

December  
2016/January  
2017



**Cowley festival  
of Christmas trees**  
**St James Church**  
**Beauchamp Lane OX4 3LF**  
**10 – 18 December 2016**  
 choirs - live music  
 crafts - refreshments  
 adults : £2.00 children : free  
 proceeds to : ROSY and SeeSaw  
[www.cowleyteamministry.co.uk](http://www.cowleyteamministry.co.uk)

**Cowley festival of Christmas trees**  
**'The greatest gift'**  
**10 – 18 December 2016**

Saturday 10 & 17	10:00 – 4:00	
Sunday 11, Monday 12, Thursday 15	2:00 – 4:00	
Tuesday 13	3:30 – 5:30	
Wednesday 14	6:30 – 8:30	<i>Rising Voices choir</i>

*and by arrangement at other times  
 live music, crafts and refreshments  
 follow the quiz trail from the tree in Templars Square*

Saturday 10	7:00	festival concert	<i>Jazz Collective + youth choir</i>
Sunday 11	4:30	Christingle service	
Saturday 17	10:30	messy Christmas	
Saturday 17	2:30	join in & sing pop up choir	
Sunday 18	4:30	carols by candlelight	





**Christmas at St James Church, Beauchamp Lane (OX4 3LF) and St Francis, Hollow Way (OX3 7JF)**

Saturday 10th to Sunday 18th December *see separate card for opening times & events* Cowley festival of Christmas trees St James

Saturday 10th	Get in the Picture Decorate a tree	Templars Square	10am to 4pm
Sunday 11th December	Christingle service	St Francis	10.30am
	Get in the Picture Christingle service	Templars Square St James	12pm to 3pm 4 pm
Saturday 17th December	Messy Church Christmas	St James Centre	10.30am to 12pm
Sunday 18th December	Carols by Candlelight	St James	4pm
	Carols by Candlelight	St Francis	6pm
Christmas Eve	Pop up Crib service (Come dressed as a part of the Christmas Story!)	St James	4pm
	Carols in the Pub	<i>watch for posters</i>	4pm
December 24th	Anglican Asian Living Church Crib Service	St James	6pm
	Midnight Mass	St Francis	11pm
	Midnight Mass	St James	11pm
Christmas Day	Family Christmas Communion	St James	10am
	Christmas morning service	St Francis	10.30am
December 25th	Anglican Asian Living Church	St James	1.45pm

**www.cowleyteamministry.co.uk**  
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# Editorial Letter

We hope you will enjoy reading the December/January edition of The Chronicle. There are so many things to do in addition to preparing Christmas fare, buying presents that it is going to be a very busy time for everyone, not only over Christmas but into the New Year too.

We are extremely grateful to those who contribute on a regular basis with very interesting articles, but we would welcome more input to make this a better and all-encompassing paper. So please help us do this.

No-one has come forward to join the Editorial Board – perhaps you will think about this during the Festive Season, decide that you could help in the New Year – members of the Editorial Board will be very willing to advise on what help is needed.

All our best wishes for a Happy Christmas and New Year, and look forward to hearing from you in time for the February edition – (23 January 2017)

Sally Hemsworth  
May Morgan  
Nicki Stevens

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## CHRISTMAS SHOE BOXES

Mary Biggs, who coordinates OPERATION CHRISTMAS CHILD between the benefice of St Giles - Horspath, St Mary's - Garsington, All Saints - Cuddesdon and Cowley Parish, is pleased to report a total of 75 shoe boxes collected this year, 23 of which were from St Francis.

Well done and thank you.

Many thanks for all your help, Mary Biggs

### Editorial Comment:

It might be that some boxes have also been sent off by individuals – we will try to put more information in The Chronicle after the Christmas period about the arrangements for 2017. We know that Joyce Titchell, who always fills a great number of boxes, is already collecting shoe boxes for next year – perhaps people would like to donate suitable things for putting in these?



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## *The greatest gift?*

It might seem strange, but each year, as December grows closer, I await the big Christmas TV adverts. They come in all shapes and sizes: bouncing dogs on trampolines, teddy bears arriving at airports, Men a frenzy in the days before Christmas. So many of them are about 'seeking the greatest gift'. It is the theme of our Christmas tree festival, and was decided early on in the year!

