



Chronicle

September
2020

Communicating in a mask
 NHS SCOTLAND
 8 Simple steps to help you get your message across

- 1: Introduce Yourself**
 Explain who you are and why you're there
 Hello! My name is...
- 2: Attention**
 Make sure you have the attention of your listener
- 3: Background Noise**
 Reduce distractions
 BANG! BLEEP BLEEP BLEEP
- 4: Eye to eye**
 If possible get on the same eye level as your listener
- 5: Body Language**
 Emphasise what you're talking about with body language
 I'm really HAPPY to hear that!
- 6: Say what you're feeling**
 Your listener can't see your facial expressions
- 7: Slow**
 Slow, simple sentences. Make it concise.
 thanks for driving Slowly
- 8: Ask**
 Clarify if your listener has heard you
 Does that make sense?

From the Editors

Sally Hemsworth and Nicki Stevens

Well, the summer break went very quickly despite the lockdown, and we are back producing the September edition of the Chronicle. Many thanks to those who have renewed their subscription. Numbers are a bit down – perhaps you could recommend it to your friends as a good “read”?

One feels that people would love to get back to “normality” – groups are obviously considering coming back to use the church facilities as there is quite a lot of discussion going on, but obviously there is great concern about social distancing and now, in Oxford, the threat of a further lockdown.

We know that the Cowley History Group has decided not to resume again until February – it meets at the Venue in Barns Road, and space is very tight.

But Parish Walks have recommenced – there have been up to 9 people some weeks, and there is natural social distancing as some people walk faster than others and therefore smaller groups walk together. The next walk is on Monday, 7 September 2020, 2 pm at St Francis Church to walk to Shotover (weather permitting, of course).

A Parish Holiday is being planned for 2021 – contact Pat Chambers if you are interested.

A bric-a-brac stall is going to be held in the Rectory front garden, 10:00-12:00 on Saturday, 12 September 2020 (weather permitting) – see the notice in The Chronicle. Come and have a look on your way to support the Ride and Striders.

Although the lockdown has been/and continues to be very difficult for many, it has been noticeable that there has been great community spirit – neighbours have helped neighbours who have been house-bound, and the church has always been there for advice, help and encouragement, arranging ZOOM services, coffee mornings, quizzes, etc and just being there for us all. A big thank-you to all concerned.

We look forward to receiving your articles, hopefully your recommendations for new subscribers, and we will be producing the October Chronicle very soon – please see deadline for articles.

Sally and Nicki

A word from the Rectory

What an adventure the last few months have been. I do trust that you are all safe and well. I am so thankful that whilst society has rocked under the pressure of Covid 19 we have, to date, thankfully been saved from some of the devastation that has swept other parts of the world. Thank you so much for all that you have done to get transmission of this frightful disease under control. Thank you for: The days you have spent inside alone, the care you have given to others. The phone calls you have made. The distanced visiting you have done. You truly are an amazing bunch of people!

In the medium term, our plan is to keep the DVD & newsletter delivery system in place. Continue with the weekly/daily online services. Retain the high-density provision of 'face to face' services on Sundays. Whilst we recognise the time commitment required we also recognise their importance in the strands that keep us connected and enable us to be family.

As we move forward, we will keep trying to bring back some of the old NORMAL. To be up front, even this will seem changed as we work within a COVID safe environment. Please keep your 'eyes open' and 'ears to the ground.' We will do our best to keep people up to speed with the changes that are taking place.

Nehemiah, and those returning from exile in Babylon, in the 5th century B.C., found the 'new normal' of Jerusalem strangely different



from the old ways. Both then and now God will do the guiding and we need to listen carefully to his voice. Staying alert, safe and in tune with values of the kingdom, is very important

I need, at this point, to say thank you to Revd Richard and Elizabeth Chand. The service they have given to this area over the years has been amazing. Thank you! They are soon to set out on a new adventure taking up leadership in a parish in Essex. They go with our thanks and love. We ask God to bless them each step of the way. Richard, Rebecca, as you go you take part of us with you.

If you would like to contribute to a parting gift, do please get a donation to Geoff, Gemma, Joan or Chris.

As we take the next steps forward may God walk with each one of us, each step of the way!

