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Parish of Cowley

**Join us on  
Sunday 19<sup>th</sup> March  
to celebrate**

**Mothers' Day**

**11:00 am St James Church OX4 3LF**

**9:30 am St Francis Church OX3 7JF**

**a 45 minute family service  
with songs, Bible readings, posies  
for mums, a warm welcome,  
tea and coffee**



I came that you might have life and that in abundance

Chronicle

March 2023

# From the Editors

*Sally Hemsworth and Nicki Stevens*

It really seems no time at all since we produced the February Chronicle, and now we have the March one – a cold start to spring. The good thing is that the snowdrops are still looking good, daffodils are showing their colour and things in the garden are beginning to grow – amazing how the weeds spring up from nowhere!

Church activities covering Lent are detailed in the Chronicle as well as The Link, and we hope we have included details of all the other activities planned over the next couple of months.

We are grateful to those who regularly produce articles for us to include – but of course we welcome contributions from other members of the congregation. If you have any ideas for a new series of articles, just let us know and we will do all we can to help.

Nicki and Sally



**Art and Faith**  
**St James Church Centre**  
**First Saturday of the month 10am-noon**



St James Church Centre  
Beauchamp Lane, Oxford

We are a group of painters, stitchers, calligraphers, paper crafters and learners who meet to share our skills and explore how art fits in with the other values in our lives. We welcome artists and crafters of all levels and of all faiths and none.

Contact us or just come along!  
John Booty 077 72 89 56 50  
(answerphone)

## A word from the Rectory

*"I came that you might have life, and that in abundance".* John 10:10

As we build up to Easter, I am coming back to some verses that are part of our DNA. As you slice through any church you might see it in the same way as Bournemouth seaside rock. It is an outpouring of other statements, "A more Christ-like church for the sake of God's world".

As I write, one of our schools is waiting for an inspection. Not the national OFSTED variety, but a church school inspection (SIAMS). All three schools, St Christophers, St Francis and Church Cowley St James, have this important verse built into their vision. Our aspiration is that every child, parent, teacher, that comes into contact with us might find things that will help their journey to 'life in fulness'.

On another note, the Diocese of Oxford has been using the opening chapter of St John's Gospel as a focus for pre-meeting reflections. It starts:

*"In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it".* John chapter 1 verses 1 to 5

Our existence as a church is a bold statement that "darkness" has not won. Our schools striving for life in fulness, are a statement that darkness has not won.



Our Lent course, shaped around the BBC series 'Broken', shouts out the need for Christ's light to permeate the brokenness of our world. In the first week we have been focused on the crushing power of poverty. We have 3 beautiful church schools linked with our parish. They rose out of a recognition that children need a good education if they were to find 'life in fulness'. Our 'SeaShells' and 'Little Stars' groups are a response to the need of Mums and carers. If they are to find life in fulness they need support and opportunity to be a community. We run a parenting group in a local school to equip parents who want a bit of help thinking about the best ways to 'parent their children'.

Importantly, every conversation contains opportunity to encourage that journey to life in fulness.

*"The light shines in the darkness, and the darkness has not overcome it"*

God bless us one and all.

A handwritten signature in black ink, appearing to read "Rev. Stephen Dyer".



Benson Cottage

# Film Club at the Centre

Film Club was the brainchild of the Revd. Howard Thornton, our then rector. About ten years ago he and I worked out a formula which hasn't changed for the duration and we have been up and running once a month ever since, apart from the compulsory Lock-down – COVID restrictions.

We meet on the second Friday evening every month, with the doors open at 6.30pm.

There is always tea or coffee on hand with sweet and savoury treats as well. Refreshments are also served in the interval. We do not have a membership fee, or *any* fee, because we are a 'private club'. Our membership is restricted to 50 people, although each member can bring along a 'guest'. These rules mean that we are not liable to pay 'performing rights fees' on the films we show. All we ask is for a simple retiring donation to cover the cost of the use of the hall and the equipment.

We try to plan a programme of interesting films with a wide genre, none more-so than this month's film – 'The Life of Pi' – which is

in complete contrast to last month's showing of 'The English Patient'.

'The Life of Pi' is an adventure story based on a best-selling novel. It has won four Academy Awards (Oscars) and has achieved 'five-star' ratings from many film critics. After a cataclysmic shipwreck, an Indian boy named Pi finds himself stranded on a lifeboat with a ferocious Bengal tiger. Together they face nature's majestic grandeur and fury on an epic journey of discovery. The relationship between the boy and tiger is remarkable.

The film scheduled for April is 'Goodnight, Mister Tom'. Although we did show this film about six years ago, our members have requested a repeat.

Anyone can join our membership, just turn up and give Film Club a try and you are sure to be given a warm welcome. It is very social and friendly, with the big screen and excellent equipment making for a good performance.

Rosanne Butler

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## CHRONICLE

Editorial Team- Sally Hemsworth, Nicki Stevens

Deadline for the next edition: Monday 20 March 2023

If possible, please send entries by email to Sally at [office@cowleyteamministry.co.uk](mailto:office@cowleyteamministry.co.uk). Paper contributions should be left at Parish Office for the attention of Sally.

The Editorial Committee in no way accepts responsibility for goods or services supplied by our advertisers, errors and omissions excepted.

## CHILDREN'S CORNER

Not everyone can become famous or a great leader but we can all learn to play our part as members of a team, without which there would be no leader. Often the more interesting and enjoyable part is done by those who *help* the stars and leaders.

Before we had television or mobile phones and computers, we got our news from newspapers, or the radio. At the end of the news bulletins would come the weather forecast. It wasn't so good as it is today but was much better than my simple thoughts about what the weather would be next day. More boring, but in greater detail was the shipping forecast. I was limited to the old saying of 'Red sky at night, shepherd's delight. Red sky in the morning, shepherd's warning', ie good or bad weather.

It was not until I saw a television programme the other day that the importance of each part of a weather forecasting team could have so much influence. In fact, the progress of the last war was halted by at least 24 hours because of them - and one lady in particular. The weather forecaster lived in a small village in the west of Southern Ireland and reported that a storm was brewing which would reach the English Channel very soon.