So what is the greatest gift? Today I stumbled across the Sainsbury Christmas advert (see the web address opposite). It comes up with a good answer. For our families, the greatest gift is so often, ourselves. But this advert picks up on a truth: The 'ourselves' that we see is not the 'ourselves' we would want people to see. We are too rushed, too full of temper, too distracted, too engaged with other things. The way we live each day is not always the sort of gift we want to give to those we love. AND THAT is at the centre of the Christmas story.

When God made us, He wanted us to be a brilliant gift to each other. The book of Genesis (chapter 2) tells how God did not want us to be alone but wanted us to have a soul mate. He wanted us to have people to share our lives with. He wanted us to be a great gift for each other. Sadly, stuff got in and spoiled it. As we look through history we can see that we struggle to be the greatest gift for each other.

The really good news is that God still wants to help us. God is still our loving father and like any father wants to give us good gifts. That is why He sent us Jesus. Jesus, is the gift that can help us to be, nearly, 'the greatest gift' to other people. If we ask Jesus to help us and we try to do things the Jesus way then we discover that we gradually change. We become the person that is a really good gift to our families. He helps us sort things out so that we do have the time for people. He helps us become



(Sainsbury's advert link: <https://youtu.be/bq5SGSCZe4>)

people who understand each other and can do the things that help other people find life that is good, full and complete.

So a great gift to give to other people is a chance to get to know Jesus. In the coming weeks why not ask some of your neighbours and friends to join you at one of the Christmas festival services! Giving them a chance to the meet with Jesus could be the very best gift you give them this Christmas!

Wishing you a blessed Christmas.

Rev Geoff Bayliss



**Look out for these leaflets. They tell a simple Christmas story to explain a little bit about why we celebrate Christmas.**

# DIARY DATES TO REMEMBER

## Mothers' Union

Monthly Meeting on 3rd Monday of month  
from 2.30pm.

19 December 2016—Christmas Party

16 January 2017—Annual General Meeting with  
bring-and-buy sale

St James Church Centre

## Women's Institute

Monthly Meeting is on 3<sup>rd</sup> Wednesday of month  
from 2 – 4.30 pm

14 December 2016– Christmas Party

18 January 2017—Illustrated talk about the life and  
music of the composer Eric Coates

St James Church Centre

## Coffee, Cake and Communion

Monthly meeting on 3rd Tuesday of month  
from 10.30 a.m.

With Rev Skye at the Vicarage, 27 Don Bosco Close  
(Tel: 434160)

## Cowley Parish Bike Rides

Usually the 3<sup>rd</sup> Saturday of the month

## Parochial Church Council

Sunday, 4 December 2016, at 7.30pm

St James Church Centre

## Christmas Party

Wednesday, 7 December 2016 at 7.30 pm

St James Church Centre

## Christmas Tree Festival

9-17 December 2016

St James Church

## Advertising Church Christmas Events

Saturday, 10 December 2016 from 10 – 4 pm

Templar Square

## Carol Singing at Templar Square

Saturday, 10 December 2016 at 2 pm.

## Messy Church Christmas

Saturday, 17 December 2016 at 10.30 am

St James Church Centre

## Little Stars Christmas Fun Morning

19 December 2016 10 – 12 noon

St Francis Church

## Xmas Open House

Thursday, 21 December 2016

3.00pm – 9.00 pm

The Vicarage

## Christmas Roast Dinner

Monday, 25 December 2016

St Francis Church

## Men's (mild) Curry Night!

Monday, 9 January 2017 at 7.30 pm

The Rectory

## Film Club

Friday, 13 January 2017 – "The Lady in the Van"

St James Church Centre, commencing at 6.30 pm  
with coffee and cake

## Lunch at the Centre

Sunday, 15 January 2017 at 12.45 am

St James Church Centre

## Ladies Pudding Party!

Tuesday, 24 January 2017 at 7.30 pm

The Rectory

## Snowdrop Weekends

February 4<sup>th</sup> and 5<sup>th</sup> and 11<sup>th</sup> and 12<sup>th</sup> 2017

Church open for viewing and refreshments

Saturdays 10.30 am to 3.30 pm

Sundays 2 – 4 pm

St James Church

## Valentine Tea Party

saturday, 11<sup>th</sup> February 2017

3 – 5 pm

St Francis Church

## Story of Cowley 20<sup>th</sup> Century

Friday, 17<sup>th</sup> February 2017

St James Church Centre

REMEMBER – Tuesday Lunches at St James Church  
Centre from 12.30 pm. Last lunch  
before Christmas is 20<sup>th</sup> December,  
and the lunches recommence on 10  
January 2017.