Benson Cottage

CHILDREN'S CORNER

.I hope you managed to have a holiday of some sort, even if it was only a special day out, away from your normal things, and that it was a happy time. It is so nice to have a happy memory of a 'special' day out or visit somewhere different. Most holidays I've had have been a little different each year and this one will always be remembered. I haven't been anywhere! My son visited us recently and decided to camp locally in his frame tent. It was during the warm period so what could go wrong? When he returned to the tent one evening after a long walk, it had collapsed. Yes, he had not followed all the instructions and left some of the guy-ropes holding the roof in place, undone. A sudden gust of wind had bent the roof frame rods so that the tent could not stay up. Always use ALL the ropes to secure a tent and have some rope spare for emergencies. He learned his lesson and being the lucky guy that he is, the owner of the site loaned him a 'spare' tent for the night.

Some years ago, we decided to go to France with our small caravan, which meant a journey to the coastal port, then several hours on a large ferry and a shorter journey to our first camping site, all within one day! That meant an early start and of course a lot of planning, tickets, passports, food and different money, to be organised weeks before we went on our expedition. All went well and we reached our destination safely.

The site was near Caen in northern France. It had been arranged that we should meet up with the family of a young man who had visited us the year before on a school exchange.

When we made contact it was suggested that we would visit their house for an evening meal and we were warned that it would not be a simple croissant and coffee but an evening of enjoyment.....mostly food! I was very interested to go because Heroville had been built as a new town outside Caen, badly bombed during the war and this was a completely new town suburb. It didn't disappoint me. To save land space the garage for their car was under the house and made large enough to store tools and wine and a workshop at the back of it. Every house was made of concrete blocks and painted white with a flat roof.

We were welcomed during the early evening and had to pass the kitchen. Pierre's mother was doing the finishing touches to a tart and the smells of herbs from other cooking were everywhere! We chatted through the meal, and then when we thought that there was no dessert, Pierre's mother announced that she had a surprise waiting for us in the kitchen. I am always curious of different methods of cooking and I noticed that large apple tart in the kitchen when we arrived. Perhaps that was the surprise. It had been cooked and

was a Typical Breton Apple Tart (Tart Tatin) with slices of apple carefully arranged and then covered with a sugar glaze that glistens under candlelight. If I was right with my guess we would be in for a treat. She seemed to take a long time to return but we were guests and of course could not complain, especially after the meal we had had already, but it would be nice to finish off with something sweet, I thought.

Eventually, she returned, very upset. The tart had been cooked OK and placed on the windowsill in the kitchen to cool. What could

be wrong with that? Their pet dog thought otherwise and had enjoyed more than a sample ruining that dessert. We consoled her as best we could. So, be warned. Always cover food if left in the kitchen and preferably shut doors to prevent any pets entering a kitchen. Whenever I have Apple Tart these days, I always remember the tart we never had!

Take care, and as always, follow the safety rules.

Uncle Ben

COWLEY FESTIVAL OF CHRISTMAS TREES 2020

Joy to the World!

Friday 11 – Sunday 20 December

Whilst we obviously don't know what life will be like by December, and recognising we may have to adapt the format, we are confidently planning for an extra joyful community event, once again to share the blessings of life in Cowley at Christmas. We hope the theme may cover both living with COVID-19 and creation/climate change/sustainability – and any other interpretation! The central diorama will be around the figure of an angel and we hope there will be hosts of angels inside and outside the church.



During the hiatus, we have begun to contact previous participants and will next hopefully engage with some new groups and businesses. If you have never been involved before and would like to be, either as an individual, a family or part of a group – please contact us and ask for details right now! ctf@cowleyteamministry.co.uk



Our next planning meeting is on Wednesday, 9 September, 9.30 am – either on Zoom or in reality.

CONTINUING LOCKDOWN COVID-19 THOUGHTS

We have not reached the new normal yet – life is now a very strange mix of reality and the virtual.

So I've been to a couple of real, face to face Trustees meetings, albeit in a garden, but have continued attending the Zoom and Teams versions for most committees; upcoming AGMs of three of my associations will be virtual.

I have attended live opera at Waterperry Gardens and a wonderful dance and music event 'Music for the spheres' at Compton Verney but also watched many streamed and live Zoomed concerts, dance and drama.