Along with many other weather stations, and ships, this lady reported the weather at regular intervals so that a central point could draw lines on maps of the British Isles, in the same way that they do today, except that today they are able to enter the details

quickly into a computer and forecast what is expected to be the weather for the next few days. In 1944, just before D-Day thousands of soldiers and sailors were expecting to travel across the English Channel but the charts that were produced by the weather reports showed that the storm was expected in the Channel on the 4th June, the original day for the invasion of Northern France. It was not going to be possible for the hundreds of boats to sail across to France safely, because of the weather. The tides would change three days later so it was important to get things right soon, or delay the massive operation several weeks.

Eventually, the weather improved, but was only expected to be better for a couple of days. Would it be possible to travel across and land within the period of better weather? The reports seemed to say that the better weather would last long enough, so the decision was taken to go ahead, *and the rest is history*, as they say.

Of course, the report I have referred to was only one of many similar reports, but the officers taking decisions for thousands of men and women depended on the support of many ordinary people, like you and me. You should always remember that you and your work, however simple, is just as important as anyone else. Without it, you would be missed.

Take care

Uncle Ben

## MOTHERS' UNION NEWS

What a very happy occasion our February meeting turned out to be when we made our way up to Littlemore to meet in their beautiful church. We had heard news of the amazing work which has taken place to transform what had become something of a tired building. And what a transformation *has* taken place! We were greeted warmly by Benjamin, the current curate and two ladies of the church – Sue, the churchwarden and Ann, who is on the church PCC.

The afternoon began with a short film on the history, so closely connected with St. John Henry Newman, and then with slides on the big screen of the complete restructuring of the Nave. This included the construction of a beautiful organ loft with a modern kitchen underneath. The panelling is of the highest standard.

The installation of two toilets, a big renovation of the vestry, and brand-new chairs has brought the lovely building bang up-to-date. The treasures of the church have been lovingly restored: the stained-glass windows, unique pulpit, font and cover, the stunning reredos screen – to name but a few.

After the introduction we were treated to tea accompanied by home-made cake, and then had a chance to wander round and see at first-hand the marvellous craftsmanship that has played its part.

Our afternoon ended with a short session of necessary business and finally, as ever, with prayers.

Our next meeting on the 20 March in the Church Centre will be our annual afternoon of Meditation and Prayer for Lent. It will also include the plans for our forthcoming 'Cream Tea and Quiz Afternoon' on 22<sup>nd</sup> April. More news of that in the next issue of the Chronicle.

Rosanne Butler

**Shaun Guard**

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# ELECTORAL ROLL 2023

Here's the official notice that it's the time of year, prior to the Annual Parochial Church Meeting in April, when we review the church membership as listed on the Electoral Roll.

Notice is hereby given

that the Church Electoral Roll of the Parish of Cowley will be revised by the Parochial Church Council, beginning on Sunday the fifth day of March 2023, and ending on Sunday the second day of April 2023.

After the revision, a copy of the Roll will be published by the Parochial Church Council on Sunday the ninth of April, and be available for checking at church services at St James and St Francis churches for at least 14 days; a copy of the Roll will also be made available for inspection on a reasonable request being made to the Council/Electoral Roll Officer.

Under the Church Representation Rules any lay persons are entitled to have their names entered on the roll if the person

(a) is baptised,

(b) is aged 16 or over, and

(c) has made one of three declarations regarding their church membership and attendance at worship

Sadly, we will be removing too many much-loved members who have died over the past twelve months.

We will be asking those on the roll to check that the personal contact details we hold for you are still accurate – your phone number, email address, emergency contacts etc.

And it's a chance both for new worshippers and those who have never quite got round to enrolling, to fill in the very basic form – membership is totally free! Forms are available in both the churches and should be returned to Lesley Williams – Electoral Roll Officer at Church or left at St James Church Centre or posted to 9 Wykeham Crescent, OX4 3D

'Membership' allows you to stand for election to one of the Church committees and the PCC and to vote at the annual meeting

Electoral Roll Officer :

Lesley Williams

safeguarding@

cowleyteamministry.co.uk

# JOHN SHREEVE'S ARTICLES FROM PAST CHRONICLES

## THE COMING OF SPRING

May 2011

I have always maintained that given the right weather conditions, England in Springtime is one of the best places to be in all the world. And I have always, in my mind, associated the coming of spring with the Festival of Easter. Something that has obviously occurred to others, for the people in the Lake District refer to their wild daffodils as Lenten Lilies, because they nearly always appeared during Lent.

This year has been no exception because in spite of our cold hard winter, the blossom on the trees and in the hedgerows has been better than ever. Blackthorn and Hawthorn, Cherry and Almond have been really heavy with blooms, almost like snow in places. The recent burst of warm weather has also brought out our wildflowers in abundance. And what a colourful heritage we have there, with so many varieties. Sadly, many youngsters today do not know the names of, or where to find these flowers. Flowers like celandines, wild violets, cowslips, bluebells, wood anemones, wood crowfoot, speedwell, cuckoo flower, wild pear, sea pink, foxgloves, snakeshead fritillaries. The latter used to grow in abundance in the meadows near Iffley, and now they are an endangered species.

The country people used to know them well and had their own names for them. In olden times, many years before the NHS, they used some of them to make their own salves and potions and ointments. Simple country remedies to cure their ailments. Apart from blossoms and flowers, the sheer vibrant green of the leaves as they first appear, and the new growth of bright green grass are overwhelming to the eye.

Couple all this with the birdsong, as our feathered friends whiz about building their nests and raising their young – along with the butterflies and dragonflies, so colourful – and you have something very special indeed. Something to treasure, something to protect.

