

Fill all fruit with ripeness

The 'Season of mists and mellow fruitfulness' has been with us for a little while now and we know that in prosperous, fertile lands like ours the Lord and the work of human hands will have combined to 'fill all fruit with ripeness to the core'. In the Middle Ages the Church began the celebration of Lammas Day on August 1st with the blessing of bread made from new corn and sometimes of lambs too at the Mass. From the mid-nineteenth century, parishes have kept Harvest Thanksgiving with the distribution of produce to the poor after its blessing in Church. The American Prayer Book of 1789 introduced a Thanksgiving Service - perhaps a healthier innovation of that year than what happened in France - and this is now a general holiday in November.

It's easy to understand how popular such a festival is in a country as fertile and prosperously governed as the U.S. Yet even there the recent storms in the Gulf have reminded us of how we cannot take the benevolence of nature for granted. In many other places,

such as Niger, the harvest itself frequently fails and the arrival of any crops at all to alleviate famine will prompt pitiful gratitude. The poor everywhere can seem deprived of 'what earth has given' in the words of the offertory prayer, and dependent on what 'human hands have made' and lovingly give.

The harvest has always been closely connected with tithing; with offering a tenth of one's wealth for the maintenance of the Church and those in need (Deuteronomy 14.29, for example). Although Jesus is particularly concerned to condemn boasting about it, he too insists that we should tithe for both the temple and the wider world (Luke 11.42, for example).

So we keep this festival both in gratitude for the providential grace by which we prosper and as a reminder of our duty to give reliably and generously to the mission of the Church and to agents of charity in the world.



Chronicle

Ministry of Healing

A monthly service on the first Tuesday of the month,
alternating between St James and St Francis Churches

Healing Services:

Tuesday 4th October
7.30 pm

St James Church

Tuesday 1st November
7.30 pm

St Francis Church

The ministry of healing is available at St James' Church every Sunday during the 10 o'clock service. Please go to St Luke's Chapel after you have received Communion where members of the Healing Team will be available to listen and



FIGHTING FAT

Two overweight middle-aged women were out on their daily exercise stroll, talking about their frustration with their figures. One woman complained that her bulging tummy made her an 'apple-shape', while her friend bemoaned her 'pear-shape' which meant such thick upper thighs. She feared that the fat was there to stay, no matter what she did. Her friend agreed, saying: "It's true. The lard works in mysterious ways."



HARVEST THANKSGIVING

Sunday 16th October

8.00 am	Holy Communion - St James
10.00 am	All Age Eucharist - St James
10.30 am	All Age Eucharist - St Francis
4.00 pm	Parish Harvest Tea - St Francis Church
6.00 pm	Parish Harvest Evensong - St Francis Church

Please speak to Gwen or Stephen if you need a lift to St Francis



Sugar, cooking oil, custard powder, gravy granules, tinned peas, carrots, sweet corn and broad beans, tinned fruit and tinned plum tomatoes, soup (vegetable, tomato, chicken, mushroom and cup- a- soup), flour plain and self- raising, orange squash, evaporated milk, non- biological washing powder, sultanas and raisins, jelly, tinned rice pudding, salad cream. will be collected for the Steppin' Stone Project (formerly The Porch) to feed the city's homeless.

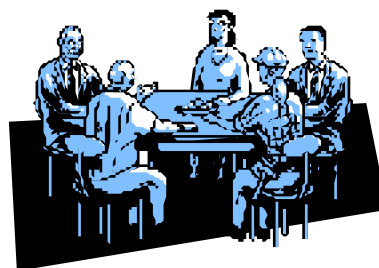


CONGRATULATIONS!

Lizzie Hartley (Sharon and Stephen's eldest daughter) has recently been accepted as an Ordinand in the Church of England. After completing her theology degree at Durham University next June, she will undertake a further two years training at a theological college before being ordained a Deacon in June 2008.

