

# SAINT OF THE MONTH—St David

From the research I have done concerning St David it would seem that the tradition of Welshmen to wear a leek or a daffodil on March 1st to identify with their patron saint stems from the pen of that most English of poets, Shakespeare. However, I am sure he did not invent the custom, it must have been in evidence but how it came about is lost in the mists of time. Try telling that to fervent Welsh rugby fans!

Very little is known about David. He is revered mainly throughout South Wales, rather more than in the North and in the 12th century his cult spread beyond Pembrokeshire as far afield as Brittany, Cornwall and Herefordshire. It is not absolutely clear when he died. It might have been in 601 or 589 AD. He was a monk who was made a bishop and details of his austere life were recorded in the Irish Catalogue of Saints in about 730 AD. His monastery was situated in a city called Menevia which is now St David's and it is also known that his monks received Mass from him and also two Britons – Gillas and Teilo. His monastic regime was very rigid with the diet based mainly on vegetables

augmented with their own baked bread and only washed down with water. David's preferred method of devotion was to immerse himself totally in cold water.

It was recorded that "with the consent of all he was made archbishop and his monastery was declared the metropolis of the whole country, so that whoever ruled it should be accounted archbishop". Two pilgrimages to his shrine at St David's in the 12th century were accredited as worth one to Rome.

It is known that the English Kings William I and Henry II both made pilgrimages to St David's, Henry's on his way to and from Ireland. The present day cathedral was largely built from the offerings of early medieval pilgrims to "Dafydd's" (as he is known in Wales) shrine.

David is also claimed as the patron saint of Glastonbury, following the spread of his cult by King Alfred's bishop Asser. As mentioned earlier St David's day falls on March 1st and is celebrated by Welshmen the world over.

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## BOOK OF THE MONTH

### JOHN SENTAMU'S HOME STORIES (20 TRUE STORIES OF FAITH CHANGING LIVES TODAY)

Darton Longman and Todd

(Hope means believing in spite of the evidence and watching the evidence change)

The most authentic stories of Christian hope in the 21st Century come from the experience of ordinary people living ordinary lives.

In this engaging book compiled by John Sentamu, the Archbishop of York, 20 people with everyday lives, families and jobs, tell how they were able to hold onto hope in their darkest moments and go on to experience life in all its fullness.

We meet here people who have found strength through faith in the face of terrible circumstances including terminal illness, addiction, depression, loss of all kinds and temptation to suicide.

ohn Sentamu says, "nothing is beyond God's power to make a difference and transform what seems hopeless into hope".

This is just the sort of book that we need living as we do in these dark and troubled times. In the face of modern scepticism about the value of religion in our society this stands out like a beacon as to the truth of the Christian Faith.

John Shreeve

## THAMES VALLEY POLICY – COWLEY NEIGHBOURHOOD POLICING TEAM

### EXTRACTS FROM THE NEIGHBOURHOOD POLICY NEWSLETTER, FEBRUARY 2016

I wanted to share with you all the news that for over a year now the Cowley Neighbourhood has seen reductions in Anti-Social Behaviour (ASB). We are currently looking at a reduction of 25% in the reported number of incidents and a 16% reduction in people suffering specifically from Anti-Social Behaviour (as opposed to ASB aimed at the community as a whole). In real terms it means we have resolved 129 cases of Anti-Social Behaviour.

*Gareth Morley, Neighbourhood Supervisor*

#### **Crime Prevention Advice:**

Spring is when most people get out in their gardens. Things to consider:

- Keep garages and sheds locked while using tools and ensure you put them away after use.
- Make sure garage doors are closed and secure
- Make sure fences around your home are secure and not broken
- Planting defensive hedging and plants may help to deter criminals
- If you get home after dark, light timers can be used to give the impression you are home
- If you are planning a holiday, ask neighbours to watch over your home and to ensure that post is pushed completely through the letterbox

One question I have been asked a lot recently is “what is 101 and when can you use it?” So in response to the question I will explain briefly the 101 number.

#### ***What is 101?***

101 is a national single non-emergency number that all police forces have been using since 2012

#### ***When to call 101?***

You should call 101 to report less urgent crime, disorder, and other non-emergency's such as:

- Crime where the offender is not on scene
- Parking obstructions
- Report a minor traffic collision
- Reporting lost property or seeing if property has been handed in
- In order to pass details on suspicious activity (such as drug dealing)
- To liaise with us about events being held in the area and all other non-emergency matters you feel you need to speak to the Police about.

You can also call 101 to leave a message for the Cowley Neighbourhood Team.

#### ***What is the difference between 101 and 999?***

You should continue to call 999 when it is an emergency, such as when a crime is in progress, when there is danger to life or when violence is being used or threatened. If it does not fit the category for a 999 call then call 101.

**How much will it cost the caller?**

Calls to 101 (from both landlines and mobile networks) cost 15 pence per call, no matter what time of day

**Beware of courier fraud!**

Do they want cash, your bank cards, or your pin number?

1. **Close** the Door
2. **Lock** the door
3. **Call** the police on 101, or call Action Fraud on 0300 123 2040

Remember:

- Police officers and your bank will **NEVER** send couriers to your home to collect cash or bank cards
- **NEVER** give your pin number to anyone
- In an emergency call 999

Do they want your bank details, your pin number, or to send a courier?