# NEWS FROM AUSTRALIA

Una Dean keeps in touch with Michael Spence and has received the following message from him:

Thanks so much for this message and for your kind good wishes. We are doing well. The baby is due in March and Jenny is (mostly) over morning sickness, but is starting to get uncomfortably large. It is just as well that the end of a pregnancy is something so marvellous as a new baby! James has got engaged and is finishing up at the University. He is going to New York for six months to train for a new job and then will be back in about May next year. Philippa and her new husband have settled in to married life and seem to be doing well. Ollie is in Canberra studying law and philosophy and after a rocky few years after his mother died, seems to be in a much better space. Lucy is doing nursing and Korean at the University of Sydney, but is living in College and really enjoys it. Felicity is getting ready to go to high school (can you believe it) and is very excited. And little Ted is a constant joy to us (though we sometimes wish he were a better sleeper!). I have attached a picture of Ted for you to see. It is not his best picture, but I have a new iPad and for some reason it seems to be one of the few recent ones that have transferred to it.

Thank you so very much for keeping in touch. We love to hear about life at St James and are grateful for your news. Do please greet everyone for me"



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## THE FIR TREE

The fir tree groaned but his voice was weak,  
He was so ashamed he could hardly speak.  
He knew that he had been a fool to think of breaking the forests rule  
By choosing a dress just himself to please because he envied the other trees,  
It couldn't be helped though it was all too late,  
He must make up his mind to a leafless fate.  
He let himself sink in a slumber deep and moaned and groaned in his troubled sleep,  
Then morning touched him with a joyful beam and he woke to find it was all a dream,  
For there in his evergreen dress he stood,  
A pointed Fir in the midst of the wood.  
His branches sweet with a balsam smell,  
His needles were green while the white snow fell,  
His heart ever contented and happy to be,  
The very best kind of a Christmas tree.

From Pat Sansom

# FROM THE ARCHIVES

COWLEY CHURCH & HOME MAGAZINE—January 1894

From the Vicar: Rev. George Moore

## PARISH SCHOOLS:

The following sums have been received during the month for the Parish Schools:

CURRENT EXPENSES FOR 1894	
	£ s. d.
The Dean and Chapter of Christ Church	10 0 0
Mrs. Parker	2 0 0
Rev. Beviss Thompson	1 0 0
Jesus College alms	1 0 0
Mr. Spokes	1 0 0
NEW BUILDINGS	
Rev. Canon Evetts	2 2 0
Miss Bartlett	0 10 0

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The following is the report of Her Majesty's Inspector who visited the Schools on November 10<sup>th</sup>, 1893:

### BOYS' SCHOOL

Mr. Furmage has worked hard under very trying circumstances, and the subjects in which the boys are instructed, although scarcely more than fair, are quite as satisfactory as can be expected. Singing by note is weak in the lower division. Grammar is fair. The state of the premises is unsatisfactory.

### GIRLS' SCHOOL

The first, second and third standards are very well taught in all subjects. Spelling and arithmetic are inaccurate in the higher standards. Singing by note is remarkably good. Grammar is good, but the fourth and sixth standards do not acquit themselves creditably in this subject. Needlework is good. Recitation is satisfactory, and the girls speak out better than formerly.

### INFANTS' SCHOOL

The new buildings will be ready in about a month. The work of the School must have been carried on during the year under great disadvantages, but the results of the examination continue to be very good, and to reflect much credit on the teachers.

H.M. Inspector makes the following special report on the premises of the Boys' School:-

The floors of both schoolroom and classroom are in an unsatisfactory condition. The ventilation is not properly managed, and the schoolroom is either hot and stuffy or bitterly cold. The lighting is insufficient. Cupboard accommodation is also insufficient. The classroom is only 17ft. by 10ft 6ins and during the whole year the first and second standards have been taught in this room. The average attendance of these standards is 35. The forms do not suit the desks, which are old and awkward. There is only one closet for an average attendance of 81, and it is neither light, sanitary, nor well disconnected from the school.