CHANGES AT SAINT JAMES

With the building of the new Church Centre, there will be a few changes to the weekly pattern **from the beginning of November:**



- **Thursday 9.30 am Eucharist changes to Tuesday at 12.00 pm.**

This will enable those who find an early start difficult more time to get ready

- **A Parent/Carer and Baby Club** probably on Tuesday mornings
- A new **Lunch Club in the Church Centre on Tuesdays** from 12.30 pm: soup, sandwiches, cake and drinks will be served in the Church Centre for a modest charge. Please bring along friends and neighbours.
To make this possible we will need volunteers to make the soup and sandwiches on a monthly rota basis. We shall also have a cake rota for people to make cakes also on rota basis. If you can help, please contact Christine Woodman (778078) who is coordinating the Lunch Club rotas or Gwen.

Further details will appear in the *Link* during October.

DO SOME EXERCISE THIS AUTUMN – WHILE FLAT OUT ON YOUR COUCH

On the sofa

Your sofa is an ideal environment for a really good stretch! Lie flat out on your sofa, arms above your head and stretch as much as you can. Relax and repeat as many times as feels comfortable. This will help get rid of tension in the whole body.



When you stretch a muscle, you squeeze the blood out of it. When the stretch is finished and your muscle springs back to its normal size, it is automatically bathed in fresh blood that cleanses and nourishes it. This is one of the reasons why stretching brings you a sense of renewal.

Place a small cushion between your knees, squeeze and hold for four seconds, release and repeat five times. You can also do hand squeezes with a soft tennis ball any time you are watching TV. This exercise will strengthen your biceps, triceps and forearms.

If you make a cup of tea during the adverts, do some squats while the kettle boils. And if someone else is making the tea, do some head tilts instead – turn your chin to touch your shoulder to release tension in the neck area. Alternatively, let your head drop so that your ear touches your shoulder.

Finally, your best move would be to lose the remote control once in a while and heave yourself off the couch to change the channels.

In the car

If you have to spend a lot of time in the car this autumn, don't get jumpy in traffic jams - instead try exercises such as inhaling, and squeezing your buttock muscle together. (*Hold for four seconds, and release.*)

Turning around as far as you can to check through the rear window is excellent for suppleness and flexing the upper back. Or try circling your shoulders forwards and backwards several times. 'Bucket' car seats are very bad for your back, so place a small cushion behind it. You can then use the cushion for knee squeezes while you are waiting in the next traffic jam.



Rosanne interviews William Hartley

Regular readers of our parish magazine will know that I have been profiling people from our two churches for a pretty long time now, so I hope they will forgive me if I highlight one characteristic which I have often encountered – namely maturity. Some people I meet have it in abundance and some, one tends to think, might never get there. And my definition of this illusive trait? The ability to know oneself and feel comfortable in side with that knowledge. Well, I encountered that kind of maturity in William, one of the youngest people we've featured. He is a young man who knows himself well.

Many of us will remember his arrival in the parish, with his Mum, Dad and two sisters, a nine year old, bright as a button and with attitude. So how did it feel to be under this parish's microscope? Well, fine, not really very different from the last one, Tilehurst. He quite liked living there, as the rectory was only a few steps from school and church, which saved an early start in the mornings. William is not very keen on early starts, although he is looking forward to his 25-minute walk across Kensington Gardens from his new digs in London to college each day.

A lot of water has flowed under his bridge of life since he first came to Cowley. After

the move he attended Lawn Upton Middle. As a small boy he admits he was not too well behaved, mainly through lack of a challenge. He did well at Middle School though and he took and passed the scholarship entrance exam to Magdalen College School. There he found the challenge he needed. It came as quite a shock that his first piece of Latin homework required him to learn ten new words overnight, but hey, he did it! Apart from French he found himself in the top ten set for all his subjects. The sciences, maths and geography were his strongest. He played sports for fun, especially hockey and basketball. Asked if that meant not really minding about winning he disagreed strongly. "Oh I'm certainly competitive" he replied

From Magdalen College School he gained a place at Imperial College London, to read biochemistry. He talks enthusiastically about London, in particular of how he is learning the geography of the place on his scooter. Exempt from congestion charges he scoots around dodging the traffic with aplomb through the back streets and main highways. Last year he rode his machine all the way to Ramsgate to visit his friends. This involved a nine-hour journey, as he had to avoid motorways. He did spot a small village called Hartley and

felt compelled to take a diversion to call there (well you would, wouldn't you?).

