

## Parish Directory

THE PARISH CHURCH OF ST JAMES

**Team Rector:**  
The Revd Stephen Hartley,  
Cowley Rectory,  
Beauchamp Lane  
Tel: 747680

**Team Curate:**  
The Revd Vernon Orr  
Benson Cottage,  
Beauchamp Lane  
Tel: 779666

**Licensed Lay Minister:**  
Eric Uren  
Tel: 770696

ST FRANCIS CHURCH, HOLLOW WAY  
**Team Vicar:**  
Fr John Tomlinson,  
St Francis' Vicarage,  
2 Meyseys Close  
Tel: 748915

**Associate Priest:**  
Fr Peter Stanway  
22 Colleywood  
Kennington  
Tel: 739342

COWLEY ASIAN FELLOWSHIP  
Fr Wazir Chand  
Tel: 714160

CHURCHWARDENS:  
Gwen Rankin  
Tel: 451417  
John Shreeve  
Tel: 717987

**Deputy Wardens:**  
Iain Johns on  
Tel: 779261

HALL BOOKINGS OFFICER:  
773620  
*weekdays only*

## Sunday Services

### ST JAMES' CHURCH, BEAUCHAMP LANE

8.00 am Holy Communion  
10.00 am Sung Eucharist  
6.00 pm Evening Praise  
*[1st Sunday of the month]*

### ST FRANCIS' CHURCH, HOLLOW WAY

8.00 am Holy Eucharist  
10.30 am Parish Eucharist  
*[Family Eucharist - 2nd Sunday of the month]*

## 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 Francis</i>
	9.30 am	Eucharist – <i>St Francis</i>
	10.10 am	Mothers and Toddlers – <i>St Francis</i>
	10.30 am	Pram Service – <i>St James</i>
	5.00 pm	Evening Prayer – <i>St Francis</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 Francis</i>
	7.00 pm	Eucharist – <i>St Francis</i>
	7.30 pm	St James Prayer Group – <i>Benson Cottage</i>
Friday	9.00 am	Morning Prayer – <i>St Francis</i>
	5.00 pm	Evening Prayer – <i>St James</i>
	7.00 pm	Friday Club – <i>alt Fridays at St Francis</i>
Saturday	9.00 am	Morning Prayer – <i>St James</i>
	9.15 am	Morning Prayer & Breakfast – <i>St Francis</i>
	9.30 am	Eucharist – <i>St James</i>

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

### Days Off

Fr John, and Vernon have Monday as their day off; Stephen and Fr Peter have Friday off. Except in emergency, please try and respect these days of rest.

March 2000

## From Heart to Heart

Over the last few days before writing this, I have received two letters encouraging me to respond to them not via the G.P.O., disappointingly referred to snail mail, but by computer, by e-mail; new ground for me. Written communications are becoming immediate courtesy of modern technology, light years away from the way such messages were sent in Jesus' time.

Who knows what the future holds, but for messages of a more personal nature it's not so much the speed but the intent. We might call them messages from the heart. This of course is nothing new, but is as old as the human race – older even. Even many animals are capable of heart-felt devotion to their own kind, or to humans, and we can reciprocate.

The heart is just as important in our relationship with God. It is from the heart that springs love, adoration, dependence, joy, worship and prayer. If anything Eastern Christianity has made more of this than we have in the west, for they speak of the 'prayer of the heart' also known as 'The Jesus Prayer'.

This simple repeated prayer 'Lord Jesus Christ, Son of God, have mercy on me' is one of the treasures of the orthodox tradition. It has been used in its present form since the sixth century in the monastery of St. Catherine on Mount Sinai.

The Jesus prayer was carried to Macedonia by Gregory of Sinai who instructed people in its use, and acted as its guardian.

Gradually much became written about the Jesus prayer and during the eighteenth century a collection of material was published under the title of the 'Philokalia' – the 'love of the beautiful'. 'The beautiful' means the splendour of the kingdom of God.

For a formal time of spiritual renewal and growth such as Lent the simplicity and ease of use of the Jesus Prayer has much to commend it. You can repeat it to yourself at your own speed, from your heart, until eventually it fills the hidden corners of your soul. It is very much about relationships, and very much about love, and what's more it can be transmitted immediately.



*Fr. Peter*

The monthly magazine of the Cowley Team Ministry

# Chronicle

## Annual Meetings

### ST FRANCIS CHURCH AGM

Thursday 9th March 7.30 pm following the Eucharist

### ST JAMES CHURCH AGM

Sunday 12th March 11.30 am following the morning service

Be involved in electing your church representatives, our review of the last year, and our thinking about the next year

### ANNUAL PAROCHIAL CHURCH MEETING

THURSDAY 23rd March 7.30 pm in St James Church

Elect your Churchwardens and Church Council members; look at our finances; and hear where we are going as a parish



## Mothering Sunday

2nd April

### ST JAMES

10.00 am Family service

11.15 am Eucharist

### ST FRANCIS

10.30 am Family Eucharist

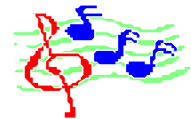


## Sunday Evening Praise

Worship, teaching,  
prayer ministry  
in an informal setting.