I am to inquire how the managers propose to remedy these objections to the premises. Special attention is requested to the enclosed Form 69.

- A. Selby has passed fairly.
- B. King is recognized under Article 60 of the code.
- M. Woodhouse, failure.

Amount of Grant:	Infants	£99 9s.; average, 81.
	Girls	£81 15s.; average, 85.
	Boys	£64 16s.; average, 81.

Previous to this report, a communication came from the Education Department to say the Grant would not be paid unless some conditions were fulfilled in respect to the Boys' School which would have taken some months. The Vicar pointed out how hard and unfair this would be to take such a step without any previous warning.

Since the report was received he has pointed out the following facts:

- a. The weak places in the floors will be attended to.
- b. The offices are being built.
- c. The heating of the room was re-arranged three years ago and the suggestions made by Her Majesty's Inspector carried out. He has never known the room draughty since these alterations, or cold when proper fires are kept.

The arrangement of the classes was made by the Master, and there is no reason why 35 boys should have been crammed in one room when the other was half empty.

The average in the Boy's School is less than it has been in some previous years, and he declines to accept the statement that the room itself or the offices or the cupboards have anything to do with the result of the examination. In the face of the fact that the cost of the teachers in the Boy's School is, and has been for years, higher than either the Girls or the Infants, the Vicar declines to affix the real cause to anything except the teachers themselves in this department. In his opinion it would be entirely wrong to add new buildings to the Boy's School, which at present meets the requirement of the Act of Parliament (this room is built for an average of 100) when the Education Department insist upon additional buildings at Temple Cowley, which are now being built at a cost of £800, and only £450 is still promised.

The Vicar will be glad if those who subscribe to the maintenance of these Schools would kindly look at the accounts, which may be seen at the Vicarage any day between seven and eight pm. He will also be glad to receive any suggestions from subscribers. He is most anxious that these Schools should meet fairly and ungrudgingly the requirements of the Education Act, and should be a place where the best secular knowledge can be obtained and where the parents themselves can control the religious education of their children. The Boys' School was inspected and notes taken by Mr. Keys, the Assistant Inspector, and not Her Majesty's Inspector himself, the Rev. H .A .Pickard.

#### SUNDAY SCHOOL TREAT

The Treat in the summer was unavoidably postponed. It was given on Friday, 15<sup>th</sup> December, in the Temple Cowley Schools, where the children assembled early in the afternoon. After having a good tea they were taken to the Reading Room and presented by Mrs. Moore with a toy each. They then assembled at the Schools, where Mr. Taunt produced a very amusing and instructive Magic Lantern. The Vicar wishes to thank him for his great kindness, for which he received no remuneration except the applause and delight of the children. Both Mr. Taunt and his four assistants deserve our best thanks for this act on their part.

Researched by Les Hemsworth

# Preparations for Winter

My mother was a very keen gardener and on our farm we had a large vegetable garden. It was so big that, when she was incapacitated by pregnancy and expecting my youngest sister, Dad “helped” by bringing in the tractor and plough! Admittedly, tractors and ploughs were very much smaller in 1954 but it incensed my Mum as he made a mess of the lawn to turn round on! It continued to be a joke for years.

I also remember another saboteur, my brother, Jim. I suppose he was about 4 at the time and picked a bunch of “pretty flowers” to present to Mum. She couldn’t really tell him off for taking a large part of her potential runner bean crop!

As we had no close neighbours, the radio would be at full volume and the window wide open so she could continue listening to the Home Service as she worked away. She was a particular fan of John Arlott and test matches.

These memories are coming back as we approach Christmas. Every year she would walk around the garden on Christmas Day and count how many kinds of flowers would be blooming on that day. There would always be a rose, primulas, periwinkles, jasmine and there would be paperwhite narcissus in pots in the house, and, of course, hyacinths. My Other Half has banned the latter in our house as he can’t bear their heavy scent.

An energetic member of the WI and Farm Women’s Club, she was a great preparer for winter, before owning a freezer, with bottling

lots of gooseberries and plums and salting down runner beans. Apples, pears, potatoes and onions would be stored carefully and pickles, jams and piccalilli would fill the pantry. I have a freezer and do freeze stuff from the allotment. However, my Other Half does not like the taste of frozen runner beans and courgettes which just happen to be our most prolific of crops.