I have volunteered as a steward outdoors at Headington Market in Quarry Park and over 5 days indoors at the Barton Community Association 'Sunny Smiles' summer school, in a bubble of 11 children but there is no chance of going back into schools for Open the Book, Governor visits or my work with Headington Partnership schools.

Friends of Hill End has held a bat walk and our family bushcraft will go ahead in October – families are thrilled to be able to be out together but indoor events remain cancelled.

Netball is back, now at stage 4a of its roadmap with training and small games allowed, but with hands and the ball to be sanitized every 15 minutes and the game played with modified rules. If all is well during the month, when risk assessments are written

and umpires are trained, then Stage 4b should open at the end of September, with competitive matches permitted. I am the COVID-19 Officer for my club and Oxfordshire Netball League – lots more paperwork!

I have walked and cycled extensively and that has kept me sane: over June, July and August, I have totalled 606.70 cycling miles, with the furthest route 50.8; 160.65 miles hiking, generally 10 circular route days on the Ridgeway west from the A34 to Overton – continuing now east, from Mongewell, Wallingford to Ivinghoe over 3 more days; 75.29 on a run/walk Iffley circuit and a few other shorter walks.

No full 'real' holiday but one happy 4 days, 3 nights circuit taking in Greenwich, Rye, Sissinghurst and Ashurstwood, viewing the three Queen Elizabeth 1 Armada portraits, breathing in the sea air, walking, meeting friends.

I never did establish that daily timetable *or* clear all the piles of paper *or* cupboards!

I remain seriously concerned about what the 'new normal' will look like and when we will reach it and the areas of society that will never be the same – my deepest worries are still for schools and young people, the arts and sports.

But in all of this is God, his love and hope.

Lesley Williams

What is happening to Oxford's Low Traffic Neighbourhoods?

This was received just as the Chronicle was being finalised – so latest information.

From: John Sanders, County Councillor for Cowley
Labour Spokesperson on Environment and Economy

"The simple answer is, at the moment, nothing. Three neighbourhoods in Cowley were earmarked for the County Council's share of the first tranche of the Government's Active Travel Fund to encourage walking and cycling but which had to be spent by the end of August. Cowley was to be Oxford's flagship experiment in encouraging people to reject driving to work where feasible.

"The Cowley project would serve as the template for other neighbourhoods in the city that are crying out for an end to traffic that shortcuts quiet streets enroute to other parts of the city. Plans were drawn up and several hundred residents joined in the debate and were carefully listened to. Engineers designed so-called "modal filters", restrictions to prevent cars from using residential streets as shortcuts. After months of debate a revised layout evolved to meet many of the objections voiced by several residents but still meeting the expectations of the majority who enthusiastically supported quieter, safer, cleaner residential streets.

"A delay has now occurred because it has emerged that one of the County Council's designers has not been available and consequently the Government's requirement for implementation by the end of August couldn't be met. So now the flagship is floundering in doldrums while the Council revises its submission to Government. At this stage it is not clear when, or indeed, whether the project will ever succeed.

"Local groups have spent a lot of time and effort, sweat and tears over the past three months, taking part in discussions with the council officers, residents and schools, leafletting homes in Cowley and responding to letters and emails from concerned residents. It all seems so far to have been a complete waste of time.

"John Sanders, Labour County Councillor for Cowley, who had been instrumental in progressing the Cowley project with the County Council and coordinating with interest groups, residents and local city councillors, says 'I am deeply disappointed with the Conservative County Council with whom I had been cooperating in the interests of the majority of Cowley residents. I can assure residents that I will continue to try to bring this frustrating situation to an acceptable conclusion if at all possible.' "

From the Archives

SEPTEMBER 2014

FRIENDS OF LYE VALLEY

At the recent AGM of the Friends of Lye Valley it was clear that this small group is fighting to retain this area, which can easily be spoilt if the flow of water is not maintained. Development along the periphery can severely damage the peat bog, and the following article which was in a recent Oxford Mail shows what rare habitat the area has and how lucky it is to have such experts looking after it:

Ice Age flower is still quite at home in balmy Headington

An 8,000-year-old flower is blossoming in an Oxford meadow.

The fragile and rare Grass of Parnassus thrives in the peat bog of the Lye Valley, Headington, where it has flowered since the last Ice Age.

