been spent in building on our foundations and trying new ideas. Something we as a church very much needed to do. We have held our second Worship Committee Meeting, a cheerful and constructive occasion. We looked at plans for Harvest Festival and also our St Francis Patronal Festival, which falls in October.

Our Harvest Festival, which was very similar to the one at St James, was a great success. One might have called it a "WELLY good day" for Wellington Boots featured very much in the scheme of things. The motto was – 'Giving the Boot to Poverty'. There were 'Welly Prayers', wellies on the window ledges and we were encouraged to wear wellies if we wanted to. Our youngsters enacted a short sketch featuring the problems faced by young African children in their daily lives. Half of the proceeds of our collection was to be given to 'Farm Africa' and half to the Food Bank which takes place in our church, and we were encouraged to give extra to these good causes over the next month. We

also celebrated with a bring and share lunch which was quite popular. So we were encouraged to be outward looking rather than inward looking, which is a good thing.

Talking of the Food Bank we have just had a new development recently. From now on there will be a church representative present on their Open Days, one on Tuesday and one on Friday. A number of people arrive in quite a distressed state as a result of their sudden poverty and need some conversation and counselling. I think that it is very important that church members should become involved in this. It is vital that we as Christians should be made aware of the full realities of people's suffering in the community and also use their Christian background to try to help people. We wish them every success in their new venture, and will hold them in our prayers.

Our recent Coffee morning went well. It coincided with Ride and Stride Day and we were joined at lunchtime by Bishop John who walked with us while he ate his sandwich lunch, a great pleasure.

**John Shreeve**

# CHRYSANTHEMUM

One tradition which seems to have taken root in the United States of America is that of decorating homes and gardens (or yards) to celebrate Halloween. In the eastern states folk use pots of multi-coloured chrysanthemums on their porches in rows along their drives or on the steps of their homes and very pretty they look too. Of course, chrysanthemums are good natured enough to be cultivated in a greenhouse all year round but there is something about the scent of their bruised leaves which are redolent of autumn.

The flowers are much appreciated in China, too, and are often to be seen painted on the beautiful porcelain vases which were brought here from the east during the nineteenth and twentieth century. Chrysanthemums are part of the daisy family and did, in fact, originate in China. They were found growing wild there and cultivated in Chinese gardens for over two thousand years before plant collectors brought them to Europe. In those far off days the flowers symbolized a scholar in retirement (many plants have symbolic meanings in the Orient). Infusions of the petals and leaves made wine and medicines and dew collected from the petals were supposed to induce longevity. They were considered one of the four “noble plants”, the other

three being bamboo, plum and orchid.

In about 400AD, Zen Buddhist monks took chrysanthemums to Japan where they were adopted as the symbol of the Mikado. He was represented with a big round insignia which people believed was the rising sun but, was, in fact, a sixteen petaled red chrysanthemum.

The first garden chrysanthemums were exhibited in England in 1795. A tea inspector for the East India Company sent home beautiful botanical drawings of them by Chinese artists and the plant collector Robert Fortune sent home the little pompom flowers of the species. They were soon to become popular as garden flowers mainly because they are so easy to grow in this country. They have a different personality in Italy, however, as they are associated with death.

The name chrysanthemum comes from two Greek words – chrysos (gold) and anthos (flower). The golden yellow flowers were used widely in Mediterranean countries to make garlands. It was believed that they protected the wearer from demons. So those lovely pots of chrysanthemums are very suitable to decorate our homes around Halloween aren't they?

## Mothers' UNION News Christian care for families

September has been a particularly good month for the Cowley branch. First we hosted our wine, cheese and poetry evening. It was a very successful occasion and people are already asking “When is the next one?”! We made a small profit of £35 which is being sent to the Mothers' Union Wheels Appeal. This appeal helps to provide transport (bicycles, motor cycles, trucks, etc.) for Mothers' Union members in remote areas of Africa to reach isolated families whom they support. Health issues such as vaccination of infants, provision of mosquito nets and dealing with AIDs are all part of the work they do. They also encourage the women in remote villages to support their menfolk in agriculture.

Our branch meeting this month was most informative. The speaker was Beverley Hughes who spoke about the work she is doing in prisons as part of Prison Fellowship England and Wales. This is a worldwide organisation which brings hope through the Christian faith into prisoners' lives.

Our October meeting should be equally as interesting as we are welcoming a local lady who grew up on a farm in Dorset, met and married a Muslim man at university and of course converted to the Islamic faith. We are calling her talk “My Muslim Neighbour” as she will certainly explain her role as a wife and mother in a Muslim family. We meet on 15th October at 2.30 pm in the Church Centre.

# COWLEY WOMEN'S INSTITUTE NEWS

Our monthly meetings are held on the 3rd Wednesday of each month at St James' Church Centre from 2 – 4.30 pm.

We returned after our summer holidays with a group meeting involving three other WIs at St James Centre on September 12th. The speaker was an Ambulance Paramedic. Littlemore WI were celebrating their 50th anniversary. They brought some fruit cake to mark the occasion. It was very nice and enjoyed by all. Our next meeting was on the 19th September with Rosanne Butler speaking on Victorian Cowley.

The October meeting speaker will be K. Wiseman, when we will hear about the ladies of Blenheim. The competition will be a piece of hand-knitting.

We are always looking for new members. Why not call in one Wednesday and see what we do. I can assure you that you will be made very welcome.