John Shreeve

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**Foot Health Practitioner**

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**Kate Reid MCFHP MAFHP  
07952127534**

[kate@nurturefootcare.co.uk](mailto:kate@nurturefootcare.co.uk)



# Prayer Space

When Jesus saw the crowds, He went up the mountain; and after he sat down, his disciples came to him. Then He began to speak, and taught them, saying:

Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will receive mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

Amen

Gracious God,

I long for the day when your world

Will be as you want it to be,

a world in which you will lift up the lowly and be as you want it to be, a world in which you will lift up the lowly and fill the hungry with good things; in which love and justice shall triumph, and the meek inherit the earth.

Give me confidence that such a day will come, and more than that, give me the resolve to help make it happen.

Help me to respond as best I can

to the many millions who cry out for help, and so to play my part in bringing the dawn of your kingdom close.

Amen

Taken from Prayerfully Yours by Nick Fawcett

# A WARTIME CHILDHOOD

(Part 27)

# *"There's a hole in my bucket, dear Liza ,dear Liza.*

*There's a hole in my bucket, dear Liza a hole!"*

# *"The mend it, dear Henry, dear Henry, dear Henry.*

*Then mend it , dear Henry, dear Henry – mend it!"* .....as the song goes.

Oh, yes! In those long days of wartime, you mended everything! *'Recycling'* and *'The Repair Shop'* had nothing on us! You could buy metal rivets of different sizes to mend anything from your bucket to kettles and saucepans. If your bucket was past repair – you could turn it upside down over your crown of rhubarb to 'bring it on' in the spring and guarantee lovely pink stems for your puddings.

So, let's begin with sacks. These were very much prized at the time. A good, strong sack made a useful doormat at the cottage on which to park muddy or snowy boots, while another could be rolled up to make a draught-excluder along the bottom of the door. A good hessian sack could be washed and used as the basis of a peg-rug. I've mentioned before how, as a girl, I learnt how to make a peg-rug with short strips of cut-up fabric threaded through the sacking base. These strips, by the way, were made mainly from old jackets, trousers or skirts which were long past repair. Our peg-rugs were very cosy and lasted long after the end of the war.

Another way where sacks came into their own was by providing 'coarse aprons'. Our cottage had a floor paved with stone slabs which had to be scrubbed to keep clean, so my mum made herself a sacking apron to protect her

clothes while she scrubbed. The women of the village also wore aprons made from sacking whilst they worked in the fields or stood on top of the threshing machine at harvest time.

Clothing, of course, was protected to within an inch of its life. Worn-out collars on men's shirts were 'turned' and patching or darning were everyday occurrences. Pocket handkerchiefs were made from the tails of worn-out shirts. Knitted garments, when they were completely beyond repair, would be unpicked and unravelled (a job I really enjoyed) and the wool used to knit a smaller jumper or a pair of gloves.

Clothing coupons were like gold dust – so new clothes were *very* special. I remember my new winter shoes had little metal tips (called Blakey's Heel & Toe Protectors)\* which were hammered into the front of the sole, or back of the heel to enable both to resist wear. But that meant no more new shoes until I outgrew the ones I had.

Many of my older friends, like me, remember their mothers *'sides-to-middling'* bed sheets. You see, the middle area of a sheet gets much more wear than the outside edges, so by tearing the sheet down the middle and joining the outside edges it gained a new life. Then the whole length had to be hand-stitched and the two torn edges hand-hemmed – a long and tedious job!

Yes. We mended everything, especially our bicycles. As a very young child I learnt how to mend a puncture in an innertube. You could buy puncture outfits, with different sized patches to cover a hole. Anything made from rubber was so carefully collected, a habit which saw my husband, even into his old age,

pick up rubber bands which a postman had dropped. That maxim also went for string, because you never knew when a piece of string would come in handy!

Bottles and jars were carefully kept for all sorts of reasons. Beer and pop bottles could be returned to the local pub from where they would be picked up by the brewery to be refilled. As an incentive to return empty bottles, a penny would be paid for a pop bottle and tuppence for a beer bottle. We children would think that we were in luck if we found an abandoned bottle under a hedge. Jam jars made excellent storage containers and, of course, were used over and over again for home-made jam or pickles. They also made quite good flower vases if they were decorated with a little paint or even a dash of nail varnish.

Magazines and comics were recycled all around the village. Newspapers were taken to school where they were bundled up and awaited collection by lorry for recycling.

However, not all the newspaper went that way, because toilet paper was almost inaccessible. So, some sheets were cut to appropriate size, threaded with string, and hung up in the end-of-the-garden toilet – for obvious use!

Batteries for torches and cycle lamps were used until they were utterly useless. We even warmed them up by the cottage fire to give them a few more hours of life. My torch was a real treasure, as I could use it to read in bed, snuggled down with a favourite book.

I'm not going to elaborate on the recycling of food, as I'm sure that goes without saying, but "*Waste not, want not*" was the order of the day eighty years ago and *guess what?* That maxim is back to stay *now!*

Rosanne Butler

Editor's Note

\*These Toe & Heel Protectors are still available today!

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## SAFEGUARDING IN COWLEY PARISH

We intend that St James, St Francis and the Anglican Asian Living Church will be safe, caring communities which provide a loving environment where there is a culture of 'informed vigilance' as to the dangers of abuse, including domestic violence and bullying.

We will challenge any abuse of power, especially by anyone in a position of trust in our churches.

We follow "statute, guidance and recognised good practice" in all our safeguarding procedures and check that all users of our premises also agree to do so.

Safeguarding is everyone's responsibility – *please be sure to report anything you observe that worries you about someone's safety or wellbeing whilst at church or on-line.*

Lesley Williams 01865 779 562 07982 439 828 [safeguarding@cowleyteamministry.co.uk](mailto:safeguarding@cowleyteamministry.co.uk)



Whilst we are working hard to establish our true Fairtrade Parish status all year, it's good to have this annual fortnight when we learn more about the movement and recommit to supporting it.

### FAIRTRADE FORTNIGHT IN COWLEY PARISH

There will be a Fairtrade products stall in St James and St Francis churches on Sundays 5 and 12 March, with stock from Headington Fairtrade and the Littlemore Road Co-op – a range of food items, wine, gifts, flowers. We will accept cash, cheques and hopefully (if the WiFi works) cards – but, if necessary, run a credit service!