Experts believe it probably arrived there on the feet of mammoths or other prehistoric animals whose bones have been found in the adjacent Boundary Brook.

The Lye Valley is the most southerly place the grass is found in England.

Dr Judy Webb, chair of the Friends of Lye Valley, said: "The Lye Valley is without doubt the most ancient habitat in all Oxford. "We are very good at caring for old buildings and inviting new research organisations to establish themselves in Oxford – but the Lye Valley tops them all for age, rarity and uniqueness. "Grass of Parnassus should be Headington's icon, for my research has revealed that the first ever records of the plant were made in Oxford in 1570 by a Belgian Botanist, Matthias de L'Obel. It was noted in Headington in this wetland as long ago as 1640, and it is remarkable that it has survived to this day."

Editors' comment:

A walk along Lye Valley is a treat. You see the work the Friends of Lye Valley are doing from well-constructed walk ways, and good information boards are available illustrating what to look for. Well worth a visit.



RECIPES

LUXURY FLAPJACK

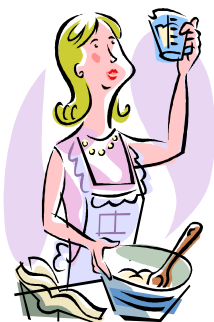
500g Porridge oats (put into mixing bowl)

100g Condensed milk

240g Caster sugar

4 tbs Golden Syrup

300 g butter



MIX ALL THE INGREDIENTS TOGETHER, except the oats, melting the butter and mixing together over a light heat, in order to dissolve the sugar. When dissolved, pour into the oats and mix well. This will be VERY sticky.

Prepare trays to bake the mixture by greasing and lining baking trays with greaseproof paper to allow easier removal when cooked. Cook in an oven at 170 deg.C for 20 mins but do not allow to brown or it will make the flapjack too hard when cool. Cut the flapjack into 2 inch squares before it is cold and remove from the trays.

Additions can be made to the mixture before or after cooking. Cherries, nuts and seeds are suitable either added to the mixture before cooking or as decoration afterwards. Any of the results look tremendous with a dribble of icing or melted chocolate! Grandchildren are only allowed to have one square at a time!



Has lockdown caused you financial problems? We are here to help!

In “normal” times Christians Against Poverty (CAP) provides a free face-to-face service to help people tackle problem debt, meeting them in their homes and supporting them right through the process. CAP is regulated by the Financial Conduct Authority and has to follow clear guidelines around how it carries out its service. The lockdown in March proved to be a challenge as we needed to change our way of working.

Along with the 295 other CAP debt-help centres around the UK we were obliged to shut down for some weeks during the spring. Over that time the national charity liaised with the FCA to adjust its service. Now we have systems in place that allow us to link up with clients by phone or via online meeting apps, taking each person through from the initial enquiry to providing tailored debt advice and beyond.

Oxford CAP Debt Coach Jill Ewbank has found that remote “visits” work surprisingly well – she and the team are delighted to be able to be back working and helping people sort out their debts.

If you are concerned about your finances and would like to talk the situation through with someone please call 0800 328 0006.

www.capdebthelp.org

For those who missed the big tennis tournaments this year – an article on tennis!

EXTRACT FROM THE CHURCH TIMES, JUNE 2002

WIMBLEDON MEN'S CHAMPION WHO MANAGED A LONG RETURN

A country vicar WINNING Wimbledon? It sounds unlikely, but the Revd John Thorneycroft Hartley, Vicar of the North Yorkshire village of Burneston, was twice Men's Single Champion, in 1879 and 1880, the third and fourth years of the competition, and runner-up the following year, writes Margaret Duggan.



So little did he expect to win when he entered in 1879 that he made no provision for his Sunday services. It meant that, after the semi-final, he had to return to Yorkshire for the weekend before returning for the final match on the Monday.

He did his Sunday duty, and then heard that one of his parishioners was gravely ill and thought to be dying. Mr Hartley sat up through the night with the patient, who died in the early morning. He then returned to his vicarage, collected the sandwiches his wife had made for him,

mounted his horse, and rode to Thirsk Station to catch the train for London.

Arriving at King's Cross, he hailed a cab (horse-drawn) to take him to Waterloo for the Wimbledon train, and in the cab managed to change into his tennis kit. He arrived just in time to play the final against Vere St Leger Goold, and beat him 3 sets to 0.