I have, at the moment, a tray of medlars in my front room. They come from a small tree on the allotment site. I am waiting for them to blett or soften when I shall make medlar cheese, a sort of solid jam, which will go well with Christmas cheese and biscuits.

There isn’t much to do in the garden and on the plot in December and January except harvesting leeks, Brussels sprouts, parsnips, parsley and sprouting broccoli when we need them for meals. Our onions, shallots, garlic and bags of potatoes are stored in the shed. Of course I shall be planning for the coming year and be watchful for the first signs of spring again and I certainly will be out at Christmas counting the flowers!

Joan Coleman

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## WHAT A SILLY WORD!

Sing-a-song of Brexit,

What a silly word.

Sing-a-song of Brexit,

It's really quite absurd.

It sounds to me like cereal

To feed to a tiny baby

Or a type of car from Germany

Or a DIY tool, maybe.

It could be a label you'd find

In the back of a chain-store dress,

Or a firm that produces kitchen tools,

Or a brand new printing press.

Perhaps it could be the name

Of a local transport firm,

Or a game to play in the playground,

Or an obscure musical term.

You can play with words forever

We're stuck with it now for ages

I only hope it's never found

On the Oxford Dictionary pages.

Sing-a-song of Brexit

It's quite absurd, as I say.

The silly word is driving me mad.

Oh when will it GO AWAY?!

Rosanne Butler

**Procrastination is my sin**

**It brings me naught**

**but sorrow**

**I know that I should stop it,**

**In fact I will – tomorrow!**

# Water Aid

The Parish of Cowley made a donation to WaterAid at Harvest Festival time, and it is interesting to see that many others support this cause. The following is an extract from the Oxford Mail in November, about Emily Gordon from Wallingford who has helped WaterAid to provide clean water in Mozambique

AN ENVIRONMENT Agency worker has used her expertise to help provide cleaner water for residents in drought-hit Mozambique. Emily Gordon, from Wallingford, has returned from a week in one of the poorest countries in the world where she witnessed how money she raised for WaterAid was making an impact in schools and communities. The 30-year-old, who works as a hydrology technical officer for the EA, went on the life-changing trip last month to southern Africa, along with nine other staff from organisations in the water sector.

She visited WaterAid projects around the capital Maputo and the rural Boane district. She also visited Tchonissa, where most people are forced to live without access to clean water, surviving only on water they collect from a disease-ridden pond in a riverbed.

Ms Gordon recalled: "The water was horrific, it was murky with dead worms in it, and there were cows drinking and defecating in it nearby – I couldn't believe my eyes. In this day and age people should not have to go through this suffering just to get water, which everyone is entitled to – it made me feel sad and angry. The good news is that WaterAid's plans for this village included a solar-powered water pump which will bring fresh clean water very soon."

Ms Gordon also visited three schools, each at different stages of involvement with WaterAid.

She joined in with handwashing demonstrations, hygiene songs and saw the children performing plays about clean water and sanitation.

In Mavalane Primary School pupils now have access to safe water, new toilets, and are educated about the importance of hygiene.

Ms Gordon said: "Hygiene messages were painted all around the school."

The volunteer from Wallingford also helped to build a latrine for an elderly couple called Antonio and Cecilia.

She added: "For the first time ever, they no longer have to ask to use a neighbour's toilet."

"From now on, this simple latrine will bring them dignity, privacy, safety and better sanitation."

## Update on Ride and Stride

10<sup>th</sup> September 2016

The total amount raised by the St James and St Francis R/Striders was £488 and the Parish will receive £244. This year the Welcomers were also collectively sponsored for doing such a great job in welcoming the R/Striders from other churches. Thanks to everyone for working so hard, without the R/Striders/Welcomers and sponsors the Parish would not be able to participate in this annual event.

June Smith

# NEWS FROM ST FRANCIS



We have been steadily working our way through the Christian Year meeting our challenges as they come. We had a very successful Caribbean Evening which raised a goodly sum towards Church Funds. We had a most moving Remembrance Sunday Service specially designed by Skye. We have our usual Christmas Fun Day coming up soon, and we have our printed schedule for Christmas Services already available and being delivered locally. Our Friends of St Francis group is going strong and taking up the Advent Course recently.