---

---

## FILM CLUB AT THE CENTRE

Our first film club evening is fast approaching and it is much anticipated by its new members. We open on 12th October at 6.30 pm with "The Best Exotic Marigold Hotel", a comedy starring Judi Dench, Bill Nighy, Dev Patal, Tom Wilkinson and Maggie Smith. Club cards will be available to those who have signed up for membership. Tea or coffee and cake will be served before we start.

Those people who are not members may come to our club evenings as a guest of a specific member. So if you have been disappointed at missing out on membership you may still be able to come along.

There is no entrance fee but we do ask a donation of £2.50 per session to cover costs. If there are any profits they will go into parish funds.

The film we have chosen for November is "Mamma Mia", starring Meryl Streep and featuring the music of the popular group ABBA.

---

---

## CHURCHYARD GRAVE PROJECT

The project is coming to a close for this year, the weather has not been kind to us but in spite of that we have accomplished much. A large part of the readable stones have been recorded and photographs taken of each one.

We have had help clearing some of the undergrowth and uncovered several long lost stones. We have also uncovered a large green bottle containing some copper coins, not a treasure trove though but probably a stolen bottle off of a Bar somewhere.

We shall continue for a few more Wednesdays but it will now depend on the weather. I would like to give a big thank you to all the volunteers. I think they have found it interesting and we have all learnt something along the way.

Through the colder months there is a lot of checking that can be done with parish registers at home and then we will begin again next year after the snowdrops and

aconites have bloomed.

Thank you especially to Erma and her helpers and also to the experienced helpers from the Oxfordshire Family History Society.

Please contact Erma on 748153 or Sheila 433266 for any further information.

**Sheila Tree**

## Shaun Guard TV AERIAL SERVICES

- **Poor Reception Solved** - Aerials repaired & supplied
- **TVs** - Hung on your wall for you. Also supplied & tuned
- **Extra TV Points** - For aerial and Sky (In HD!)
- **Sky TV** - Also Foreign Language TV

**Call Oxford 01865 400141**

A part of  **OXFORD AERIALS**

## FROM THE ARCHIVES

Extract from the New Cowley Chronicle, December 1974

### PROTEST AT PLANS TO CLOSE SLADE HOSPITAL

The Public outcry about the planned closure of the Slade Hospital continues. For many, the very thought of closing the one local hospital which is able to offer a relaxed kind of care in pleasant spacious grounds, is a tragedy.

Leading critic of the planners' proposals is Dr H R Vickers, senior consultant dermatologist of the Oxford United Hospitals, who explains in this special article for the Cowley Chronicle something of the background to the controversy.

The Slade Hospital was opened in 1939 as the new Infectious Diseases Hospital for the City of Oxford, replacing Rivermead Hospital. It consisted of four first class wards, the hutted ward being erected during the war to accommodate troops.

At the end of the war, owing to diphtheria immunisation and the introduction of chemotherapy and antibiotics, there was an enormous decrease in the incidence of infectious disease, and the 80 beds at the Slade were too many for patients of this kind. At this time new accommodation for the Casualty and Accident Departments of the Radcliffe was imperative, and to provide this a ward was converted, and patients suffering from skin disease, and so-called "septic cases" were transferred to the Slade.

By the late 1950s when it was evident that many more beds than the Radcliffe could offer would have to be provided, it was decided to build a new hospital on the Manor site to accommodate all the acute sick of Oxford and the requirements of the Medical School. As, however, it became clear that even this site was not big enough, the "two-site" strategy was introduced, under which the Churchill/Warneford site was also to be developed, with the ultimate closure of the Radcliffe, Cowley Road and Slade hospitals. The Osler hospital had already been closed by the building of John Radcliffe phase I, the chest patients being transferred to the Slade and Churchill hospitals.

About eight years ago it was decided to develop the Slade site as an "Industrial site", with laundry, stores, and central sterile supplies department to service the Oxford hospitals. At this time the clinicians who had patients in the Slade agreed that rehousing

these within the main hospital complex had many advantages – e.g. proximity to X-ray departments, laboratories etc., and they accepted this move, provided suitable accommodation was built for the patients under their care.

By this time, the dermatological department at the Slade had expanded to provide active out-patient treatment, particularly for patients suffering from psoriasis and varicose ulcers. This greatly reduced the necessity of having to admit many of these patients into hospital. In addition a very active research unit was built, financed largely by outside bodies.

The planning of the Industrial site went ahead, involving the proposed destruction of three wards, and rendering the other two useless for hospital patients. Unfortunately there were no contingency plans for the departments to be displaced, and the clinicians responsible for the care of these patients were suddenly confronted with the problem of having in 1975 or '76 no accommodation for these patients. In addition, the same planners issued an ultimatum that unless the laundry was built, John Radcliffe phase II would not open on time.

There is no doubt that the planners were negligent in failing to recognise the consequences of their actions, and it is when faced with the very real possibility that many of my patients would suffer real hardship that I decided to publicise these decisions, having previously told the Chairman of the Board of Governors of my intentions.

As a result of the public outcry which far exceeded my expectations, promises of adequate alternative accommodation as a crash programme on the Churchill/Warneford site have been made, but until we see plans properly prepared and approved by the appropriate authorities, so that we can be convinced that the sick of Oxford will not suffer, pressure on the planners will continue.