The Revd Clive Mansell, gives a gruesome postscript to that match. In 1907, Mr Goold and his wife were stopped by a gendarme in the waiting-room of a railway station in Monaco and asked to open their travelling trunk. Inside was found the dismembered body of a Danish widow (history does not relate why). The Goolds were both arrested and later convicted of murder, and Mr Goold eventually died in the French penal colony of Devil's Island.

No such dramatic story attaches to Mr Hartley's subsequent appearances at Wimbledon, but he was regarded with great affection through the years 1874-1919 that he was Vicar of Burneston.

Some elderly parishioners still remember him (he lived until 1935, aged 86), and one tells the story of his courtship, says Mr Mansell. His wife was Alice Lascelles (the family with royal connections), and in their courtship days he would take a short cut, rather than a very long way round, to her family's estate by riding to the river and swimming across. She would meet him in her carriage to take him home. Their marriage lasted for 60 years.



CHRISTIAN AID



The OXFORD ABSEIL was deferred from May and Oxford

Christian Aid office is now sadly permanently closed and most staff made redundant. The one remaining member of staff, Phil Evans, was furloughed until 31st August and is now catching up fast. He is hoping the new date can go ahead:

Saturday 17 October, 10.00-4.00

St Mary Magdalen Church (Mary Mags) tower, central Oxford, opposite the Randolph hotel.

I remain registered (£20) for my latest abseiling 'fix' and am now actively seeking sponsorship. If we're going ahead, there will very soon, after the 12 September's Ride and Stride, be paper sponsor forms available in church. But if you are not back in church yet, you can use the Just Giving on line page:

<https://www.justgiving.com/fundraising/lesley-williams-abseil-oxford-2020>

But if that's impossible too, give me a ring and I will add you to the sponsor form and collect from you by arrangement later. 01865 779 562 07982 439 828 lesleywilliams@btinternet.com

Lesley Williams

GOOD NEWS! PARISH HOLIDAY Weymouth 2021

Our wonderful friendly coach operator Gordon has secured the following for us: The Crown Hotel, situated on the river 5 to 10 mins from the sea. It is slightly more expensive than the one we had booked in October but is a better class of hotel.

Monday 4th April 2021 at a cost of £389 pp - four days half board.

12 single rooms are included in the price. Please look to the future and SIGN UP NOW.

Contact Pat Chambers - pat.silverpolo@gmail.com 01235 799 717 07532 113 645





Our Harvest Services will be held on Sunday September 13th, 2020

Each service held on that day will support the Harvest theme. The 11 am service at St James, weather permitting, will be held outside, in the Churchyard, so come prepared. We have plenty of space and fresh air. For some, this may well be the first service you have got to since 'lock down'. We warmly welcome you.

Gifts of food etc will go to support the work of WaterAid,, www.wateraid.org. Gifts of food etc will go to support the work of the CEF, the Community Emergency Foodbank, www.cefoxford.co.uk



CASH DONATIONS will be for WATERAID - www.wateraid.org

Gift envelopes will be available with Link, both delivered and in church or you can donate direct on line <https://www.wateraid.org/uk/donate>

About Water Aid: WaterAid has teams in 28 countries across the world, working with our partners to transform millions of lives every year by improving access to clean water, toilets and hygiene. Since 1981, we've reached over 27 million people with clean water. But we can't stop there.

In the last 37 years, we've gone from strength to strength to become one of the most respected organisations dealing solely with water, sanitation and hygiene issues.

While installing taps and toilets is essential to our work, we do so much more. We convince governments to change laws, link policy makers with people on the ground, pool knowledge and resources and rally support from people and organisations around the world, making lasting change happen on a massive scale.

When a community gets clean water for the first time, it's the start of something truly life-changing. Right now, many of the world's poorest and most marginalised people don't have [clean water](#) to drink, [decent toilets](#) or the ability to maintain [hygiene](#). As the COVID-19 pandemic threatens our global community, work to bring clean water, decent sanitation and good hygiene to everyone, everywhere has never been more critical.