So what of college life? Is he the 'typical' student? Not quite, if you see clubbing and pubbing as part of the culture nowadays. Don't get me wrong, William will tell you that he can club and pub with the best of them, but not every night, maybe once a week. He actually enjoys staying in and working, despite getting quite a bit of teasing from some of his mates. The other dimension in his life is music, his main relaxation. He owns four guitars, each with its own personality, and a sophisticated sound system. His small bedroom at the new Rectory gets pretty cramped with it all. At college there is room to stretch, so on Friday nights he and some of his friends head for the music room, where they can 'jam' away on piano and guitars till the small hours of the morning. This academic year he will be sharing a house with four of these friends, while his girlfriend (whose parents home is in Dubai) lives nearby. Should be a lot of music making!! Asked about the type of music he favours he cited, Cold Play and also a Christian band called Delirious, whose concerts he has attended. They play 'standard rock/alternative Indy' – so now we know!!

William spoke enthusiastically about Soul in the City, a church-run project, which involved camping in a tented village in Eltham, with hundreds of other young Christians. He joined up with a group from St Aldates (Oxford) where he worships during his vacations. A wide range of activities had been organised so that the young people could interact with children and teenagers who live in the poorest areas of London. His group visited the Damilola Taylor Centre in Peckham (opened to commemorate the little boy who was murdered there); where lots of fun was had taking part in sports, craft projects and so on. The group also went into the back streets of Peckham to give people help with gardening, window cleaning, taking wheel chair bound folk shopping, in fact anything that was needed. They distributed flyers for the church and then went on to the local Salvation Army headquarters for a rhythm and blues session. After a concert in Southwark Cathedral there was a rally of 8,000 people (Christians all) in Trafalgar Square. William was so inspired by the experience that his ambition is to join the next big Soul in the City rally in 2009. The problem is that it is being held in Durban, South Africa and the cost of the fare will be prohibitive. I told him he ought to go. Are there any sponsors out there? Mind you it could be that his own musical compositions will have 'made it' by then. He writes about his feelings and his personal relationship with God. He says his Mum, like all the best Mums, is encouraging

him to make a CD of his songs. So watch out – we may have a future singer/songwriter of international repute in our midst.

How would you describe yourself as a small child?

Quite troublesome – hyperactive- quarrelsome with everyone.

Have you any childhood memories you'd like to share?

I remember I used to hide under my bunk bed so I wouldn't have to go to church and when I was made to making sure that the kitchen window was unlocked to quickly get back in afterwards.

Has God been part of your life since childhood?

Yes. If you grow up with Him, He's there. I had a big change when I was about sixteen. That was when things between God and me got personal.

What do you consider the best part of modern life?

Technology when it's used in the right circumstances.

What disappoints you about life in the 21st Century?

The way everything is so rushed, it's hard to get time to be truly alone. And everyone is so materialistic.

How do you like to spend your leisure time?

I enjoy Bill Bryson's travel books. Everywhere I go I take a guitar. Since I was very small I've always enjoyed listening to all styles of music.

What makes you laugh?

I'm not an extravagant sort of person. I don't get outwardly excited.' The Office' on TV makes me laugh. I watch it with my friends at uni. I like clever intelligent humour.

Do you have plans for the future, say in ten years time?

I could be in a lab or teaching or I might do another qualification in music, technology or engineering.



Seen in a pewsheet:

Jumble sale: The ladies of our church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

DATES FOR YOUR DIARY AT ST FRANCIS CHURCH



- Saturday 8th October 6.30 pm Sing-a-Long with Choruses
Refreshments during interval
Proceeds to Heating Fund
- Saturday 16th October Harvest Festival (see page 2)
- Thursday 20th October Lunch at the Fair View Inn
please give your name to Thelma
- Saturday 12th November 1.00 pm Bazaar
*goods and helpers needed.
see Thelma, Pat, Diana
or Alison*

Memorial Services for the Departed



Sunday 6th November

St James at 4 o'clock

St Francis at 4 o'clock

During this simple service, we shall sing a few well-loved hymns and pray by name for your loved ones. Lists will be available in both churches to record names to be remembered

You are warmly invited

OFFICIAL OPENING AND DEDICATION

OF THE

SAINT JAMES CHURCH CENTRE

BEAUCHAMP LANE

by

The Right Revd Richard
Harries

Bishop of Oxford

7 o'clock

Friday 25th November



LEARN TO 'WAIT WELL' FOR THINGS

'My future is in Your hands...'

