

**A new mini-series starts this month based on archived material
from the Cowley Chronicle**

NOTABLE PEOPLE & CHARACTERS of COWLEY

1. William Morris – Lord Nuffield 1877 - 1963

OCTOBER 1952

This October is a month of many notable anniversaries. First, I should like to offer our respectful greetings to Lord Nuffield, who attains his 75th birthday on Friday, October 10th, remembering with gratitude his munificent gifts to this parish. In honour of the occasion we are displaying Lord Nuffield's Arms on the front page this month, kindly designed for us by Mr. J. M. Surman. I hope the ringers will succeed in ringing a peal which they are contemplating on the 10th.

OCTOBER 1957

Lord Nuffield Receives Gift for 80th Birthday

Viscount Nuffield, who has returned to his office at Cowley after a fortnight's absence through illness, examining a scale model in silver of a Morris Minor car. This was to have been presented to him to mark his 80th birthday at the Nuffield Family Party in London, but he was not well enough to attend.

In a letter to Mr. F. I. Connolly, who was to have presented the model to him, Lord Nuffield wrote: "I have only now had an opportunity of seeing the very lovely gift of the model of the Morris Minor 1000 presented to me on my birthday.

"I am quite overwhelmed with the wonderful accuracy of its conception and its superb craftsmanship shown in every detail. I assure you it will be treasured by me, not only for its intrinsic value but, far more, because of the memories it will bring of the great happiness which I have enjoyed and all the kindness shown to me during my business career.

"It is to my lasting regret that I was unable to receive this gift from the hands of an old friend, and that I was unable to say thank you to all who subscribed to this birthday present, and tell them how much I will always treasure their token of friendship and esteem.

OCTOBER 1963

LORD NUFFIELD GAVE PARISH £35,000

Earliest mention of Lord Nuffield's connection with Cowley is to be found in an old log - book of St. James' School, then called the 'Boys' National School,' under the headmastership of Mr. James Furmage when the Reverend George Moore was Vicar of Cowley. Various

entries in the book refer to his life at the school.

My chief contacts with him were through his generosity to the church in Cowley. First, he gave a plot of land on which St. Francis' Church still stands and on 11th September 1930, he laid the foundation stone in the presence of the Mayor of Oxford and the Bishop.



Next, when I was raising money for the building of St. James' Hall, Lord Nuffield contributed £2,500 and then, when the cost exceeded the estimate by a large sum, he generously offered, in his speech at the opening, £500 towards the £800 needed, when the £300 balance had been obtained.

Generally speaking, however, he disliked estimates being exceeded and made a point of this later when those for St. Luke's were presented to him.

He originally offered £20,000 for the building of the new church of St. Luke's, but when the

PERSONALLY SPEAKING

Rosanne and Frank Butler would like to thank the many people in the Parish who offered them congratulations on the occasion of their diamond wedding anniversary. The dozens of cards, flowers and gifts were much appreciated.

PARISH MISSION AND SOCIAL PLANNER

<i>SEPTEMBER</i>	<i>OCTOBER</i>
SUN 8th <i>Big Brekkie for Christian Aid</i> (CC)	FRI 4th 7:00 <i>Harvest quiz</i> (CC)
SUN 8th 10:00, 10:30 <i>TLG speaker</i> (J & F)	SUN 6th 10:00 <i>Harvest thanksgiving service & b&s lunch</i> (J)
MON 9th 7:30 <i>M&S meeting</i> (88 Temple Road)	FRI 18th <i>Caribbean evening</i> (F)
SAT 14th 10:00 <i>Ride & Stride/Open Doors</i> (J & F) <i>Tea, cake & tissues (students)</i> (F)	SUN 20th 12:30 <i>Sunday lunch</i> (CC)
SAT 14th –SAT 21st <i>Freshers' Pancake Week</i> (F outside)	MON 28th 10:00 – 11:30 <i>Messy Church</i> (F)
SUN 22nd 12:30 <i>Sunday lunch</i> (CC)	
SAT 28th 10:00 – 3:30 <i>Deanery mission action planning day</i> (J & CC)	
SUN 29th 10:30 <i>Feast of St Francis + Harvest - joint Parish service</i> (F) <i>+ bring & share lunch</i>	

(CC) - St James Church Centre - Beauchamp Lane (J) - St James Church - Beauchamp Lane

(F) - St Francis Church - Hollow Way

(A.A.L.C) - Anglican Asian Living Church (J & CC)

(TS) - Templars Square

(CH) - Corner House pub

COWLEY FESTIVAL OF CHRISTMAS TREES 2019

Friday 13 - Sunday 22
December

With the theme COWLEY UNITED – celebrating community life in Cowley

We have several ideas for the festival to be different whilst retaining the best of earlier ones. We are

particularly determined to secure buy in from local businesses. PLEASE if you have *any* links with a local Cowley business of any kind – shop, office, service, manufacturing – you work there or know someone in management - please talk to us about the package we will offer.