Thanks to our supporters and partners across the world, we are using 37 years of experience to increase access to these vital needs for the most vulnerable people. We're working fast, across 28 countries, to share the crucial hygiene messages we must all follow to keep each other safe from the coronavirus, and to provide lasting access to water, sanitation and hygiene essentials, so people can defend against and build resilience to COVID-19 and other contagious diseases. And without these basics, overcoming poverty is just a dream.

Every child should have a bright future ahead of them and focus on being a child - not walking long distances to collect and drink dirty water.

785 million people in the world – one in ten – do not have clean water close to home. We'll

keep working until everyone, everywhere has clean water, decent toilets and good hygiene. But we can't do it without you.
Will you transform lives today?



FOOD AND HOUSEHOLD GIFTS will be for CEF - COMMUNITY EMERGENCY FOODBANK

During the COVID-19 lockdown and the continuing situation, CEF has been delivering food parcels instead of being a drop in service and is an essential part of the Oxford community's coordinated response to the pandemic.

It has featured in a three part report on Radio 4's PM programme, which you can catch up on through a link on the CEF website.

The following items are needed at the moment for the foodbank - *starred items most critical:

- jams/other spreads
- * UHT/long life milk / * long life fruit juice
- * sugar
- * tinned vegetables (*not tomatoes or beans*)
- * tinned and packet puddings
- tinned meat / tinned fruit
- Cereal / biscuits
- bottled sauces
- coffee/hot chocolate
- practical toiletries

when donating food please ensure that items have a 'sell by date' of at least 3 months and are clearly marked.

If you are not coming to the harvest services, these items can still be left:

- outside the Rectory back door, Beauchamp Lane
- Taken to the back of St Francis Church, Hollow Way between 11am and 2pm on Mondays and Thursdays.
- Alternatively, there are Food Bank boxes in the Co-ops at Headington, Cowley, Summertown, Marston and Wheatley. Also in Waitrose (Headington), Tesco (Summertown), Asda (Wheatley) and Sainsbury's (The Westgate).

CEF SPONSORSHIP

CEF founder Jane Benyon, her husband Tom and their dog Moses have undertaken a long sponsored walk every September; in 2019 it was Canterbury back to Oxford. Because of the COVID-19 situation, this year they are instead walking 14 daily circular walks in Oxfordshire and the Cotswolds, from 7 – 21 September with a rest day on Sunday 13.

Sponsorship is invited! There's a form in each church – cash or cheque to CEF – or donate on line

www.cefoxford.co.uk

info@cefoxford.co.uk



Oxfordshire Historic Churches Trust

RIDE & STRIDE

Saturday 12 September

There is no Open Doors but yes, there is RIDE AND STRIDE so we would like the church to be open to welcome St/Riders and anyone else who wants to visit and /or pray.

Therefore NOW is the time to sign up to RIDE, STRIDE/STROLL or ACT AS A STEWARD in one of the churches for an hour or two between 10:00 and 6:00, for this important community and fundraising day.... please, if you can, earmark some time to the day – and be prepared to sponsor our St/Riders - currently John Booty and Lesley Williams but would anyone else like some gentle or energetic exercise?

Registration/sponsor forms and steward duty rotas are available NOW in both churches but you can also sponsor on line. Lesley Williams has set up this fundraising page : <http://uk.virginmoneygiving.com/LesleyWilliams22>

50% of the sponsorship comes directly back to the church; 50% is held by the Oxfordshire Historic Churches Trust – and could well come to us as a grant towards the Flush Fund.

Forms and all the information are there to download on <https://ohct.org.uk/ride-and-stride/>

Details from June Smith : 01865 430 835 junesmith@ntlworld.com

There will also be a bric-a-brac stall in the Rectory front garden, 10:00-12:00 – salespersons needed there, too – please speak to Mary Bayliss,

Neighbourhood Watch
| Join Us



Scam Information



From: Maggie Lewis (NWN, Multi Scheme Administrator, Thames Valley, Oxford LPA)

As we know scammers are becoming more sophisticated in their approaches. Suspicious emails should be forwarded to report@phishing.gov.uk. Up till 30/6/20 the number of reports received stood at more than 1,173,000 with the removal of 4,590 scams and 11,543 URLs.

Friends against Scams is an excellent website with advice to protect and prevent people from becoming victims of scams. Worth checking out this site and sharing with others -<https://www.friendsagainstscams.org.uk>