The issue whether or not the Slade should remain as a community-type hospital for the care of the less urgent patients is another matter. Many of us, including many General practitioners, feel that these excellent buildings and grounds could be used now for this purpose, instead of waiting for decades before a community-type hospital is built on the Churchill/Warneford or Cowley Road site.

## SAINT JAMES' CHURCH BELLS – THE BRADFIELD RINGING COURSE

Christine Rumble and I were fortunate enough to get a space on the Bradfield Ringing Course. This is a very intensive four day ringing course in Berkshire. Students, helpers and tutors came from all over the country and each and every one was so kind and encouraging and just happy to be there. And, Yes, we both had the best time ever. It was early to rise with breakfast at 7.30, our first tutorial at 8.30 then nonstop until we finally got back to our rooms between 9.30 to 10 pm depending upon whether we stopped for cocoa or not!

There were 12 different courses ranging from 'Bell Experience' to things I've never heard of so no matter what your level of experience everyone's capabilities are covered. There were 6 students on each course with its own tutor and 8 helpers so we received lots of individual attention. Chris and I were on the first course 'Bell Experience' which was for those ringers who wish to become well-rounded bell handlers on all types of bells, it included call changes, raising and lowering in peal as well as skills required for plain hunting which is the first stage of method ringing and the required experience for the next course.

We rang at 11 different churches ranging from 12 bells, 10, 8 and 6 bells. On Friday evening we went on a 'Tower Grab' which involved driving round the country lanes to ring at three most delightful churches which wouldn't be out of place in a period drama – no gravel paths just mown grass right up to the church door. The churches we rang at on our Tower Grab included a 3 bell tower, a 4 bell tower plus an Agricultural Tower which was like something out of *Worzel Gummidge*. The Tower Captains of these churches were so proud of their bells and made us most welcome and were so helpful though sometimes it was quite scary. These bells weren't as smooth as St. James' (to me they felt as if they needed oiling) and seemed to have a will of their own but then it could have been the ringer! What

an experience we had that evening and our cocoa that night was much needed before we fell into bed.

On Saturday evening the experienced ringers rang a quarter peel before the Service of Praise and Thanksgiving at Bradfield College St. Andrew's Church. The church was full and the singing of 'Great is thy faithfulness. O God, my Father' raised the roof. It was a lovely service. On Sunday morning at 8.30 am we both had a tutorial on these church bells and although all the tutorials were good this was especially useful and the bells were a delight to ring.

We had no rest on a Sunday and had two more tutorials, the first being 'Video Nasties' on safety issues including pigeons in the bell tower and the severe risk of psittacosis. We learnt that 1 in 12 pigeons is a carrier with a high risk to humans and masks should always be worn when cleaning out towers. Another topic showed the risks of ropes breaking and ropes coming off the wheel high up in the steeple with the bell mechanism. Quite scarily this happened to Chris when ringing in the Agricultural Tower on Friday evening and fortunately there were plenty of experienced ringers to keep her safe and get it back on track. Several students shared their own nasty experiences which brought us all down to earth with a sharp lesson that a ringer should heed.

A great Sunday lunch was followed by our last practical. Our group went to Swallowfield, a 6 bells tower in the heart of the country with few houses nearby. One gentleman came out and said how lovely it was to hear the bells ringing which was very encouraging. We rang here for 2 hours ringing all the different techniques we had learnt over the past 4 days. Finally we headed back to Bradfield for tea and homemade cakes and goodbyes to all the friends we had made over the weekend with a cheery 'See you next year'.

**Margaret Weller**

# EXTRACT FROM RESTORE GAZETTE, SUMMER 2012

## Secret Millionaire becomes Patron of Restore

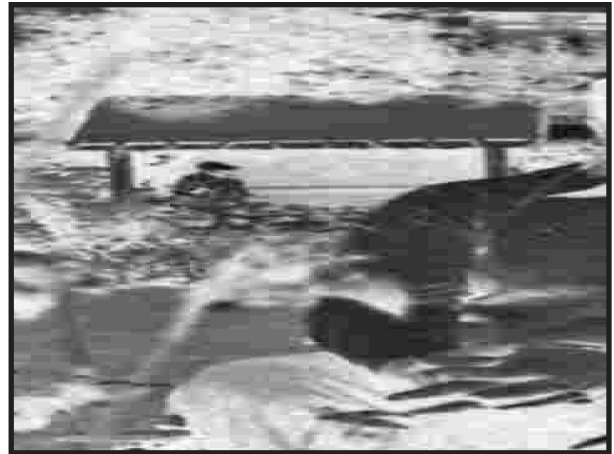
Arfan Razak, chef and owner of the Curry Lounge in Nottingham, has accepted our trustees' invitation to become one of Restore's patrons. Raz, as he is known, supported Restore through Channel 4's documentary, The Secret Millionaire, shown on 28th May.

Raz was drawn to Restore and the work we do for people with mental health issues, as his own mother suffered from depression. The undercover millionaire posed as a taxi driver and amateur chef getting work experience and volunteered at Restore's Garden Café and Elder Stubbs before revealing his true identity and a cheque for £25,000.

Raz says, 'We go through life with its ups and downs. Sometimes we need help and support but we don't always get it. What I found at Restore was an oasis in a busy area, just giving people at the lowest ebb in life a helping hand, a smile and encouragement that life will get better, slowly. I wish they had been in Nottingham to help me and my Mum. That's why I am so honoured to be able to help Restore!'