Note that very sadly the company TRAIDCRAFT ceased trading in mid January, leaving their worldwide suppliers and the shops which stocked their products and their volunteer sellers with many life supporting and logistic problems to solve. The fairtrade movement has sprung into action to provide alternatives. The mission to combat trade injustice and poverty is far from complete. It is important to recognise that Transform Trade (previously Traidcraft Exchange, the charity arm of Traidcraft) will continue its vital work supporting producers and fighting for trade justice and people-centred trade. Our hope and prayer is that others will also emerge to pick up the torch that Traidcraft carried for four decades. We should hold them all in our prayers.

For more information about Fairtrade, please visit the Fairtrade Foundation website <https://www.fairtrade.org.uk>

And that of Transform Trade <https://www.transform-trade.org/>

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### FAIRTRADE - where are we with it as a Church and Parish?

It is PCC policy that we will work to claim Fairtrade Parish status, as we declare we are living by the Kingdom principles of caring for those who produce, process and transport our food. So we have rebooted our fairtrade commitment!



We confirm that we will stock the kitchen in both churches and St James Centre *only* with those fairtrade products which are readily available in the shops so *all such purchases for and donations to kitchen supplies should be Fairtrade, please*. Yes, it may cost us a little more, but it saves lives and livelihoods.

Any non-Fairtrade donated items of goods which can easily be found in the shops will be graciously received but passed on to the Community Emergency Foodbank. Note that the Co-op and Sainsbury's, along with the Headington Fairtrade and Fairtrade at St Michael's, Cornmarket are suppliers.



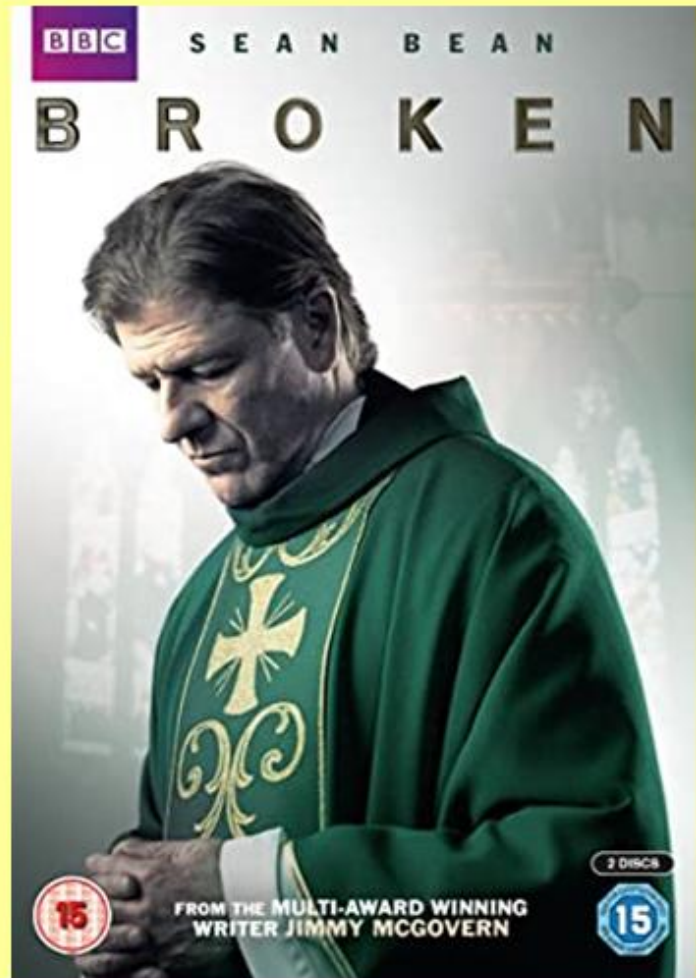
[www.cowleyteamministry.co.uk](http://www.cowleyteamministry.co.uk)

## Called to be more like Jesus?

He came to bring 'life in  
fulness'.

Join us for 6 sessions  
as we look at the world  
Jesus loves and  
consider such issues  
as:

**Poverty, Gambling,  
Truth, Theft or lying,  
Reconciliation, Justice  
and Forgiveness.**



## How do we keep Jesus work going?

### St James Church OX43LF

### Wednesday Evenings in Lent;

### March 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> & April 5<sup>th</sup>

- 7 pm Light meal,
- 7:30 an episode from Broken
- Followed by Discussion and Prayer

More details from Geoff 07759393023

Cowley  
  
Team Ministry

# Lent Course 2023:




with bread, cheese and fruit

**SUPER SOUP LENTEN  
FAIRTRADE LUNCH**  
**Sunday 12 March 12:30**  
 St James Centre, Beauchamp Lane  
*donations*

## SUPER SOUP LENTEN FAIR- TRADE LUNCH

Sunday 12 March 12:30 pm  
St James Centre

We will also celebrate Fairtrade Fort-  
night with a homemade soup, bread,  
cheese and fruit lunch. No need to  
book.

Donations received will be for the  
Fairtrade Foundation and Transform  
Trade (formerly Traidcraft Exchange).

## SUPPORT PHONE NUMBERS

NEEDING ADVICE OR HELP? or just want to talk?

SOME USEFUL LOCAL NUMBERS:

Citizens Advice:	08082 787 909
Oxford City Council:	01865 249 811
Oxfordshire Mind:	01865 247788
Red Cross <i>coronavirus support line</i> :	08081 963 651
Samaritans <i>available 24/7</i> :	116 123
The Archway Foundation:	01865 790 552
Mental Health helpline <i>available 24/7</i> - NHS Oxford Health:	
Adults:	01865 904 997
Children/young people:	01865 904 988
Age UK—new telephone service for older people	01865 411288

Have you been receiving a lot of scam calls on your phone, some of them quite scary? If you are concerned about them, you can obtain help by:

- phoning 03450 700 707 – that's a special department set up by the police *OR*
- Silver Lines, open 24 hrs for assistance on 08004 708 090 - this is a charity set up by Esther Rantzen, primarily to assist those elderly people in need of assistance and who live alone and are in fear of being abused.