We are facing a real problem with damp walls in the vestibule and this is already being addressed with professional help.

We are looking for more help with our Sunday Club for the children. We also need more volunteers to read lessons and help with chairs and prayers on Sundays.

Sadly we have recently learned that our beloved Skye is planning to move to a new post next year. Not far away, but we shall really miss her

and her lovely family who have done so much for us.

She has been very creative and innovative in her approach to her ministry with us. We understand that we shall have a new minister in due course but will have to wait for the due process to take place.

Lyn Lord has appealed for monetary gifts for the flowers at Christmas, especially for those special times when flowers are so important. People look for something special at these times.

We have been saddened by the sudden death of Eleanor Bradbury recently and also by the illness of Maureen Chatterton who has had a stroke. Your prayers will be of value there.

We have a full social programme coming up including a trip to the theatre. Skye has also promised a free Christmas Lunch at St Francis Church to any who need it.

John Shreeve

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## HYMN OF THE MONTH

I think that this must be 'While Shepherds watched their flocks by night', a firm favourite with everyone at this time of year. It encapsulates all the humility of our Saviour's birth in a stable. Along with the humble acceptance of the good news by the shepherds themselves as the good news is revealed to them. We must not assume that because they came from a poor and lowly background they were not devout. They came away from the Bethlehem stable rejoicing, which was exactly the right attitude.

This hymn was written some years ago by someone who actually rode by horseback from Jerusalem to Bethlehem much moved by what he saw there.

Aled Jones, the famous Welsh Singer, remembers visiting there some years ago when it was fairly quiet. However, on a more recent visit he found it very noisy with traffic hooting and little respect. There is also the military aspect nowadays which does not improve things.

Peace on earth, goodwill to all men, seems far away now, which is very sad.

Nevertheless there will probably be plenty of pilgrims there as Christmas approaches.

John Shreeve

# BOOKS OF THE MONTH

The Thread

By Victoria Hislop

A story within a story. The grandparents tell their grandson why they stayed in Thessalonika, and their tale illustrates the problems caused to people of different religions, not by the people of the city, but by forces beyond their control. The story spans from 1917 to 2007, and as one reads it one realises that the circumstances outlined exist today throughout the world.

This book is well worth reading – but is probably not a light hearted Christmas read.

Sally Hemsworth

Editorial Comment:

Has anyone read a book which they would like to recommend to our readers? The Chronicle Team would very much like to hear from you.

## Prayers from the Ark

By Carmen Bernos de Gasztold

Translated from the French and with a  
Foreword and Epilogue by Rumer Godden

### THE PRAYER OF THE TORTOISE

A little patience,

O God,

I am coming.

One must take nature as she is!

It was not I who made her!

I do not mean to criticise  
this house on my back –

it has its points –

but You must admit, Lord,

it is heavy to carry!

Still,

let us hope that this double enclosure,

my shell and my heart,

will never be quite shut to You.

Amen

## BELL RINGING



at

St James

Church

**Bell ringing practice is on  
Thursday evenings, 7:30 – 9:00**

The side door to the church will be open

**A warm welcome is guaranteed to all –  
new starters and those returning after a  
break and experienced ringers newly  
arrived in Cowley**

**Call Iris 07733 326 718**

# Breaking News!

Revd Skye Denno is appointed as the Vicar elect of St Nicholas, Marston and St Thomas of Canterbury, Elsfeld

We are so delighted for Skye and her family but will miss them so much! The good news is that they are not going very far. As this goes to press it seems likely that her last services with us will be on or around Palm Sunday next year (April the 9<sup>th</sup>). Chat to her and you can find out more about the community she knows God is calling her to work with.

What does that mean for us? A big hole to fill! They have all offered us so much and have such servant's hearts. We will need to seek God's hand as he leads us forward. What is best for the next stage on our journey? How can we build the kingdom of God here in Cowley and South East Headington? How does life here fit in with the bigger picture of the deanery. These are questions we need to pray about. So please let's get praying!

A brief story about prayer:

There was a man who went to the doctor because he was unwell.

He waited in the waiting room and eventually rushed in to see the doctor. He sat down and quickly told the doctor all that was wrong with him. He gave him a whole list of symptoms, looked at his watch and rushed out of the surgery.