Anna Cautley, staff member at Restore, showed Raz around and shared with him her own experiences. She says 'Raz was really interested in what we do at Restore and willing to muck in. We were so surprised to find out who he really is! Mental health is not usually a popular cause so all of us at Restore really appreciate his generous support.' The

money will enable Restore to help more people. It will also increase access for people with physical disabilities on top of mental health problems. As his first duty as patron, Raz has kindly agreed to open the Elder Stubbs Festival on Saturday 18th August. You can watch the episode of The Secret Millionaire in which Raz and Restore feature on the Channel 4 website: [www.channel4.com](http://www.channel4.com).



**Restore's new patron Arfan Razak with staff member Anna Cautley in the Restore garden**

*Photo: Ed Nix, Oxford Mail.*

Lets keep it simple ...

**You got a problem with your computer?  
We are here to sort it !**

With over 23000 satisfied customers, running for over ten years, no wonder we are largest independent computer support company for home users and small / medium businesses. Our technicians love their job and enjoy a challenge,  
**so what are you waiting for !**

call us now on

**01865 451177**



154 Oxford Road, Cowley, Oxford, OX4 2EB  
[shop@computerassist.ca](mailto:shop@computerassist.ca)



# MICHAELMAS

Michaelmas, or St Michael's Mass to give its full title, used to be a major feast day in our churches' calendar. It was held in honour of St Michael The Archangel and the official date for it was 29th September. It was celebrated as far back as Anglo Saxon times for there is an Anglo-Saxon name for it – Sanct. Michaelis Macsse. Sadly, it is all but forgotten nowadays and no longer remembered. The only way that the name is recalled is in Michaelmas Daisies, a very English autumnal plant, usually a beautiful blue or white – again, not grown so much as it used to be. Though the excellent Garden Centre at Waterperry (near Wheatley) is going to hold a Michaelmas Daisy week this year – very soon now. I always associate Michaelmas with Autumn because it falls at that time of year, when things of nature are getting a bit 'backendish', as they say in Yorkshire. Colour is disappearing from our gardens as the blossoms begin to fade. So these lovely bright daisies are particularly welcome now and they are quite long lasting and quite hardy.

However, although Michaelmas comes towards the year's ending it is also at the year's beginning as far as the University of Oxford is concerned. Their new Academic year begins in October when all the new students, or 'Freshers' as they are known begin their studies at the start of the 'Michaelmas Term'. Many years ago before industry and mass tourism came to Oxford, all the local tradesmen and shopkeepers used to Heave a sigh of relief, because once Michaelmas arrived business would begin to pick up again. During the long summer vacation things were pretty quiet in those days.

So spare a thought for Michaelmas, it is an interesting time of year. And try to grow some Michaelmas Daisies – you won't regret it.

I have recently learnt that in some of the more rural parts of the country Michaelmas was sometimes considered to be more important than Christmas. It was celebrated with big family parties when relations from far afield would get together. The festivities would last for nearly a week and often a travelling fair would stop on the village green to add to the excitement. This would be followed by Martinmas later in October – but that's another story.

## John Shreeve

COWLEY LOCAL HISTORY SOCIETY

Tuesday, 16th October 2012

commencing at 8.00 pm

with the Annual General Meeting,  
followed by

## OXFORD ECCENTRICITY

(how madly and badly the City and  
University behaved over the last 900  
years)

A Talk by Richard O. Smith

At United Reformed Church, Temple  
Road, Cowley

Membership fee £15 (OAP £13)

Visitors welcome £3 per meeting

## M J Holden Plumbing & Heating

- Bathroom Installation and Refurbishment
- All Plumbing Repairs
- Leaks and Bursts
- Outside Taps
- Radiators
- Blockages
- Ball Valves and Overflows
- Pumps and Valves
- Property Maintenance
- All Trades Covered

No job too small – Fully Insured – Free Estimates

Telephone: 07584 190069

Email: mike\_holden69@hotmail.co.uk

# PARALYMPICS LONDON 2012

It's all over - from the moment the flame arrived on Britain's four highest peaks, its subsequent journey from Stoke Mandeville and then to the Arena for the opening ceremony and to ignite the flame. The closing ceremonies, followed by the triumphant journey through London by all the medal winners both Olympic and Paralympic.

In between all this we have been witness to the most incredible spectacle of 11 days of sportsmanship and human endeavour. We have watched a full range of individual sports including dressage, swimming, cycling, track and field events, judo, table tennis, team events football, volleyball, rowing to name a few, and others too numerous to mention.

We have seen tears of joy and disappointment and dignity, the odd tantrum very quickly forgotten. Massive congratulations between competitors for winners and losers with enthusiastic applause from

the crowded stadiums. Every one of these young people have had mountains to climb before they came to these games and whether they went home with a medal or not in my opinion they are all winners. Let us hope and pray that they have inspired us all and that after this we will appreciate the disabled more.

It has been a spectacle which I suspect few of us will forget and many will never see again.

Any doubts or fears there may have been that these games would not go according to plan were not forthcoming. 'London Delivered'. They hosted the world in friendship peace and harmony, and the atmosphere crossed the whole of Great Britain and made us all proud to be British.