Our next meeting will be on Wednesday 11 September, 9.00 in the Ranklin Room. It will be 'all systems go' then.

Lesley Williams 01865 779 562 07982 439 828 ctf@cowleyteamministry.co.uk



THE DAISY CHAIN

A daisy sat in the dewy grass
And trembled as heavy boots trod past
Then little sandals arrived instead.
"Granny, look lots of daisies", a child's voice
said.

"Oh, let's make a daisy chain", cried the
grandmother
"We just have to join them one to another."
The little girl wondered how this could be.
"I'll show you, darling, just simply watch
me".

The stems were split and the heads pushed
through
And the child watched enchanted as the
daisy chain grew.

"Now what shall we do with it, Granny?"
she said.

"Oh, it would look lovely crowning your
head".

A photo was taken on that bright summer
day
To capture the moment the granny would
say

When a daisy chain lay on her grand-
daughter's curls
More beautiful than a tiara of pearls.

Daisies and grannies don't last for ever
But the picture became a little girl's treas-
ure
And for all of her days it would always re-
main
A precious mem'ry of her first daisy chain.

Rosanne Butler

Summer meanderings

The tomatoes in the greenhouse are not showing any sign of ripening yet. I did start them off late though. I had nurtured well over 120 tomato plants among all the other plants that went to the Plant Sale, leaving the greenhouse completely empty. I had planned to do this as we were off on holiday for nearly 3 weeks.

On my return, mid-June, I could not stand the idea of having an empty space for the rest of the year so I looked around. I found some poor apology of 6 Gardeners' Delight at the garden centre, knowing that with some TLC, they will grow. I then went to the village church fete, back where I come from in Staffordshire, and found 5 well-grown, but unlabelled, tomatoes to bring home. We had travelled up to see my brother doing the job of opening the fete as he has just published a book on the history of the village and, my, was he bombarded with sales and dedications! He had dressed up for the job in our paternal grandad's frock coat and our maternal grandad's waistcoat and top hat!

He lives in Lincolnshire and each of my other siblings live in far-flung counties. We were all back home a couple of weeks later for the burial of our Uncle Ernie. He was 93 and there are still 3 of the 9 left, all farmers, Uncle Tom, the oldest survivor, being 99. Our Dad was the eldest and he passed away 6 years ago at the age of 98. It makes you wonder how long you will live. Sadly, on our Mother's side, we have a legacy of breast cancer and it took her far too early as well as her sister and my eldest sister too.

Back home, I am determined to keep on top of the garden, fighting bindweed and daily deadheading to keep blooms going. I always get distressed by the blackspot which defoliates the roses after their first flush of flowering. This year, however, it is a lot less as I took advice from an old friend that the problem "lies in the soil"! Our thin, well-drained stuff on the top of this coral reef, formed in the late Jurassic that we call home, means that roses suffer from stress due to a lack of water. So I have been diligently watering and it has made a difference.

The grandchildren love messing about with watering cans and our 4 water butts have mainly kept us supplied. The taps are at a good level for them but they are not so good at turning them off. Our biggest butt ran dry overnight when the tap was left to dribble!

On the allotment, recent winds have brought down the runner bean row. This causes my other half to complain about the weak canes I use. Well, he knows the answer to that! We have had good pickings from it, though. The sweet corn is ready now and I continue to pick the raspberries which should go on well into autumn. I have made jam and the freezer is getting full of raspberries in all guises including sorbet and ice cream. My favourite, however, are just raspberries on their own with a little pouring of cream. Delicious!