## RECIPES

### *Fish Florentine (For 4)*

#### Ingredients:

4 5 oz thick pieces of skinless white firm fish fillet (such as grouper, bass or halibut)  
1 tablespoons extra virgin olive oil  
1 tablespoon salted butter  
9 ounces red bell pepper chopped  
2 cloves garlic minced  
9 ounces fresh baby spinach  
2 ounces cream cheese  
3 tablespoons grated Parmesan cheese  
Salt  
Fresh black pepper

#### Instructions:

- ∅ In a large skillet over medium heat add ½ tablespoon of olive oil and ½ table- spoon of butter, red bell pepper and garlic and cook for about 4 minutes.
- ∅ Add spinach, season with a pinch of salt and pepper and mix until the spin- ach wilts down.
- ∅ Add cream cheese and parmesan cheese. Mix well until cream cheese is melted and resembles creamed spin- ach.
- ∅ Heat a separate skillet on medium high heat, add remaining oil and butter.
- ∅ Season fish on both sides with salt and pepper and place on the hot pan.
- ∅ Cook 6 minutes on first side and flip fish over and cook other side an addi- tional 5 minutes, until cooked through and browned.
- ∅ Divide the spinach mixture on the bot- tom of each plate and top with piece of fish



## PERSONALLY SPEAKING

New addresses : Brian Tidy, our former organist, has moved to a flat at Harwell, and is very comfortable and well looked after. In clearing out at his old address he found old documents on the church choir, and these are going into the Parish archives.

Joan and Graham Coleman will hopefully finally be moving into their new-build home relatively soon although there has been another delay. Joan writes:

“We have had to reorganise and put off removals and book another Airbnb as we have to move out of our current one on Friday 3 March! All very upsetting. It is for reasons of site safety as third-party contractors are late working on an adjacent plot. It’s so annoying when our house was finished nearly 6 months ago and carpets and floor coverings were in before Christmas! I certainly will not get hands on our small garden plot before April.”

Joan is worshipping at St Mary’s, Fish- ponds and has completed an electoral roll form. She doesn’t say whether she has volunteered for anything yet!

Happy 3 score birthdays to Mary Aris (St Francis) on 7 March and Doug Craig (St James) on 10 March

# PLANT SALE – SATURDAY, 13 MAY 2023

## FOR CHILDREN OF ALL AGES

QUICK EASY TIPS to help you to contribute to the PLANT SALE and recycle waste and cost you no more than a bar of chocolate. Being Lent, you will have that spare won't you? (Yes, I know things have increased in price, for me too!)

WHEN YOU GO SHOPPING to buy some plants or seeds, save a few for the plant sale. You can put them in all sorts of containers, because they will probably need to be re-planted in the garden or allotment so don't bother too much about the container. Cardboard will dissolve away in time. No need to buy new pots.

CONTAINERS.....old yoghurt pots, margarine/butter plastic tubs, fast-food containers, aluminium containers and trays, plastic or cardboard. Not everyone will want large quantities and small packs will be useful for containers. And you can use old fruit juice plastic bottles, cut in half for baby greenhouses.

WASH THE CONTAINER and pierce 2 or 3 holes in the bottom of the container for drainage.

ALMOST FILL THE CONTAINER with fine seed compost if you have some, or fine clean sifted soil, leaving a small space below the top level.

CAREFULLY SOW YOUR SEEDS according to the instructions. Do not allow to dry out, but never soak the seeds after planting, rather just spray with water. Replace the plastic film after watering until the small plant reaches the film/cover. Don't forget to label each pot and put the date sown.

If you have some string bean or broad bean seeds, soak them in water overnight before planting. This will shorten the germination period. A pot of 12 will sell well. If you grow mint, break off a sprig and re-plant immediately in a pot and label.

TO SPEED GERMINATION, cover with a glass sheet or cling film (much cheaper), or cut plastic bottles in half and cover the pots or areas of the trays.

If the trays are outside on a shelf against a wall, place a strip of aluminium foil at the back of the tray (on the wall) to reflect the sun. Works wonders. Have fun and I'll see you at the PLANT SALE.

G. Ardiner

I had a word with G. Ardiner the other day and he said that his friend Polly Tunnell might like to contribute some day, but didn't intend to 'lead him up the garden path!'



# DEMENTIA

Recently I was reading a press article (catching up on news, as you do) which was about the Dementia Risk Reduction Programme launched in October last year and written by Professor Sir Muir Gray.

It stressed the truth that dementia is not a normal or inevitable part of typical brain ageing. It is also important to remember that as we get older, it is common to experience some cognitive decline with typical brain ageing - such as subtle changes in memory, thinking, and reasoning. For example, you might not immediately remember where you left your car keys, but you can find them when retracing your steps, or you can't think of the name of a person you have just met; however, you remember meeting them. These subtle changes can be frustrating and should not be bad enough to affect your daily life.

He outlined seven ways to reduce dementia risk:

1. Stay connected: spending time with friends and family has been linked to a boost in mental performance.
2. Keep moving: walking 10,000 steps a day is associated with a lower risk of dementia and other health issues. But experts also found that a faster pace, like a power walk, showed benefits beyond how many steps were recorded.
3. Eat a Mediterranean Diet: Research from the University of Edinburgh shows that a Mediterranean diet may help prevent brain shrinkage. So eat plenty of fruit, vegetables, olive oil, beans and cereal grains such as wheat and rice, moderate amounts of fish, dairy and wine, and limited red meat.
4. Quit Smoking: Smoking can increase your risk of dementia by between 30 and 50 per cent, says the Alzheimer's Association.
5. Cut Back on Alcohol: From your 50s on, Sir Muir advises one alcohol-free day per week, with an extra day for every passing decade.
6. Find a Sense of Purpose: Going to church and volunteering can help reverse memory problems in people with early signs of dementia, research suggests.
7. Get Your Hearing Tested: Losing your hearing is associated with diminished cognitive stimulation, which could raise your dementia risk.