We should thank the organising officials, the volunteers and everyone who gave their time to make these games a success

**May Morgan**



**Lord, I lay before you the prayer concerns voiced this morning ... even though most of 'em sound like whining to me.**



**Whatever we decide about the rector's expenses, let's keep in mind all those sermons last year on the simple lifestyle.**

*KFA Moves KFA Moves KFA Moves KFA Moves*

**Dance Based Keep Fit Class with Barbara**  
St Francis of Assisi Church  
Hollow Way, Cowley, Oxford OX3 7JP  
Wednesdays 10.30 – 11.45 am

Improve your energy levels, muscle tone and flexibility  
Come and enjoy the friendly, fun atmosphere

This class most suited to active 50+  
Please bring a mat/towel

**First class ½ price**

Dance Based Fitness Class, Lean Machine, Cowley –  
Tuesdays 7.30-8.45pm

For further details of both classes phone Barbara 07752626642  
KFA Fitness through movement, dance and exercise

# GOD IN MY LIFE

Having God in my life, is to me rather like driving my car – now it's second nature but it took me a long time to learn and even longer to feel confident. When I was 17 my Dad started to teach me to drive, but I found it a struggle and after the embarrassment of putting the car into the garage without opening the wooden garage doors first, I gave up! I eventually learnt to drive when I was 25, after moving to Oxford with husband Ed and although I passed my test first time it was some years before I suddenly realised that I had driven a journey without planning the route to avoid right turns and without consciously thinking through each gear change. 'Wow!' I thought, 'I'm now a driver; I'm driving as though it's a natural thing to do!' Straight away the Lord replied 'Yes, and that's how it is with Me too.' Immediately I understood.

So, what did I understand? Having God in my life is now as natural as breathing, but it has taken some life changing events to be able to presume to say such a statement.

My parents and maternal grandparents were very involved in the local Methodist Church and I grew up surrounded by that community, I even met Ed on a Methodist holiday! After he and I were married and living in Birmingham a new Christian friend bluntly asked me whether I had ever told Jesus that I believed in Him. The thought had never entered my head! I was indignant at first but soon became so grateful for that question because it signalled the start of a personal relationship with Jesus Christ, which has continued ever since. At that time all the scripture I had learnt as a child began to 'come to life' and I began to see answers to my prayer requests. My spiritual life had begun to grow.

Various events began to shape my Christian journey. My first experience of claiming a promise from the Bible occurred when lying in a hospital bed after a miscarriage, my Bible reading notes had reached Jeremiah 29 and verse 11 seemed to me to stand out as though it was marked with a high-lighter pen (it wasn't), then that same verse was written in a card by a friend, it was the verse being preached about on my next visit to church, it was on a letter from a charity that arrived through our front door and was on a video presentation by another charity – all this within about 10 days! It dawned on me that God was trying to tell me something, I took that verse as a personal promise which I still hold on to to-day and since then I have amassed a store of verses with a personal meaning for me and our family.

I also learnt how to 'hear' the quiet whisper of the Holy Spirit, and I promised Him that I would act whenever I felt Him prompt even if it seemed really stupid on the face of it. A wise friend advised me to write down everything I felt the Holy Spirit was telling me to do, record my action to His instruction and then whatever the outcome was. I was amazed by the results and started to practice walking in this new ability. I now understand that every Christian is able to hear the Shepherd's voice and as you tune in it just gets easier. The Lord started using me to encourage other Christians, sometimes asking me to share words of encouragement with congregations of 400 or more and giving me peace only as I started to share obediently. Around about this time my Dad died at the comparatively young age of 65 and that same month Ed suffered an 'incident in the brain stem' in layman's language. Our whole world turned up-side-down physically and emotionally but spiritually we encountered the full love of the Living God as He held us literally in His hand. Friends brought us meals, helped to look after our 3 young girls, did the gardening, cared for the house, prayed with us and showed us such love. I would wake in the night and could feel the tangible presence of God around me. It was an awful time but also an awe-filled time.

We have many more things we could say about those years and our experience of the compassion, mercy and goodness of God. Many things have happened over the years, many joyful things as well as more painful traumas such as open heart surgery for Ed and the death of my mum. Throughout it all God has enabled me to practice giving all to Him. He has taught me many valuable lessons and incredible truths such as **He delights in our worship** and **He created us for relationship with Him**. Amazing! Just as I delight in our beautiful grandchildren, especially when they spontaneously give me a hug or want me to read them a book, so God delights in us. That's an incredible truth, which blessed me no end when it was revealed to me. I now realise that I have learnt to have God in my life as simply a natural state of being, without conscious effort, with worship songs to Jesus running through my mind, chatting to God in my head and feeling promptings from the Holy Spirit in my mind daily. Of course there's so much more to learn, so much more to hear from other people, so much more of God to get to know and to experience. It's fantastic to join with other Christians and worship Jesus. There's new

insights and gifting to receive from the Holy Spirit. I'm still on the journey – I just don't have to think about the vehicle! (Although most days I have to remind myself that God is in the driver's seat!) In the words of one of my favourite authors, Graham Cooke: 'Transition is a journey onto the bigness of God for you. In that series of steps, you get

to experience a transformation that opens up the heavens and makes a way for you on earth. Never forget it is the process that makes you rich, not the outcome'. ('Approaching the Heart of Prophecy' 2009 Brilliant Book House)

**Jill Ling**

---

## SIGNIFICANT DATES FOR OCTOBER

Twickenham, the home of English rugby, staged its first match on 2nd October 1909.