Joan Coleman

DIARY DATES TO REMEMBER

Mothers' Union

Monthly Meeting on 3rd Monday of month from 2.15 pm

16 September 2019 – The Ethos of Emmaus by Steve James

St James Church Centre

Women's Institute

Monthly Meeting on 3rd Wednesday of month from 2 – 4.30 pm

18 September 2019 – Following the Clues: from Ladakhi to America – the language of a people gives clues as to their culture" by Liz Harris

St James Church Centre

Gardening

Last Saturday of the month – Gardening at St James Church/St James Church Centre

Film Club

Friday, 13 September 2019 – "The Post"

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

Parish Walks

Monday, 2 September 2019 – Walk to Lye Valley Meet at St James Church Centre at 2 pm

Monday, 16 September 2019 – Details to be announced

Big Brekkie for Christian Aid

Sunday, 8 September 2019

St James Church Centre

Mission and Social Meeting

Monday, 9 September 2019 at 7.30 pm

88 Temple Road

St James Church Committee

Tuesday, 10 September 2019, commencing at 7.30 pm

St James Church Centre

Ride-&-Stride/Open Doors

Saturday, 14 September 2019, commencing at 10 am

St James Church and St Francis Church

Freshers' Pancake Week

Saturday 14 – Saturday 21 September 2019

St Francis – outside

St Francis Church Committee

Sunday, 15 September 2019, commencing at 12nr

St Francis Church

Sunday Lunch

Sunday, 15 September 2019, at 12.30 pm

St James Church Centre

Deanery Mission Action Planning Day

Saturday, 28 September 2019, 10 am – 3.30 pm

St James Church and St James Church Centre

Feast of St Francis and Harvest

Joint Parish Service followed by bring & share lunch

Sunday, 29 September 2019 at 10.30 am

St Francis Church

Harvest Quiz

Friday, 4 October 2019 at 7pm

St James Church Centre

Harvest Thanksgiving and bring-and-share lunch

Sunday, 6 October, 2019 at 10 am

St James Church/Church Centre

Parochial Church Council

Sunday, 13 October 2019 at 12.30 pm

St James Church Centre

Caribbean Evening

Friday, 18 October 2019 (time to be announced)

St Francis Church

Sunday Lunch

Sunday, 20 October 2019 at 12.30 pm

St James Church Centre

Messy Church

Monday, 28 October 2019, 10 – 11.30 am

St Francis Church

Craft and Gift Fair

Saturday, 2 November 2019, 10 – 2 pm

St James Church Centre

REMEMBER: Tuesday lunches at St James

Church Centre from 12.30 pm

BIG BREKKIE

Sunday 8 September 8.45 - 9.45 St James Centre for Christian Aid



To welcome you back from the summer break, we offer the next Big Brekkie between the 8:00 and 10:00 services. Come and feast on bacon butties, scrambled egg – *maybe with smoked salmon* – toast, croissants, crumpets – fresh fruit – tea & coffee

No need to book.

It's our final Christian Aid event of the year to top up our 2019 donations:

17 March:	Super Soup lunch	£140
5 April:	Cyclone appeal	£110
12 May:	CAW Big Brekkie	£160
18 May:	Christian Aid Week	£677
28 June:	Quiz Aid	<u>£183</u>
		£1,270

Could we make it £1,500?

Lesley Williams Parish Christian Aid Coordinator

You are invited
to our back-after-the-summer
 **big brekkie**
Sunday 8 September
8.45 – 9.45
bacon butties – scrambled egg – toast
crumpets – croissants – fruit – tea
coffee – good company
St James Centre – Beauchamp Lane – OX4 3LF



all donations for Christian Aid

Shaun Guard
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*Saturday 28 September
Oxford Area Conference
9:30 to 13:00*

*Cowley Priority and Vision Exploration
13:30 to 16:30*

Free to attend. 120 tickets available.
Includes a hot lunch provided by the Cowley team
Venue: St James' Church, 9 Beauchamp Lane, OX4 3LF
Limited parking available at Church Centre

As you know, we are planning four Area Conferences in the Diocese, starting this Autumn. The Oxford Area Conference takes place on Saturday 28 September. My hope is that representatives from many of our parishes will be able to come.

Over the last two years, we have discerned together our common vision to become a more Christ-like Church for the sake of God's world. The aim for each conference is to inspire local churches and provide new tools and resources to support the common vision in our towns and villages across the Diocese.

The morning will be run by the Area Team, and I will be leading our Bible Study. The morning session includes an introduction to how parishes can benefit from our new Parish Planning Tool. You'll also hear more about the [£3m Development Fund](#) that is available to parishes. We stop at 12:30 to share a hot lunch together, kindly provided by the Cowley team.