**Sunday 2nd April  
6 o'clock**

Speak-  
Sun 2



ers:  
April

Revd Stephen Hartley  
Sun 14 May Revd Vernon Orr  
Sun 4 June Revd Bruce Gillingham  
Sun 2 July Revd John Olhausen  
Sun 6 Aug Sr Celia Jones  
Sun 3 Sept to be arranged  
Sun 1 Oct Revd Jane MacLaren

## Healing Service

Wednesday

29th March 7.30 pm.

St James Church

Receive Jesus'  
promise of healing  
through personal prayer



## LENT AT ST FRANCIS

### Ash Wednesday

9.30am Holy Eucharist

7.30pm Sung Eucharist

*both services include the Imposition of Ashes*



### Praying with Silence through ...

Scripture, Music, Icons, the Jesus Prayer

on Wednesdays in Lent, starting on 15th March, from 7.30 - 8.30pm at St Francis Vicarage - for busy people, and everyone else too, who want to spend some time in quiet seeking God's presence.

*'Be still and know that I am God'*



### Services at St Francis during Lent

these will all take place in church -

Thursdays - **Night Prayer** at 9.45pm

Sundays - **Stations of the Cross** at 5.30pm, followed by **Quiet Prayer** before the Cross until 6.45pm.

**Morning Prayer** on Saturdays continues at 9.15am - followed by breakfast.

As we keep the important season of Lent, why not join in one of these times of prayer and devotion? - if you can't come to church, you could always set aside one of these times for prayer at home.

### RESTORATIVE JUSTICE - *Linking victim and offender*

Jo Saunders

*Chair of Diocesan Board of Social Responsibility*

Tuesday 28th March

7.30 pm at St James' Hut OPEN TO ALL



## ASH WEDNESDAY

Lent is not a time to make yourself as miserable as possible - but from some of the stories you hear, you would be forgiven for thinking that. People giving up their favourite treats, from sugar to chocolate to alcohol.... going to hear long devotional addresses, spending time alone soul-searching.... So what is it really all about?

Over the last 2000 years, three main elements have gone into the making of Lent. They are:

**1. Preparation for Easter Baptism.** The early Church (especially in Jerusalem, 4th century) came to use the forty days building up to Easter as a time to prepare their new converts for Baptism. For these converts, Lent became a time of great joyful anticipation.

**2. Time for penance and reconciliation with the Church.** Since early times, Lent has also been used a time when those who had sinned and been debarred from Communion did penance. Forgiveness and restoration brought peace and security.

**3. A fast in preparation for Holy Week and Easter.** This, too, has been popular since earliest times, and normally meant giving up food until the evening of each day. The point was not to punish oneself, but to abstain, in order to both focus the mind in prayer to God, and to appreciate the real value (if any) of what one was depriving oneself.

Lent has come to be 40 days in length, corresponding with Jesus' time in the wilderness (Matthew 4:1-11; Luke 4:1-13) Lent begins on Ash Wednesday, and ends on Easter Eve, the forty days comprising the intervening weekdays, as Sundays do not count. In the Middle Ages, unbleached linen vestments were used (as at St James); today violet is the liturgical colour.

What about the ashes? The OT has several references to the use of ashes as a sign of penitence. Thus the early penitents had ashes sprinkled over them. But this was such an effective 'visual aid' that soon everyone else wanted to take part in this custom as well - it was a way of saying publicly their response to the prophet Joel's call to "rend your hearts and not your garments". Ash Wednesday's Collect stresses the penitential character of the day and the readiness of God to always forgive and renew.

The custom of 'ashing' is where the priest traces an outline of the cross on the forehead of people at the altar. Like processing with candles on 2 February and palms on Palm Sunday, it was abolished at the Reformation, though the old name for the day remained. Since late medieval times a custom has been to burn the branches used on Palm Sunday in the previous year in order to create the ashes for today.

## LENT AT ST JAMES

### Ash Wednesday – 8th March *the beginning of Lent*

9.30 am Eucharist and Imposition of Ashes  
7.30 pm Sung Eucharist and Imposition of Ashes

### TUESDAY LENT LUNCHES

This year the Lent Lunches at Saint James will be on **Tuesday** at noon beginning on March 14th. The Eucharist is followed by a simple lunch of soup, bread & cheese, fruit, tea or coffee. Proceeds will go to the Famine Relief in Kenya

### LENT TALKS

A Lent Course has been arranged by the Oxford Diocesan Renewal Fellowship in Thame on Monday evenings. Transport is available to those who would like to share in these sessions which include worship and a talk.