On 6th October 1536 William Tyndale was executed by strangulation in Antwerp. His crime? He had translated the Bible into English and had copies smuggled into Britain. His final words were a prayer that Henry VIII would allow the Bible to be legally translated.

14th October 1066 is the most famous date in English history. It was the day when William, Duke of Normandy defeated King Harold II at the battle of Hastings and went on to claim the English crown.

Sir Humphrey Davy, the English scientist announced to the world on 19th October 1807 his discovery of a new metal, sodium. Sodium is the eleventh element in the atomic scale.

October 22nd 1797 saw the world's first parachute drop. Andre-Jacques Garnerin jumped out of a balloon at 6,000 feet, pulled open his parachute and sailed to earth.

24th October 1929 is known in New York as Black Thursday. 13 million shares changed hands as the Wall Street stock market crashed causing panic throughout the financial world. The Wall Street Crash heralded the world-wide Depression era of the early 1930s.

---

## SAINT OF THE MONTH – ST LUKE

We know that St Luke was a physician so it is not surprising that he is the patron saint of doctors and surgeons. However, what is more unexpected is that he is also the patron saint of artists. Scholars attribute this to the fact that in his gospel and in The Acts of the Apostles (generally accepted as his other great work) he describes incidents so clearly that he paints a picture in words for his readers. The earliest representation of him show an evangelist writing but Flemish painters of the 15th and 16th centuries show him painting pictures of the Virgin Mary.

Luke was a Greek and became a disciple of St Paul. The two men travelled together on several missionary journeys. Both highly intelligent men one can imagine that their conversations and discussions would have been fascinating. The traditional story that Luke was one of the first members of the Christian church at Antioch is more than probably true. The story also goes that he never married and lived to the age of eighty-four but there is no verification of either of these facts.

His Gospel reveals much of his character in which he writes about the Virgin Birth in some detail. He

also includes more stories about the women in Jesus' life than the other Gospel writers. Some of the most moving of Jesus' parables are found in his work, such as The Good Samaritan and The Prodigal Son. We also find the words of Christ in the Passion to the women of Jerusalem and the good thief on the cross. All these emphasise the compassion of Jesus together with Luke's emphasis on poverty, purity of heart and prayer. This made his Gospel especially appealing to the Gentiles in the wider world. He wanted Christ to be seen as Saviour of the Whole World.

In The Acts of the Apostles he shows himself to be a remarkably accurate observer. Many of the details he relates have been confirmed centuries later by archaeology. He writes clearly about how Christianity dared to move into the pagan world, principally into the Roman Empire.

Where he is represented with other evangelists his symbol is an ox though this is not clearly evident in his writing. Perhaps it refers to his mention of sacrifice at the Temple at the beginning of his Gospel. However, he is a very special saint. His saint day is celebrated on 18th October.

# SUPPER AT MARTHA'S RECIPES

The boys are coming to supper,  
Andrew popped round to see if they could,  
It's always lovely to see them  
When they're trav'ling through our neighbourhood

Now then, we'd better get busy  
Mary, go out and bring the big broom  
(It's always the same, when we open the door  
Dust flies all over this room)

I need some wood for the cooking,  
Laz'rus go to the olive grove  
And bring me a bundle of kindling  
I really must light up the stove.

While I'm chopping the herbs and the spices  
And making the dough for the rolls,  
Mary, fetch out the best dishes  
And clean all the cups and the bowls.

Now, what about wine for the serving?  
I'll ask Lazarus if we've enough  
And spare me a little for gravy.  
(I don't want this lamb to be tough.)

Mary, get out those new, pretty cushions  
We bought at the market last week  
And check on the towels, we need plenty,  
To wash the boys' tired, dusty feet.

The room looks lovely and shiny  
With figs and dates on the side  
And the lamps all softly gleaming,  
The bright cushions plumped besides

Look they're coming across the hillside,  
Jesus waves, Andrew calls out.  
James and John playing leapfrog,  
Those boys enjoy fooling about.

Mary, go out and greet them,  
We're in for an evening of fun!  
Jesus tells us such great stories,  
We love them all, every one.

I know it's busy preparing  
But, I don't want these evenings to end  
With good food, good wine and stories  
Shared with such wonderful friends.

**Rosanne Butler**

## Granny's Cinnamon Cake

### Ingredients:

2oz unsalted butter  
4oz caster sugar  
2 eggs, separated  
4 fl oz milk  
7 oz plain flour  
3 tsp baking powder  
1 tsp cinnamon or mixed spice  
Icing sugar

### Method:

1. Butter a 9in square cake tin and line with baking parchment. Heat the oven to Gas 4/5.
2. Cream the butter and sugar together then add the egg yolks one at a time and beat. Add the milk and continue beating (don't worry if the mix looks a little 'bitty' at this stage).
3. Fold in the sifted flour and baking powder, then fold in the cinnamon. Beat the egg whites until stiff peaks form (add a pinch of salt) and then fold into the cake mixture with a metal spoon.
4. Bake in the middle of the oven for 25-30 minutes. Take out, cool in the tin for 5 minutes then turn out onto a wire rack to cool completely. Cut into squares and dust with icing sugar.