Following lunch, a smaller group will meet for the Cowley Priority and Vision Exploration sessions. These start at 1:30pm and will explore the Cowley vision and priorities as Cowley develops the next stage of their Mission Action Plan. The afternoon includes a detailed look at the Parish Planning Tool process in a session facilitated by Andrew Anderson Gear.

If you have any questions about the morning and afternoon sessions please contact Geoff Bayliss.

I look forward to seeing you in September.



ST FRIDESWIDE PILGRIMAGE Friday 18 & Saturday 19 October

Celebrating our city's patron saint: the first [St Frideswide Pilgrimage](#) to Christ Church Cathedral.

There are 5 guided walks of varying lengths, bringing pilgrims in to the city of Oxford from all points of the compass and all corners of the Diocese!

Starting points are :

A1	Dorchester (Friday)	9 miles	Thames path
A2	Abingdon	8 miles	Thames path
B	Iffley	1.5 miles	Thames path
C	Fifield	9 miles	
D	Swinford	7.5 miles	Thames path
E	Islip	8 miles	

Each route will be guided by an experienced pilgrimage group leader, and there will be pauses for reflection at points along the way. While every effort will be made to keep everyone safe, please be aware that you are walking at your own risk.

The routes have been chosen to offer a range of distances and difficulties. *It is recommended that only experienced walkers undertake route C from Fifield.* Route B will include activities designed to bring the experience of pilgrimage alive for children up to the age of 11.

Under 18s must be accompanied by an adult.

Please think carefully how far you are comfortably able to walk, and bear in mind that all the routes except Route B have stiles.

Each of the routes ends at Christ Church Cathedral on the Saturday afternoon.

2:00-4:00pm	Prayer stations in the Cathedral
3:00pm	Tea in the Great Hall, Christ Church
4:00pm	St Frideswide Pilgrimage service featuring the Frideswide Consort with the Bishop of Oxford

Book now if you don't want to miss out on tea! (you may actually be too late but Lesley Williams has booked 5 places and only needs 1!)

<https://www.eventbrite.co.uk/e/st-frideswide-pilgrimage-2019-tickets-61986082040>

Leaflets are available in St James Centre and are downloadable from:

<https://www.chch.ox.ac.uk/visiting-and-learning/pilgrimage>

AN ACCESS HUB FOR THE COWLEY NEIGHBOURHOOD?

Would you like to help people of all ages to navigate ways to health and wellbeing and create more opportunities to get out and about?

A new trust with charitable purposes is now creating “access hubs” in neighbourhoods and villages and is asking local people to help extend its network of “correspondents” to identify needs and help create hubs to develop local connections and services. Oxfordshire Neighbourhoods & Villages Trust Ltd, or OXNAV, was registered this year to create greater awareness of mobility needs and travel planning for those without their own transport and to work with health service providers.

OXNAV is also planning to bring into its operation four existing minibuses, two with wheelchair lifts, served by volunteer drivers and passenger assistants. One of these minibuses could be in the Cowley area.

The casual observer standing anywhere outside Templar Square will notice no shortage of public buses radiating out from the Square north, east, south and west, and perhaps query the need for even more vehicles. Indeed, last year a new type of public service was introduced by the Oxford Bus Company, a minibus service called “PickMeUp”, to complement its existing scheduled services and give passengers a greater opportunity to plan their own journeys and reach the parts not served by other services.

In short, Templar Square is already an important public transport hub in what transport planners call the “Eastern Arc” of the City. But what is not so obvious to the casual observer are attempts by many organisations to help reduce loneliness and isolation by increasing mobility, travel planning outside the Arc and access to lifts by car or minibus and organised trips out of Cowley.

OXNAV has been working with the County Council's “Cities4People Project” and organisations based at Barton Neighbourhood Centre to develop shopping trips and help residents overcome obstacles to using technology to map neighbourhoods to access all bus services. The age of the “virtual” bus stop has arrived.

Thanks to Cowley History Group meeting at The Venue in Cowley, OXNAV has already had the opportunity to sound out local interest to develop car and minibus transport and develop a local “Access Hub” for the Cowley neighbourhood.

Do you want to help take this idea further?

Please contact Christopher Gowers, OXNAV, for more information.

E-mail onpmembers@yahoo.com, or phone 07756 870 807

Oxfordshire Neighbourhoods & Villages Trust Ltd (OXNAV)

A company limited by guarantee for charitable purposes. Registered in England and Wales with Company Number 11866298.

Directors/Trustees: Louis Horsley; Steven Tricker.