At dinner that night he was talking with his wife. She asked him- did you get to the doctor today?

He replied- sure, but it was no good- it didn't make any difference! His wife was surprised. Her experience was that the doctor had always been very helpful.

*Can you think of three things that could have made his trip to the Doctor more productive?*



## Ladies Pudding Party!

On Tuesday 8<sup>th</sup> November, a group of lovely ladies came to the Rectory to taste some delicious puddings and cakes and spend time together chatting. We had so much fun that we have decided to do it again, especially as a number of ladies couldn't make this last one. So the next

Ladies Pudding Party will be **Tuesday 24<sup>th</sup>**  
**January at 7.30pm in the Rectory,**  
**Beauchamp Lane.**

There will be sign-up sheets nearer the time. Remember we would rather have "you" there than a pudding!!!

## How to eat on a special diet or how to cook for your special diet friends

How to eat on a special diet or how to cook for your special diet friends

So what on earth do you eat? I have heard people ask me that. I know that occasionally I am naughty and have things that I should not have, but I do try and be good. That means being free from added sugar, gluten, yeast and dairy. Sometimes I develop an allergy to eggs and I have to be careful of breads including gluten free breads. So what do I eat? It's more simple than you might think when cooking for the main meals.

Start with a base. A gram flour pancake. Gram flour is made from Chickpeas and is yellow. The ingredients are simple. Gram flour and water. Make up a good pancake batter consistency and then pour into a hot pan. Spread it nice and thin and then once cooked on one side, brush the top with oil and flip. Make sure you are using a non-stick pan. Then you can wrap it! Now, gram flour pancakes are often dry, so you need a sauce so you can make up a gluten free gravy stock. You only need a little to add that to the pancake. Then you stuff it with steamed vegetables cooked up in the steamer pan, brown lentils that have been pressure cooked. You can also dice tofu that you have marinated in a spicy sauce, or soaked and cooked Soy Protein chunks to give it the feeling of chicken.

Seriously, gram flour pancakes are versatile. You can top them with chopped banana and soya cream for a nice afters or eat them with sweetener and lemon like a traditional pancake day pancake. The secret seems to be, after it is cooked, finding a way of moistening it so that it

is soft and digestible like a burrito wrap.

Now, we all know someone who is either a vegetarian or vegan, we all know someone who has allergies or is gluten free. Start the experiments with gram flour pancakes and always have some in the cupboard. It's cheap too, so you do not have to think that this is all about having to spend a fortune.

If you wanted to use one to wrap a salad, then you have to choose a method to moisten the gram flour pancake first before adding the salad. I personally use a combination of coconut oil (does not have to be expensive and organic!), tomato puree (Tesco's own!) with a few herbs and spices added for good measure. Cook that up on a stove in a pan and very thinly smear that on the surface of the pancake before wrapping the salad.

Another thing to experiment with is a Xanthan Gum syrup. About ½ teaspoon of Xanthan gum added to hot water in a saucepan with sweetener (and if you like, raisin and sultanas and maybe a maple syrup colouring) and whiz that up with the hand blender. You may have to experiment with how you want the syrup in terms of flavour, sweetness (I like to add a drop or two of vanilla to mine), and thickness and as you use so little Xanthan Gum, you can make loads of this stuff on demand. Why not experiment with mulling spices now Christmas is coming?

With a few tricks, you can really make your "free from" meal times very nice.

Nick Dewey

## RECIPE

As you have probably planned your main Christmas fare, this is a dish for the left-overs. Hope you enjoy.

Turkey and Ham Cobbler (serves 4)  
(A Schwartz recipe)



25 gram (1 ounce) butter  
1 large onion (sliced)  
25 gram (1 ounce) plain flour  
400 gram (14 ounce) tin tomatoes  
1 teaspoon Basil  
1 teaspoon Seasoning Salt  
¼ teaspoon ground white pepper  
225 gram (8 ounce) cooked ham, chopped  
450 gram (1 pound) cooked turkey, chopped

Topping:

225 gram (8 ounce) self-raising flour  
1 teaspoon Seasoning Salt  
50 gram (2 ounce) butter  
Milk for mixing  
Beaten egg (optional)

Pre-heat the oven to equivalent of Gas Mark 7. Melt the butter in a pan and fry the onion lightly until just beginning to colour. Stir in the flour and cook for 1 – 2 minutes. Remove the pan from the heat. Drain the juice from the tomatoes and make it up to 300ml (½ pint) with water. Add the basil, tomatoes, salt and pepper to the onion mixture. Stir in the liquid gradually. Add the ham and turkey to the sauce. Return the pan to the heat and bring to the boil, stirring frequently. Pour the mixture into an ovenproof casserole dish.