## Sloe Gin

### Ingredients:

1lb sloes  
8oz caster sugar  
1 <sup>3</sup>/<sub>4</sub> pint gin

### Method:

1. Prick the tough skin of the sloes all over with a clean needle and put in a large sterilised jar.
2. Pour in the sugar and the gin, seal tightly and shake well.
3. Store in a cool, dark cupboard and shake every other day for a week. Then shake once a week for at least two months.
4. Strain the sloe gin through muslin into a sterilised bottle.

# The Origins of Cowley

## Part Twenty Five : Father Benson

I have been very remiss in my episodes of Cowley because I inadvertently missed out one of the icons of our parish, namely Father Richard Meux Benson. So with apologies I am putting this right this month. His ministry in Cowley pre-dates Rev. George Moore by a few years.

Father Benson holds a very important place in Cowley history because he changed the whole geography of the parish. He, through his influence, was also responsible for spreading the name of Cowley to the far corners of the world. Who was this amazing character? Well, let's start at the beginning by clarifying his unusual middle name.

His father, Thomas, was a business man with an interest in the Meux brewery whose premises were in the Clerkenwell area of East London. He married Elizabeth Meux, the heiress to the brewery. Her family had relocated to London from Meaux in France sometime in the eighteenth century and founded the brewery. Thomas Benson was High Sheriff of Camberwell and a member of one of the City of London's most prestigious guilds, the Worshipful Company of Drapers. After the marriage a large house in Russell Square, London became the family home. In 1824 Richard was born, the couple's second son. Both parents had a strong Christian faith from the Evangelical tradition which had a powerful influence on Richard.

Like many wealthy families in those days they had a second home in the country first in Kent and then, when Richard was nine, in Wales. The journey between the Russell Square house and the one in Wales was made by family carriage because the "new-fangled" railway was considered too dangerous. They would break their journey in Oxford each time.

Richard had a half-sister, Sarah, who was sent to spas and health resorts in Europe because of her "delicate" condition. When he was eighteen he travelled with her. They visited many countries, Switzerland, Germany and Italy among them. Whilst in Rome they made friends with religious communities and particularly Cardinal Mezzofanti, a great missionary leader. They were also granted a private audience with Pope Gregory XVI.

As a child Richard was educated by private tutor at home. He applied for a Balliol scholarship,

unsuccessfully but was accepted, in 1844, at Christ Church. Whilst there he became great friends with Charles Dodgson. He made it known, early on, that he wanted to be a priest. Despite his Evangelical background he became much influenced by the Oxford Movement with High Church ideals, founded in the seventeenth century. Keble, Newman and Pusey were its main proponents.

Richard's university career was outstanding. He was elected a Student of Christ Church (the equivalent of a Fellow at other colleges) in 1846. This meant taking priest's orders and rejecting marriage. He was ordained deacon at Cuddesdon by Bishop Samuel Wilberforce in 1848 and became a fully ordained priest in 1849. He served his curacy in a small church in Surrey and was said to be most popular with both rich and poor parishioners because he would join in all the social events. (It is easy to see why he was to be popular in Cowley a few years later!)

He was offered the parish of Cowley St James in 1850 and moved here in December of that year. He took up residence in a tiny cottage at the top of Rymers Lane (now long gone, of course). His mother took lodgings nearby and helped him with his parish work. She was fond of her granddaughters (Richard's brother's children) and had them to stay with her. They would often drive into Oxford to visit Charles Dodgson and play with Alice Liddell, her sister and friend of "Alice in Wonderland" fame.

Whilst he was vicar of the parish, which you may remember extended right down to The Plain at that time, Father Benson witnessed a rapid development in East Oxford where houses were springing up like mushrooms. It became evident that our old parish church was neither big enough nor accessible enough for such a burgeoning population. He arranged the construction of the Iron Church in Stockmore Street which was opened on 19th October 1859 and dedicated it to St John the Evangelist. He had had plans to go out to India to do missionary work but the Bishop asked him to stay and develop a new parish in East Oxford, which he did. He set about replacing the Iron Church with a new stone-built building, the church of SS Mary and John. The Parish had new boundaries as a result, and the Withy Brook, which crosses the

Marsh allotments and Florence Park became known as the Boundary Brook.

Father Benson was renowned as a fascinating preacher (some of his sermons lasted for three hours!) and he received invitations from London churches to preach. He participated in all the social events in his parishes, cricket matches, socials, fetes, etc. in both of his parishes. He was a regular visitor to the schools he had established often with sweets in his pocket. In 1886 he resigned his post in order to further his other great project.

Alongside his parish work Father Benson had been developing international mission work. Just after Christmas in 1866 he, together with two colleagues

took his vows and formed The Society of St John the Evangelist, the first Anglican community for men formed since the Reformation. They set up their mission house in Iffley Road but as they expanded moved to a larger building in Marston Street. The fathers wore long cloaks and big round hats and became known as "The Cowley Fathers". Father Benson travelled around the world setting up branches of the society. He remained active all his life and finally died on 14th January 1915. He is buried in the churchyard of the church in Iffley Road which will always be known in our areas as "The Cowley Fathers' Church.

Next month I will write more about the wonderful social work Father Benson set up in our parish.