Registered Office: 41 Cornmarket Street, Oxford, OX1 3HA

Address for all correspondence:

Office 435, 266 Banbury Road, Summertown, Oxford, OX2 7DL.

E: onpcharity@yahoo.com.

Bridging Donnington Over 50s Group

10th Anniversary

Bridging Donnington Over 50s is a friendly local group which has evolved over the past 10 years from a monthly 'tea and Chat' reminiscence group, to the present day format of weekly Tuesday morning activities. A warm welcome awaits anyone, whether from the Donnington area, or further afield, who has an hour or two free, and would like to call in for a chat and to meet other members of their community.

Every Tuesday morning starts at 10am with an hour of gentle exercises and games to music (which can be performed seated). Donnah Gayle, our qualified exercise instructor, assesses individual members' fitness level and advises safe enjoyable personal routines. She keeps a register of members and has a personal interest in everyone's wellbeing. Everyone has fun and enjoys exercising at their own level. Recently Donnah has also given us talks on Nutrition and Healthy Living and Eating. The cost of the session is £4.

From 11am we share refreshments, celebrate birthdays or events and chat. Sometimes a talk or activity is arranged on topics of interest. A small charge (minimum £1) covers the cost of refreshments, room hire, overheads and supports group activities and outings.

IT sessions take place from 11.30 to 1pm on a drop in basis. Anyone, whether a regular group member, or not, can drop in at any time for help with using smartphones, tablets, laptops and other devices. Volunteers are there to help and answer questions. We have tablets available for use by anyone who does not have their own device, or is a beginner and would like to have a try.

As a result of funding received from Asda, we are hoping to establish an IT outreach project to visit people living in supported housing who are unable to come to the group. We are urgently looking for more volunteers (with a working knowledge of using phones, tablets etc) to carry this work forward.

The group's success has grown over the years and it provides a regular safe supportive environment for local people to meet, learn new skills and enjoy activities and outings together.

From the outset the group has relied on the involvement and commitment of current members and has been managed by Cecily Kirtland who was recently awarded a Certificate of Honour for Voluntary Service to the Community.

We are actively seeking new people who would like to become involved in their community, in order to establish a secure future for our popular group. However, you are welcome to attend on a regular or an occasional basis for all or just a part of the morning. Phone for details or just turn up.

Cecily Kirtland

Tel: 01865 242852 or mobile: 07486 298624

Gloria Badcock

Tel 01865 247464

IT sessions: David Newman Tel: 07770 735474 or Ann Clark 07722 106664

SAMARITAN'S PURSE OPERATION

This is the world's largest children's Christmas project and in 2017 the Samaritan's Purse was able to deliver 10,623,776 shoebox gifts to children in 13 countries around the world.

Some boxes are available for 2019, and will be on display in both churches and St James Church Centre shortly. However, it is possible to cover any shoe box with Christmas paper and submit these. The filled boxes need to be returned to churches/Parish Office by 6 November 2019 to allow us to get the boxes to the collection point.

There are various ways to participate:

Make a donation - it costs £5 to send each box so donations are a great help to cover this cost

Fill a box, either by yourself or in a group

Donate gifts for the boxes (see below for gift suggestions)

Boxes have been purchased and will be available in both churches and the Church Centre from the 10 September. A leaflet setting out what is required will also be available. Sally Hemsworth will be co-ordinating the "operation", and

PLEASE TAKE PART IN THIS VALUABLE PROJECT – WORK ON YOUR OWN, WITH A FRIEND, OR A GROUP OF FRIENDS.

Suggested gifts (make it clear whether it is suitable for a boy or girl in age range 2-4, 5-9, 10-14 years):

TOYS: Include items that children will immediately embrace such as dolls or stuffed toys (with CE label), toy trucks, harmonica, yo-yo, skipping rope, ball, small puzzles etc.

SCHOOL SUPPLIES: Pens, pencils & sharpeners, crayons or felt pens, stamps & ink pad sets, writing pads or notebooks & paper, solar calculators, colouring & picture books etc.

HYGIENE ITEMS: Toothbrush (no toothpaste), bars of wrapped soap, comb or hairbrush, flannel.

OTHER ITEMS: Hat, cap, gloves or scarf, sunglasses, hair accessories, jewellery set, wind-up torch. Sweets are no longer acceptable.