To make the topping: sieve the flour and salt into a bowl. Rub in the butter until the mixture resembles fine breadcrumbs. Add enough milk to make a smooth soft dough. Roll out the dough to a thickness of 1cm (½"). Cut out about 14 rounds using a 5cm (2") cutter. Arrange these scones closely together to cover the turkey and ham mixture. Brush the tops of the scones with milk or beaten egg.

Bake in the oven, uncovered, for 30 minutes.

The dish is not suitable for freezing.

## A Question I Could Not Answer

I used to coach children who were not doing too well at primary school. I had one young Chinese boy. His home was entirely Chinese, his mother knew no English, his father only thought that he did and the food and everything was Chinese. Of course the lad had to go to an English school.

One day he asked me "Why do the English buy their fish and chips from a fish and chip shop?" Well, why do we? Surely we should buy fish and chips or call the shop a fish and chips shop

Una Dean



Chloe Clark presents her new ventures!

### CC's Beads of Beauty

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Body Shop Consultant & designer and maker of  
bespoke beaded jewellery

Please email me to book your free Body Shop party or to discuss your bespoke jewellery needs. If you would like to see photos of my work, please email me.

Body Shop parties can be arranged to suit - I am happy to come to your home or arrange an event with you. These businesses are a new venture for me following a period of illness - I would be grateful for your support to making these ventures a success - I need 4 parties booked by 21<sup>st</sup> November - PLEASE HELP ME ACHIEVE THIS!

Please email me for further information [ccsbeads@outlook.com](mailto:ccsbeads@outlook.com)

Or call me on 07920 095 011

# The Anglican Asian Living Church, Oxford



Jesus spoke to the people, 'I am the light of the world. Whoever follows me shall not walk in darkness, but shall have the light of life.' John 8:12

*'You are warmly invited to our joyous Christmas & New Year events'*

Sunday 4<sup>th</sup> December 1.45 pm Asian Holy Communion Service at St. James Church, 2<sup>nd</sup> Sunday of Advent with preacher Rev Andrew Teal (Chaplain of Pembroke College) and refreshments at Church Centre

Wednesday 7<sup>th</sup> December start Carol Singing to houses 7pm - 9pm and all Wednesdays, Thursdays, Fridays, Saturdays and Sundays (after the services)

Sunday 11<sup>th</sup> December 1.45 pm Asian Service at St. James Church,

3<sup>rd</sup> Sunday of Advent with preacher Rev Skye Denno (Team Vicar Cowley Parish Team Ministry) with refreshments at Church Centre

Sunday 18<sup>th</sup> December 1.45 pm Asian Service at St. James Church,

4<sup>th</sup> Sunday of Advent with refreshments at Church Centre

Sunday 18<sup>th</sup> December Carols by Candlelight 4 pm at St. James Church, with Asian Church choir singing an Asian carol

Saturday 24<sup>th</sup> December Asian Christmas Eve 6 pm special Service at St. James Church, presenting the Children's Christmas Play and special guest speakers and dinner

Saturday 24<sup>th</sup> December Parish Midnight Mass 11 pm St. James Church

Sunday 25<sup>th</sup> December Christmas Day Eucharist 10 am St. James Church

Sunday 25<sup>th</sup> December Asian Christmas Day Service 1.30 pm at St. James Church with a GREAT service of celebration, special songs, special messages for our Saviour's day, Father Christmas with his Christmas presents for children, and refreshments at the Church Centre

Sunday 1<sup>st</sup> January 2017 New Year's Day 1.30 pm Asian Service at

St James Church, with an inspiring New Year's Message and refreshments

Wednesday 4<sup>th</sup> January 2017, 7pm House Prayer and Bible Study Meeting resumes

Friday 6<sup>th</sup> January Friday Class resumes with 7pm Hillsong at the Rectory, Beauchamp Lane