1. **Hang up** the phone
2. **Find a mobile** phone
3. **Call the police** on 101, or call Action Fraud on 0300 123 2040

Remember:

- The police will **NEVER** ask for your bank details
- **NEVER** give your pin number to anyone

To make a phone call straight after you've hung up, **ALWAYS** use a different phone

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## LUNCH AT THE CENTRE

Every Tuesday at 12.30 pm a freshly cooked lunch is served at St James Church Centre. On offer is a three-course meal, soup, a main dish or a jacket potato with topping and salad, a dessert and tea or coffee at very reasonable prices. Recently the main dishes have included fish and chips with parsley sauce, chicken curry and rice, lasagne with garlic bread and sausage casserole with creamed potatoes.

We call the Tuesday sessions a lunch club but there is no membership required and absolutely everyone is welcome. The number of diners is usually about 25 but there is plenty of room for more. You do not have to sign up, just turn up

and find a friendly welcome.

Every month on the third Sunday (unless it clashes with a special event) a full mid-day meal is served with lots of extra treats. This meal is also served at 12.30 pm and costs £5. As this is usually a roast dinner and all the trimmings, dessert and coffee/tea the catering team ask that you do sign up for this. May Morgan has a list and would be delighted to add your name to it.

Joining friends for a laugh and a chat over a delicious meal is a lovely way to spend a lunch time. If you have not tried it yet, why don't you come along?

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## NEWS FROM ST FRANCIS

We have made our plans as a church for Lent and Easter. The usual services will take place, plus a Family Fun Day just before Easter, which will be advertised in the Link. We hope that people from both ends of the parish will be able to join us on the day.

We have already started our Lent Course, which was reasonably well attended. We had a quiet, but very moving, Ash Wednesday Service held in the Sanctuary with the imposition of the ashes.

A St Francis Church Committee Meeting was held in February to deal with practical matters concerning the running of our church. This had been delayed to await Skye's return from Croatia.

However, we have had to concern ourselves with two items regarding changes to our church and surrounding area. The first is, of course, the renovation of our kitchen which is now taking place and will be finished at the beginning of March. The room has been completely gutted and all the old fittings removed. The new units have slowly been slotted into their

appropriate places, and we can hardly wait to see the finished

room. Sunday coffee has been improvised in the main building.

We had a surprise recently when the new Food bank portacabin was delivered for the food storage. A huge lorry drew up outside the church with the prefabricated building on board. After careful consideration the driver slowly and gently reversed into the narrow slip road beside the church. Meanwhile a massive crane had been put into position in our parking area behind the church. After the cables on the lorry had been removed the building was attached to strong cables from the crane. The whole structure was then neatly and smoothly swung up and over the fence and placed in exactly the right position behind the church. A very impressive piece of heavy engineering logistics done exactly according to plan.

John Shreeve



## MOTHERS' UNION NEWS

Preparation for Women's World Day of Prayer was the main thrust of our February branch meeting. It was an opportunity for members to learn a little about the country of Cuba, on which the focus falls this year. This included some catchy salsa tunes which got us into the mood and then understanding a little of the social, political and religious issues which the women of Cuba face.

The big outreach event this month has been our Quiz and Puddings Evening. With better publicity this year we attracted a good crowd. The whole evening was a great success especially the gorgeous puddings supplied by members. The profit from the evening, £70, will help branch funds and also contribute to our donation to Make a Mother's Day this year.

A sum of £50 is on its way to the above mentioned charity which supports Mothers' Union members in struggling situations. The money will help to train support groups who work with vulnerable parents particularly in the Caribbean. There is a gun culture amongst young teenagers out there and some parents are at their wits end to know how to cope. We pray that our small contribution can help.

Some of our members are keen knitters and the Mothers' Union have asked if anyone would like to make tiny garments for premature babies in the John Radcliffe baby unit. One of the ladies who comes regularly to Tuesday lunch club has offered some of her knitting patterns for little jackets and caps. I can photocopy these (they are very old and out of copyright) so do ask if you would like a copy.

Our March branch meeting will fall on the Monday of Holy Week so it is very appropriate that we will be observing our regular quiet meditational afternoon for Lent.

Finally, thanks to those members who supplied Mothering Sunday cards for prisoners to send from prison to their mothers. It seems obvious when you think about it that these people do not have access to greetings cards but really wish they had. It is such a small token from us but we hope it

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## SAINSBURYS ACTIVE KIDS

As in past years we will be collecting vouchers for 'Seashells' and 'Little Stars'. Boxes for their collection will be in both churches (or you can give them straight to me MM). Start date is 27<sup>th</sup> January 2016 and the closing date will be 3<sup>rd</sup> May 2016 - every one counts.

Many thanks.

May Morgan

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## CHRONICLE

Editorial Team- Rosanne Butler, Sally Hemsworth, May Morgan, Nicki Stevens

Deadline for the next edition:

**Wednesday 17 March 2016**

If possible, please send entries by email to Sally at [chronicle@cowleyteamministry.co.uk](mailto:chronicle@cowleyteamministry.co.uk)

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