WE ARE ASKED NOT TO INCLUDE: Used or damaged items, war related items such as toy guns, play soldiers or knives; sweets, chocolate or other food items; liquids or lotions of any type including bubbles; medicines; hand-made or knitted stuffed toys; toothpaste, anything of a political, racial or religious nature; sharp objects; glass containers, mirrors or fragile items; playing cards of the 4-suit variety; clothing other than as listed above. Items packed from this list will be removed from shoeboxes



Cancelled flights or lost luggage? Know your rights - Citizens Advice

Airports and air travel have always caused difficulties and stress, but in the present age - with tight security and overcrowded terminal buildings - travellers have to deal with situations more fraught than ever before. To add to their problems flights are often delayed or cancelled, and suitcases vanish or turn up with items missing or damaged.

If you encounter any of these problems, you will be able to cope better if you are thoroughly familiar with your options before travelling.

If you're flying to or from an EU airport with an EU airline, under EU rules you might be entitled to compensation if you are delayed. You can check on the Civil Aviation Authority website www.caa.co.uk which also provides information on other eventualities and on ATOL financial protection for package flight travellers.

Depending on how long your flight is delayed and where you're flying to, the airline might have to provide you with food and drink, access to phone calls and emails, and accommodation if you're delayed overnight. Again, the CAA website (see above) provides relevant information.

If your flight is cancelled you might have the legal right to have either a full refund or a replacement flight to get you to your destination (from another airline if necessary).

If your luggage is delayed, damaged or lost and the airline is at fault, you have the right to claim compensation from the airline. Act quickly because you might have to claim within seven days of your flight date. But if you have travel insurance or home contents insurance that covers luggage, an insurance claim might be a better option, depending on your excess.

The Citizens Advice website www.citizensadvice.org.uk will tell you everything you need to know.

For more guidance, telephone Citizens Advice Consumer Service on 03454 040506 or visit Citizens Advice during opening hours. Details of office locations are on www.citizensadvice.org.uk/local/oxfordshire-south-vale

BIBLE SOCIETY 'MORE THAN A BOOK' REGISTRATION

If you order anything on line or by phone from the Bible Society, please use the unique Parish reference number 12044 *or* select the 'Parish of Cowley' from the drop down menu when placing an order and we will benefit from the 'More than a book' cash back scheme. It's that easy! We have just earned some more from our latest 'Open the Book' resources order – not a huge amount but useful!

Dare we mention Christmas shopping? Do look at the on line shop – Bibles, prayer books, cards, courses, fiction, dvds etc.

<https://www.biblesociety.org.uk/products/>



CHRONICLE

Editorial Team- Sally
Hemsworth, Nicki Stevens

Deadline for the next edition:
Monday 16 September
2019

If possible, please send entries
by email to Sally at

[chronicle@cowleyteamministr
y.co.uk](mailto:chronicle@cowleyteamministr
y.co.uk). Paper contributions

should be left at Parish Office
for the attention of Sally.

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WEDNESDAY 25 SEPTEMBER

DR KATHERINE BRADLEY

WILL SPEAK ON

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Oxford/Oxfordshire women including the
suffragists and suffragettes

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For further information



FAIRTRADE

The Cowley PCC has declared that it wishes to become a Fairtrade Parish but we are still making little progress towards it as we regularly receive gifts of non-Fairtrade products.

We of course thank you if you are donating supplies to the Parish kitchens at St James and St Francis.

But PLEASE only buy/give FAIRTRADE PRODUCTS when those are so readily available in

supermarkets and the Fairtrade shops in Headington, Cornmarket and elsewhere : tea, coffee, chocolate and sugar. Fairtrade biscuits, jam and kitchen roll would also be appreciated.





ReFresh

Alpha plus: a life worth living – Live a life of passion and joy

We are a small but friendly group who have been meeting on a Wednesday morning at 10am in term time. I have been going to the group since the current topic started 14th April, but in fact Mary told me the group has been running a year!

We have been studying “A life worth living” based on Nicky Gumbel’s book he wrote about his study on Philippians. In his book he says the purpose of it is to introduce, a key letter to those who are starting the Christian life and beginning to read the Bible. The book is intended as a follow on to the Alpha course, as he says people often wonder what to do next after completing the course and he encourages those as a next step to read and study the letter of Philippians.

Nicky writes “In the future, scientists may be able to prolong life, but will it be worth living?” The apostle Paul did not see the prolonging of life as a major objective. He regarded death as something of even greater worth (Philippians 1:21). Jesus had made his life worth living and in his letter to the Philippians, Paul writes why this is the case and how it can be for us as well.