March 13th	Getting God's Guidance	<i>Bishop Mike Hill</i>
March 20th	Dealing with Disappointment	<i>Ann Holt</i>
March 27th	Growing and Developing	<i>Steve Thomas</i>
April 3rd	Transformed by the Spirit	<i>John Leach</i>
April 10th	Praying the Kingdom	<i>Martin Cavender</i>

*Mike Hill is Bishop of Buckingham*

*Ann Holt Director of CARE*

*Steve Thomas is Senior Pastor of Oxford Community Churches*

*John Leach is Director of Anglican Renewal Ministries*

*Martin Cavender is Director of Springboard the Anglican Evangelism Initiative*

Please contact Stephen if you would like to go to these gatherings.

### LENT BOXES

This year's Lent Boxes will raise money for the United Society for the Propagation of the Gospel



# Rosanne interviews



As I walked into Ruby's pretty, neat-as-a-new-pin home in Wykeham Crescent to chat to her on your behalf I noticed on her balcony a carpet of brightly coloured polyanthus plants. "Yes," she said, "aren't they pretty? I love the colours, don't you?" She went on to tell me that she got fed up with some sad looking pansies that had

been in her tubs all the winter and how, once she'd topped up the earth she'd have her polyanthus out there "to brighten up the place". You have to pinch yourself to remember that Ruby is totally blind.

Ruby was a teacher all her working life finding her vocation at an early age. She is a country girl from Brackley, Northamptonshire, and speaks with affection about the local Church schools where she was so happy, St Peter's Church which she attended from babyhood but most about her mother who "was always there" formula. She realises with gratitude the sacrifices her parents made to send her to college at St Gabriel in Camberwell, London.

Teaching practice amongst the street-wise youngsters of Brixton a few years after World War II was something of a culture shock. However she worked with excellent older teachers and even recalls introducing educational dance to her charges with amazing success.

After qualifying she returned to Northampton. After a few years she applied for a post at Barton Junior School in Oxford where she met her good friend, Marion. Eleven years later she became deputy head teacher at Overmead Juniors School on the newly developing Blackbird Leys estate. She loved it there where she taught, among other things, French, music and country dancing. In 1970 for she was promoted to Head Teacher of Harebell First School and, after reorganisation, went on to be Head Teacher of Pegasus School also at Blackbird Leys.

Ruby had had a problem with her sight in her twenties following a netball accident. To all intents and purposes this was cured, but over 30 years later she realised that all was not well. Being the person she is, she kept the problem to herself. However by the end of 1984 she knew she had almost lost her sight. It was a cruel blow for someone at the height of her career. One of her biggest regrets is that she was forced to retire early.

From being a self-confident, self-reliant person she withdrew into herself. Friends "bullied" her into a renewed social life and two wonderful girls from social services helped her to learn Braille and become self-sufficient. She found her way back to God through St James Church which she regards as her spiritual home. She was invited to become a Governor at Church Cowley St James School and is also a serving member of our Church Committee and Parochial Church Council.

If this all sounds rather serious I must explain that talking to her is a laugh a minute. She has lots of fun, enjoys concerts, the theatre and travels world with her friend, Marion. Having relatives and friends to lunch is a great pleasure and easy (she says!) thanks to Sainsbury's and M & S. She has a great sense of humour and declares that she's very lucky. How can that be? "Because God has given me the kind of personality that people like to be with," is the answer. A remarkable lady indeed.

## Was there one person who had a strong influence on your early life?

Two, my mum and dad. They taught us respect for one another. I never heard them argue. If dad disagreed with mum, dad would put on his cap and go down to his shed. Mum made most of my clothes, really pretty dresses.

## Can you remember an incident in your childhood which held special significance for you?

I was told off at school when I was only 5. I asked to go to the loo and ran home. I soon got taken back though. I also remember being Confirmed. Mum made my dress out of parachute silk. It had a lovely full skirt and I was so proud.

## What sort of child were you?

A bit of a busy body - into everything. I use to get into trouble talking too much and trying to get involved with everything - very out-going.

## Has your Faith been with you since childhood?

Yes, continuously. Of course, it went in spurts but I went to Church schools and college. Wherever I

have been I have always "found" a Church and when I came to Cowley I found my spiritual home - St James'.

## Which period of your adult life has given you most satisfaction?

When I became a Head Teacher. My biggest regret is that I had to finish early.

## Are there any aspects of modern life which you dislike?

What upsets me most is lack of respect for other people, their property and for the countryside. I don't understand what makes people so hurtful and unkind.

## What is best about life today?

I think the fact that most people have such opportunity. Compared with the past it is tremendous.

## When you find time to for leisure, how do you like to spend it?

Holidays, the theatre, visiting National Trust properties and lectures. Trips out to the countryside, listening to talking books, being with people but I also appreciate my quiet times.

## What makes you laugh?

Almost anything, zany humour, "The Goons" were lovely.

## If you had a magic wand what would you change?

To regain my sight.

## If you were not doing what now what you are doing what would you?

I've been so fortunate I wouldn't change a thing. I certainly count my blessings.

## What do you hope to be doing in 10 years time?

Well, I hope I'm still here! And I hope I've done something so special that I'll have another article written about me us.

Ruby :