Some relevant things here for churchgoers.

- ∅ Oh dear, it means we will have to do short burst of power walks on our Parish Walks!
- ∅ Finding a sense of purpose is certainly very relevant to the church family – volunteers are always required for church activities and that's a good way of staying connected to other people.

Sally Hemsworth

# Food for Thought

## Forgiveness

Forgiveness can be fun.

Throw a forgiveness party for the person who has done you wrong.

With your friends as witnesses, hold hands with your former enemy, and say goodbye to your anger.

Get your friends to shout "Goodbye, anger!"

Then throw a funeral party to your lost anger.

## Saying 'Yes'

Learn to say "Yes" to yourself.

If yourself gets too demanding,

Learn to say:

"We'll see"

or

"Not right now"

or

"Maybe later"

## Too Busy

Your mind is like a motorway.

Sometimes it can be jammed with too much traffic.

Avoid the jams by never using your mind on a Bank Holiday weekend!

## Travel Plans

Planning to travel?

Why not stay at home and go on a beautiful meditation journey instead?

It's cheaper, it's more fulfilling, and you won't have to meet other people!

Rosanne Butler

# READERS' LETTERS & ARTICLES

## Cookery Tips (Part Two)

Looking back at the November Chronicle I really enjoyed the article on 'Cookery Tips' by D. O. Nutt.

I agree with them on making your own Muesli Mix. What I do is start with porridge oats, sprinkle with flaked almonds and ground almonds, then add milk – to let everything blend together. Meanwhile, chop up any fresh fruit and two or three dates, for extra sweetness.

*Now, this is one of my 'savings' tips:* You can buy a box of dates (550g) from the outdoor market at Gloucester Green on a Wednesday, and the price has been the same for years at £2.00. Compared with smaller packs in the supermarkets, this is amazing value! When the last date has gone, I rinse out the plastic bag for other food storage.

In the same article by D. O. Nutt, they give tips on pastry making which sound brilliant. Pastry making has never been my forte, so I keep my eyes open for 'ready-to roll' pastry when it's on special offer. It can be frozen and used later.

D. O. Nutt also mentions the Lidl spreadable butter alternative. I sing its praises too! I call it my '*Lidl Lurpak Lookalike*'. If you read its list of ingredients, it is virtually the same as Lurpak Spreadable – but most important of all, if you are trying to cut your grocery bill, it is less than half price! I use it in all my bakery and cooking, and it is perfectly good.

Also in Lidl:

- ∅ The Humous is 89p and cheaper than in other shops.
- ∅ 'Fairtrade' soft brown sugar is £1.69 per kilo which is vastly cheaper than other shops.

Unfortunately, Lidl don't sell 'Fairtrade' granulated sugar which I use for my marmalade making. I buy this from Sainsburys and in recent months the price has increased from 75p to £1.05 per kilo. If anyone spots 'Fairtrade' granulated sugar cheaper than this – PLEASE LET ME KNOW!

Ruth Goodwin

Editors' Note: Share your "best buys" with us please

# From the Archives

March 2006

**MORE THAN CONQUERORS** – The story of the yellow ribbons

Loved with everlasting love! (Jeremiah.31:3). One of the greatest and most comforting doctrines taught in the Bible is the love of God for his people. It is found in nearly every book in the Bible, both Old and New Testaments. In the Law and in the Prophets; in the poetical and the historical books; in Gospels and Letters – all agree to tell us what God said to his people through Jeremiah. “I have loved you with an everlasting love” (31.3).

It was love that moved the Father to send his Son into the world (John 3:16). Paul writes glowingly of “that great love with which he loved us” (Ephesians 2:4). John emphasises the same great truth in a magnificent creed of just three words: ‘God is love’ (1 John 4:8). Quite simply there is nothing in all creation more reassuring, more comforting, more encouraging, more uplifting than to know that God loves us. And we can go further and put it in personal terms as Paul did. ‘He loved me and gave himself for me’ (Galatians 2:21).

How can we illustrate the illimitable love of God? Of course, the greatest depiction of that love is Christ dying for us on the cross. Can we find an everyday illustration, an event or true story, that will light up this great doctrine for us?

One such illustration comes from the life and ministry of John Wilbur Chapman. Chapman was born in Richmond, Indiana, in June 1859 – ordained into the Presbyterian ministry and pastored a number of churches. In 1893 he went into full-time evangelistic ministry. He was joined by the famous song leader Charles Alexander and in a ministry that foreshadowed Billy Graham and Beverly Shea, Chapman and Alexander evangelised around the world until Chapman’s death in 1918.

Chapman used many memorable personal illustrations in his preaching. In one of them he told of how one evening he was travelling by train in a rural part of the state of Kansas. The only other passenger in the carriage was a young man and Chapman noticed that he was becoming very agitated. He kept glancing out of the window and then covering his face with his hands. Chapman asked if he could help.

The young man was a bit reluctant, but finally opened up. Many years before, he had run away from home and ‘sown his wild oats’. He had not contacted his parents for years and now he was afraid they wouldn’t want him back. He had written home some weeks before and told them that he would be travelling on this train. At a certain point, it passed very close to his home. In the letter he had begged forgiveness and asked if they wanted him to come home. If so, they were to tie a yellow ribbon on the old apple tree that grew beside the railway lines.

“Sir”, he said to Chapman “the train will soon pass my home but I’m afraid to look. If there’s a yellow ribbon on the tree, I’ll get off at the next stop and go home. If there’s no ribbon, I’ll just travel on – but I’m too afraid to look out for the tree.” Chapman offered to look for him. The young man hid his eyes and Chapman kept watch.

"You can open your eyes now," he said a few minutes later. The returning prodigal looked at Chapman with tears and quivering lips. "All is well," said the evangelist. "There *is* a yellow ribbon on the apple tree. In fact, there's far more than one. Every branch is hanging with yellow ribbons, scores and scores of them. Your parents love you so much and want you to come home".

If parents can love their children like that, then how much greater is the love of God! Truly, we are loved with everlasting love!!