We have been looking at the things that Jesus brought to Paul and the Philippians lives which made their lives worth living. ‘Jesus Christ is the same yesterday and today and forever’ Hebrews 13:8

We have studied the following topics each week starting with an introduction in week 1. The topics covered are a new heart, new purpose, new attitude, new responsibilities, new friendships, new confidence, new ambitions, new resources, new generosity.

There is always a warm welcome, and we are provided with refreshments and biscuits, by the lovely Chris and Delphine. Some of us bring our little ones along too. Daisy has enjoyed playing with some of the little ones; Isabella, Daniel and (Laura’s son). Some of us have attended each session, but the group can be attended as a Space to refresh, rewind, relax and listen to the interesting talk by Nicky.

To start the session we have a prayer, then someone reads the passage we are studying. Then we watch Nicky Gumbel’s talk on the big screen, stopping to talk in between and share our experiences, views, opinions and thoughts. Often within the group we have very honest and open discussions. As the weeks have gone on, I feel that some of us have really opened up to each other and friendships have begun to blossom between us.

The time we spend with each other is a very relaxing, warm and friendly environment. Some of us bring our little ones along too which is great. My daughter Daisy has got so much out of playing with some of the other babies and interacting with them, and this is helping her development as I find it hard to get out with her to toddler groups.

I have really enjoyed being part of this group. I have learnt so much, and have implemented some of the things I have learnt. I've made some new friends which is fantastic, and I have started dedicating more of my time to learning more about God's word. Before I started this group, I attended church as and when, and hardly dedicated any of my time to bible studies and learning about God's word and prayers were not as frequent as they could have been. I felt I was lacking guidance to get me started properly in my new found faith.

Attending this group has really helped me to see that God's word is now the manual to my life. The Bible is food for Christians, without it how can we grow in faith and start and continue on our journey with God? I am now reading the Bible more and more, I am praying regularly, and I am trying to attend Church on a Sunday as much as I can.

My favourite topic has been – 'New Responsibilities'. In Philippians 2:6-11, Paul urges the Christians at Philippi to take responsibility for their lives and attitude around them. Many in society are not willing to take responsibility for their actions and are keen to blame others. The refusal to take responsibility goes right back to when Adam sinned. Ultimately we are all accountable for our actions and lives. 'Therefore my dear friends, as you have always obeyed – not only in my presence – continue to work out your salvation with fear and trembling, for it is God who works in you to will and act according to his good purpose' (Philippians 12-13).

Not everyone knows, but I suffer with three chronic illnesses, one of which is progressive, and two have no cure. I suffer daily with chronic pain and fatigue amongst other symptoms and I find it hard to get out and about and attend groups because I have to rest a lot, but getting out and attending this group every week has helped me realise I needed to attend church more and spend time with the church family as it really helps to soothe my soul, helps my faith to grow and helps me to find peace in my situation. The topic of new responsibilities has stuck in my mind. It is me who needs to work out the path I need to take, and this is something I have taken action on and I am studying this further. The other topics all have vital lessons within them we can take on board; I will start to work on other important key pieces of information I have learnt one step at a time.

The group has been a welcomed addition to my limited weekly routine, but having that time to relax, reflect and listen and talk about Nicky's talks have been a comfort. Paul suffered whilst he was in prison, but he never gave up, he always had hope, he was always happy. I need to take his advice on board, as living with chronic illness can be very difficult at times.

I have now started to study the book of Job, as he suffered tremendous suffering in his life, but still remained faithful to God. Since becoming ill, I have struggled with my faith because I felt I had been punished and could not understand why God had decided this path for me. How could God be good, when people get poorly, die, suffer was often my thoughts and I started to become more distant from my faith. I have never given up though; I have remained consistent

in attending church when I can, and by reading parts of the Bible relevant to suffering, it has helped me to accept the path I have been given, and helped me to grow closer to our Lord.

I would like to thank Mary and Jill for running this group, and taking time to help and teach us.

The group ended in July for the summer break, and there is discussions taking place on what we may study next. The group is recommencing in September, starting on the 4 September at 10 am at St James Church Centre – do please come along. The group is not just for new Christians. Established Christians are welcomed as they can provide knowledge and experiences to help us on our journey!

Chloe Clark

Testimonials – Refresh Group

"Refresh has certainly done what it set out to do. An excellent course studying Philipians in our lovely Church Centre. The babies were a joy to watch at the same time exploring this very moving book in the New Testament. Long may our Wednesday mornings continue. Thank you to Mary and Jill for making this possible."