**OXFORD JUBILEE BRASS BAND PRESENT**  
**A BRASS BAND CONCERT**  
**IN AID OF THE HEARTFELT APPEAL**  
**ON 28TH OCTOBER 2012 AT 7 PM**  
**IN THE NICHOLAS TINGSWICK HALL**  
**AT THE JOHN RADCLIFFE HOSPITAL**  
Tickets £5 (£4 concessions)

## **OUR SAINT OF THE MONTH: WALSTAN**

Norfolk's Own Muddy Saint

Upstream of Norwich in the valleys of the Wensum and the Yare – the land is green and gentle and villages have an air of an hurried contentment. To this niche of Norfolk a thousand years ago it is said came WALSTAN mentioned in one old book as "Saint, guardian of the British peasantry." For Walstan was a singularly Norfolk saint and Bawburgh was his shrine. The little church buttressed on its north side has a late Saxon round tower with a comical cap of tiles. The popularity of Walstan's tale generated cash from the pilgrim track to such a degree that a shrine chapel was built in the 4th century where six chanting priests invoked the saint's blessing on farmers and their beasts of the field. Walstan's cult was proletarianism, Bawburgh's Christian exemplar had ploughed and sown, reaped and mown and that was why his shrine attracted the oblations of the peasantry whose lives were ruled by the seasons. Yet Walstan it is claimed had Royal parents. Walstan's uncomplicated and earthy tale is simply told. Renouncing a life of privilege, he engaged in toil and self-denying poverty as a farm labourer at Taverham. His employers were so pleased with his conduct that they suggested he became their heir. He refused, and asked only for the offspring of a cow then heavily in calf. Two calves were born and Walstan nurtured them until one day in the fields a visitation by Angels warned him that his death was near. He died at prayer when he was about 50 years old, and his body placed on a cart hitched to his two oxen. The makeshift hearse crossed over the waters of the Wensum and a series of springs burst forth to mark the journey to Bawburgh.

So ended the life of a wonderful man – a real Saint indeed, who was not afraid to get his hands dirty.

**John Shreeve**

# SUNDAY SERVICES

## ST JAMES' CHURCH, BEAUCHAMP LANE

8.00 am	Holy Communion
10.00 am	Sung Eucharist
Every fourth Sunday:	Church at the Centre
Every third Sunday:	Sunday Lunch

## ST FRANCIS' CHURCH, HOLLOW WAY

10.30 am	Parish Eucharist
----------	------------------

## MID-WEEK SERVICES & MEETINGS

Monday	8.30 am	Morning Prayer – St James
	10.00 am – 11.30 am	Little Stars Playgroup – St Francis
	2.30 pm	Parish Mothers' Union – St James (3rd Mon)
Tuesday	8.30 am	Morning Prayer – St Francis
	10.00 am	Seashells Toddler Group – St James
	12.00 pm	Eucharist – St James
	12.30 pm	Tuesday Lunch Club – St James
Wednesday	8.30 am	Morning Prayer – St James
Thursday	8.30 am	Morning Prayer – St Francis
Saturday	10.00 am – 12 noon	Coffee Morning, St Francis (2nd Saturday)

## HOME GROUPS

Leader	Time/Venue
Connie Uren:	Alternate Tuesday afternoons at 2.30 pm, St James Church Centre, Ranklin Room
Friends of St Francis: (John Shreeve)	2nd and 4th Tuesday afternoons at 2.30 pm, St Francis Church
Tony Beetham:	Alternate Tuesday evenings at 7.30 pm, St James Church Centre, Ranklin Room
Rosanne Butler:	Alternate Thursday mornings at 10.30 am, St James Church Centre, Ranklin Room
Mark Oxbrow:	Alternate Thursday evenings at 7.30 pm, Mark's Home
Helen Beetham:	Alternate Friday mornings at 10 am, St James Church Centre, Ranklin Room

The Parish Office in St James Church Centre is open:

Tuesday, 2 – 5 pm  
Wednesday, 10 – 1 pm  
Friday, 9 – 2 pm

The Parish office is currently staffed by volunteers and members of the ministry team, and is open most office hours.

Contact details: Tel: 01865 747680  
Email: parishofcowley@hotmail.co.uk  
Out of Hours Tel: 07501 908378  
Website: www.cowleyteamministry.co.uk

### Team Rector:

Revd Howard Thornton  
Howard has Friday as his day off

### Team Vicar:

Revd Skye Denno  
Tel: 01865 434160  
Mobile: 07720 768684  
Email: skye@cowleyteamministry.co.uk  
Skye has Friday as her day off

### Associate Priest:

Revd Richard Chand  
Email: Richard@cowleyteamministry.co.uk

### Non-Stipendiary Ministers:

Revd Canon Mark Oxbrow  
Tel: 01865 461953  
Email: markoxbrow@aol.com

Revd Amanda Bloor  
Tel: 01865 208221  
Email: parishofcowley@hotmail.co.uk

Revd Gordon Hickson  
Tel: 07713 688079  
Email: parishofcowley@hotmail.co.uk

Revd Tony Beetham  
Tel: 01865 770923  
Email: tonybeetham1@supanet.com

### Churchwardens:

David Stanley Tel: 776602  
Norah Shallow Tel: 765199

### Deputy Wardens:

Margaret Martin Tel: 718532  
John Shreeve Tel: 717987

### St James Church Centre Manager:

Chris Woodman Tel 778078

### Hall Bookings:

Church Centre: Pat Sansom Tel 778516  
St Francis Church/St James Church:  
Through Church Office

### Cowley Chronicle – Editorial Team:

Rosanne Butler Tel: 453257  
Phil Hind, May Morgan, Sally Hemsworth  
Articles to be emailed to: chronicle@cowleyteamministry.co.uk