*Dr. Herbert McGonigle, Senior Lecturer in Historical Theology and Church History,  
Nazarene Theological College, Manchester*

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## ADVERTS FROM OLD COWLEY CHRONICLES

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# THE JUNGLE

Templars Square

The art gallery in Templars Square is also being developed as a community space. You are invited to:

Story time: Tuesdays and Thursdays 10:00 *for pre-schoolers*  
Senior Social: Tuesdays and Thursdays 1:00-3:00 *coffee, tea, conversation, puzzles, games*

ALL FREE



**SENIOR SOCIAL**  
**1 PM - 3 PM**  
**TUESDAYS & THURSDAYS**



**FREE**

Join us for  
**Coffee, Tea and Conversation**  
**Puzzles, Games and More!**

**JUNGLE**  
Templars Square Shopping Centre



**JUNGLE**

**STORY TIME**  
TUESDAYS & THURSDAYS  
10 AM

**FREE**



**TEMPLARS SQUARE SHOPPING CENTRE**

## DATES FOR YOUR DIARY

Art and Faith Group

Saturday, 4 March 2023, at 10 am

St James Church Centre

Film Club,

Friday, 10 March 2023, from 6.30 pm at St

James Church Centre

“Life of Pi”

Fairtrade Fortnight 2023 –

27 February – 12 March

Lent Course 2023

Wednesday Evenings in Lent:

March 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> & April 5<sup>th</sup>

7pm Light meal; 7.30 pm an episode from

Broken, followed by discussion and prayer

Super Soup Lenten Fairtrade Lunch

Sunday, 12 March 2023, 12.30 pm at St James

Church Centre

Spring Clean Sale, with café and cakes

Saturday, 1 April 2023, 10 am – 1 pm

St Francis Church

Annual Parochial Church Meeting

Sunday, 23 April 2023, 1 pm with shared lunch

St James Church Centre

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## SNOWDROP SATURDAY

Snowdrop Weekend 2022 saw a group of volunteer welcomers sitting in St. James' Church 'like birds in the wilderness' wondering if anyone would come along. Well, a few did, but to be fair we were still in the throes of lockdown.

However, in 2023 because our snowdrops and aconites in the churchyard were so glorious, it was decided that we would open up the church for just one Saturday in February and see what happened.

Well, what did happen could not have been more different! From the moment the church opened at 10.00am until nearly 4.00pm people simply flocked in. Luckily many people in the congregation had made gorgeous cakes and we had a strong team of volunteers to provide copious cups of tea and coffee.

Extra chairs were put out as crowds of visitors enjoyed the experience of a very friendly welcome and a chance to look around our lovely old church – and all this on top of the snowdrop experience!

Many people visited from far and wide. We met people from Littlemore, Kennington, Wood Farm, and even (would you believe) a lady from Hungary! We welcomed almost 50 visitors and about 12 of those were children who appreciated our delightful Children's Area, with its toys, books and beanbags. Donations of over £70 were received and the whole day was a resounding success.

## GARDENING PARTY



HELP REQUIRED – COME AND BOOST THE NUMBERS LOOKING AFTER THE AREA AROUND ST JAMES CHURCH AND ST JAMES CHURCH CENTRE.

LAST SATURDAY OF EACH MONTH (EXCEPT DECEMBER) – 9.30 AM ONWARDS AT ST. JAMES CHURCH CENTRE.

Come and have fun, fresh air and exercise as we prepare the St. James Church Centre garden for another beautiful spring and summer showing. If possible bring your own tools but some will be available. Both heavy and light work available plus coffee and cake.

## Link to online giving!



There is a button on our website which enables our supporters to make a one off payment online. It will take you to the 'give a little' web site where you can decide how much you would like to give. You can also scan this image and go straight there!



<https://givealittle.co/campaigns/49eef694-09d1-4ee3-8810-6ac86d972e6c>

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## FROM THE CHURCH WARDEN

On the whole February has been a very pleasant and springlike month. We are moving on and many of the bulbs are appearing in our gardens and pots. We had a great Snowdrop Saturday at St James. Rosanne will have written in detail about the day which was very happy and well attended with families bringing their children. As this day was so successful we are planning on having the first Saturday in the month as a coffee and cake morning, beginning in June - so look out for more details.

Our ministry team has been busy bringing us our special worship time together on Sunday mornings and it is so good having Liam back with us after a worrying time with his injured hand.

Ash Wednesday was celebrated at St James with a meal provided by Geoff and attended by friends of St James, St Francis and the Anglican Asian Living Church who, in their usual generous way, brought delicious food to join in with Geoff's tasty supper. On 1 March at 7pm we begin our Lent course which is based on the well acclaimed television programme 'Broken' starring Sean Bean.

Once again I have to end with sadness. Dear Margaret Martin has passed away and in her we have lost a wonderful friend. Margaret worked behind the scenes in her latter years in church but in her earlier years she was a stalwart member of our community carrying out many duties in connection with the smooth running of St James. Margaret was very proud of her grandson, Jack, and kept us up to date with his career progress after he left school, usually over a cup of coffee while arranging the flowers in church. We will miss her very much and extend our sincere condolences to her husband, Alan and their two children Elizabeth and Christopher.

We don't always have to give up something for Lent, but perhaps have a quiet time during the day reading the Bible or looking at certain passages which tell us of the many miracles Jesus performed during his three year ministry. So many examples of his love, kindness and forgiveness carried out in such a short space of time.

Wishing you all a prayerful time during Lent which will bring us to a glorious celebration on Easter Day.

With love and blessings

Chris Woodman

# REAL EASTER EGG

<https://meaningfulchocolate.co.uk/collections/real-easter-egg>

There has again been a coordinated Parish order for the excellent and special Real Easter Egg range, with the prices held at the same rate as 2022. This is the only Easter Egg on the market which uses fairtrade chocolate, contains the Easter story and donates profits to charity.

Extra eggs of all varieties have been included in the order, anticipating that there will be people who didn't get round to signing a list - contact Lesley Williams.