Chris Woodman

"It has been so enjoyable having the young mums and dads with their babies with us. I have gained a great deal from this course and am looking forward to this time together continuing."

Delphine Loveridge

"'ReFresh' is such a great name for this Wed morning group because getting together with these lovely people to take time to think about God's Word, while the babies and children play around us is such a delightful time of rich refreshment."

Jill Ling

"I think ReFresh is an amazing group for anyone wanting to learn the word of god young or old in age or faith, great company and it always has time for everyone's view and a great atmosphere and always a few nibbles and the happy noises of children playing"

Andrew Swallow

"I have loved being a part of ReFresh. It is so amazing to gather together and explore the Bible and have deep and meaningful discussions. The atmosphere is very welcoming and the people very supportive - please do join us on a Weds morning if you can. We would love to welcome you!"

Alice Benskin

"Hello ReFresh is a midweek breather from the day to day normality that tops up my 'good thoughts thinking tank' for the rest of the week. Welcoming people, thoughtful conversation and an atmosphere of a family member's house whose door is always open for a chat ❤️"

Cara Vivian



22 Questions

Oxford has been at the centre of Christian revival and renewal for Hundreds of years. It was whilst at Oxford that Wesley and his cronies were stirred to meet, pray and begin

what was to become the Methodist revival. It was in Oxford that John Henry Newman and his friends were stirred to start the Oxford Movement and reinvigoration of the catholic end of the Church of England. Central to these has been that idea: "What does it mean to be more Christ like?"

Wesley was a student at Christ Church College. He and his friends formed what was to become known as the 'Holy Club'. It fasted, met, prayed, reflected and called God to lead. Part of their life together involved questioning their motivation. They came up with 22 questions that might shape the way they live. I thought it might be useful for us to see those questions again on our journey to become a more Christ like Church for the good of the world. 300 years on they still seem useful when we ask what it means to be more Christ like!

22 questions:

1. Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?
2. Am I honest in all my acts and words, or do I exaggerate?
3. Do I confidentially pass on to another what was told to me in confidence?
4. Can I be trusted?
5. Am I a slave to dress, friends, work or habits?
6. Am I self-conscious, self-pitying or self-justifying?
7. Did the Bible live in me today?
8. Do I give it time to speak to me every day?
9. Am I enjoying prayer?
10. When did I last speak to someone else about my faith?
11. Do I pray about the money I spend?
12. Do I go to bed on time and get up on time?
13. Do I disobey God in anything?
14. Do I insist upon doing something about which my conscience is uneasy?
15. Am I defeated in any part of my life?
16. Am I jealous, impure, critical, irritable, touchy or distrustful?
17. How do I spend my spare time?
18. Am I proud?
19. Do I thank God that I am not like other people?
20. Is there anyone whom I fear, dislike, disown, criticize, hold a resentment toward or disregard?
21. Do I grumble or complain constantly?
22. Is Christ real to me?



SUNDAY SERVICES

ST JAMES CHURCH, BEAUCHAMP LANE

8.00am Holy Communion
10.00am Sung Eucharist
1.45pm Anglican Asian Living Church
Sunday Lunch – the date varies so watch for notices

ST FRANCIS CHURCH, HOLLOW WAY

10.30am Parish Eucharist
1st Sunday All Age bring n/share lunch

MID-WEEK SERVICES & MEETINGS

Morning Prayer	8.00am	Tue, Thu, Sat at St James; Mon at St Francis
Monday	10.00-11.30am	Little Stars Playgroup— St Francis
	2.30pm	Parish Mothers' Union— St James (3rd Monday)
Tuesday	10.00am	Seashells Toddler Group— St James
	12.00pm	Eucharist—Ranklin Room, St James Church Centre
	12.30pm	Tuesday Lunch Club— St James
Thursday	7.30pm	Local House of Prayer, St James

HOME GROUPS

Leader	Time/Venue
Friends of St Francis (Katherine Reed)	2nd & 4th Tuesday afternoons at 2.30pm St Francis Church
Geoff Bayliss	Alternate Wednesdays at 10am St James Church Centre, Ranklin Room
Mark Oxbrow	Alternate Wednesday evenings at 7.30pm Mark's home, 13 Annesley Road (just behind the Rose Hill Coop). Enquiries to Mark at 01865 461953
Rosanne Butler	Alternate Thursday mornings at 10.00am St James Church Centre, Ranklin Room

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.

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