**THE EGG THAT SHARES THE EASTER STORY**

**FAIRTRADE** **The Meaningful Chocolate**

**Special Edition (RRP £9.99)**  
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**Original (RRP £4.50)**  
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**Now 24 page Easter story-activity book**

**NOV PLASTIC FREE**  
**PALM OIL FREE**

**All Real Easter Eggs come with an Easter story in the box. The stories range from simple guides to 24 page activity book versions.**

**So, buy a Real Easter Egg this spring and encourage others to give one to their loved ones, a school or sponsor a food bank donation.**

**Where to buy**  
The 2023 Real Easter Egg will not be available in any supermarkets. The full range can be ordered at [www.realeasteregg.co.uk](http://www.realeasteregg.co.uk) or by calling 01925 877004.

Out of the 80 million Easter eggs sold in this part of the world every year, The Real Easter Egg is the only one which has a copy of the Easter story in the box, is made of Fairtrade chocolate and which supports charitable projects.

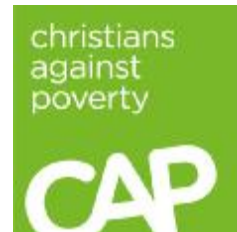
The Original and Dark eggs include a 24 page Easter story-activity book. They are Palm Oil and plastic free, and include a competition.

The Fun Pack has an Easter story activity poster and 6 milk chocolate eggs.

The Special Edition has a designer Easter card, a milk chocolate Happy Easter bar and a luxury milk chocolate egg.

**See the full shop list or order at [www.realeasteregg.co.uk](http://www.realeasteregg.co.uk)**

## How to preserve your relationship through money worries



Money is commonly identified as one of the main reasons for conflict within relationships, and rising costs are making things even more difficult. We spend our money on what we value, but what we value is often different to the person next to us – including our nearest and dearest. CAP is offering some small actions you can take today to help prevent friction and foster healthier and stronger relationships to weather those storms.

### Learn your differences

What do you do when you want to save but your partner likes to spend? A gentle way to open up a conversation could be through suggesting you take an online money personality quiz. These can help you identify your different attitudes toward money, describe the strengths and challenges of each, and offer tips on how to best manage your money traits.

### Talk about solutions

Couples often argue over money worries because there's been a lack of communication over household finances. By having regular conversations about where you're at financially as a couple, you can begin to consider different solutions to the problem. Seek free, expert help if you've fallen into unmanageable debt.

### Share responsibility

In many relationships, one partner may hold more responsibility or control over the household finances. Whilst this isn't a bad thing, it can create problems if the power over your shared finances leans too far towards one person. For relationships where one partner is always making financial decisions, can you come up with a system where each person has an equal say?

### Involve your children

Lots of parents and carers will naturally want to protect their children from being exposed to the anxiety and worry that debt and money problems can create. Whilst we're not suggesting you place every fact and issue you're facing on the table, involving your children into some of the decision-making process, like deciding what to spend your budget on, can actually draw you together as a family through working together.

### Get support

Debt help charity Christians Against Poverty (CAP) reports that nearly half (43%) of their clients said they put off getting free debt help because they didn't think anyone could help. It's important to know that support is available and in the UK there are several free debt help organisations. Visit [capuk.org](http://capuk.org) or call 0800 328 0006 to find out more.

*Christians Against Poverty (CAP) is a UK charity with over 580 services across the country delivering debt counselling, money management education, job clubs and life skills groups. Visit [capuk.org](http://capuk.org) to find out more.*

# SUNDAY SERVICES

**ST JAMES CHURCH, BEAUCHAMP LANE**

**ST FRANCIS CHURCH, HOLLOW WAY**

8.00am	St James
9.30am	St Francis
11.00am	St James

The Parish Office in St James Church Centre is staffed by volunteers and is not covered continually.

Please leave a message and someone will get back to you.

Contact details: Tel: 01865 747680

Email: [office@cowleyteamministry.co.uk](mailto:office@cowleyteamministry.co.uk)

Out of hours tel: 01865 778596

Website: [www.cowleyteamministry.co.uk](http://www.cowleyteamministry.co.uk)

## MID-WEEK SERVICES & MEETINGS

Monday	10.00-11.30am	Little Stars Playgroup— St Francis
Tuesday	10.00am	Seashells Toddler Group— St James Church Centre
	12.30pm	Tuesday Lunch Club, St James Church Centre (numbers limited—booking essential. If interested contact Chris Woodman)

### Team Rector:

The Revd Canon Dr Geoffrey Bayliss

Tel: 01865 747680 (o) 01865 778596 (h)

Email: [rector@cowleyteamministry.co.uk](mailto:rector@cowleyteamministry.co.uk)

### Curates

Revd Liam Cartwright

Email: [cowleycurate@gmail.com](mailto:cowleycurate@gmail.com)

Revd Josh Hordern

### Self-supporting Ministers

Revd Canon Mark Oxbrow

01865 461953

Email: [markoxbrow@aol.com](mailto:markoxbrow@aol.com)

Revd Max Diaz Butron

Email: [mazdiazbutron@icloud.com](mailto:mazdiazbutron@icloud.com)

## HOME AND STUDY GROUPS

Mark Oxbrow Alternate Wednesday evenings at 7.30pm, Mark's home, 13 Annesley Road (just behind the Rose Hill Co-op). Enquiries to Mark at 01865 461953

Rosanne Butler Alternate Thursday mornings, 10-11.30.. *Contact Rosanne 01865 453257*

### Churchwardens:

Christine Woodman Tel: 778078

Maureen Stone Tel 747950

### St James Church Centre Manager:

Chris Woodman Tel: 778078

### Hall Bookings:

St James Church Centre, St James Church, St Francis Church: Please contact the Parish Office Tel: 747680

### Cowley Chronicle—Editorial Team:

Sally Hemsworth, Nicki Stevens

Articles to be emailed to:

[office@cowleyteamministry.co.uk](mailto:office@cowleyteamministry.co.uk)

Paper contributions to the Parish Office.