In her great book, *When, God, When?* Joyce Meyer writes: "God has taught me to keep living the life I now have, while I am waiting for the things that are in my heart to come to pass. We can become so intent on trying to birth the next things that we neither enjoy nor take care of the things at hand. I had a vision from God ten years before I began to see it fulfilled. During those years, I believe I missed a lot of joy trying to give it birth outside of God's timing."

Learn to enjoy where you are, while you're waiting to get to where you want to be. After all, all your life you will spend more time waiting than you will receiving. And when you receive what you're waiting for now – you'll begin waiting for something else. That's life! If we don't learn to 'wait well', we'll live with endless frustration.

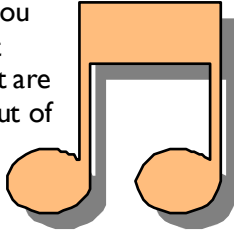
Waiting well is what will deliver our dream. Listen: "in due season we shall reap, if we faint not" (Gal. 6:9). "Due season" is when God knows we're ready, not when we think we are. He has set appointments to accomplish certain things in our life, so we might as well settle down and wait patiently, because that's when it will happen – and not before.

God knows what you need, he knows when you need it and he knows how to get it to you. All he asks you to do is trust him.

From UCB 'Word for Today'

THE SOUND OF MUSIC

How do you talk about things that are not just out of the ordinary but that take you into a whole new world?

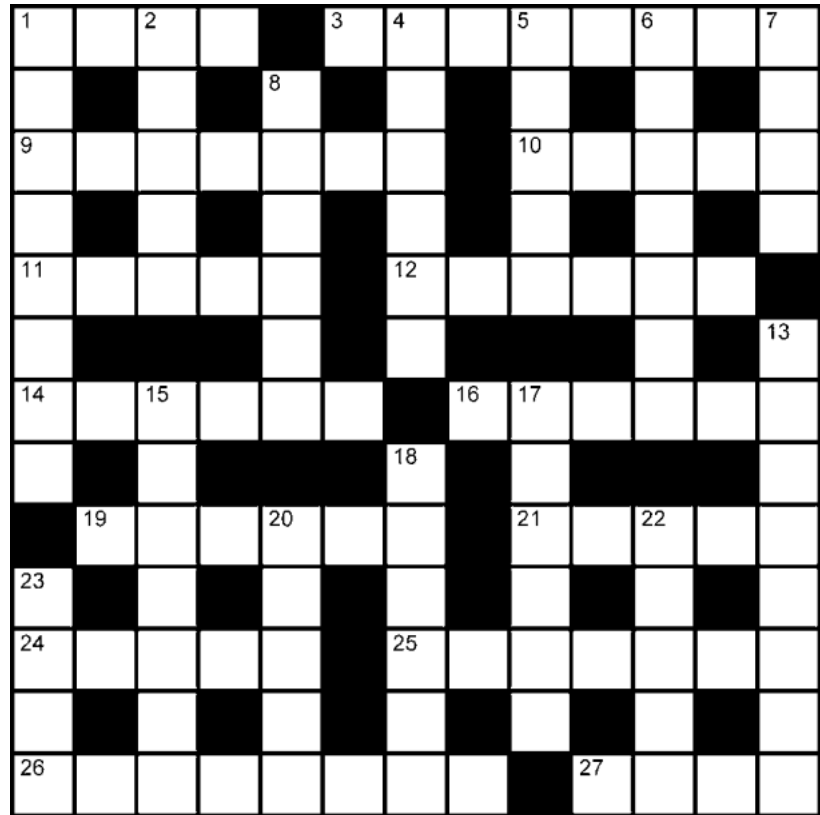


One way of doing it is through music. That's why some of the greatest songs are love poems. Faced with the glory and thrill of human love, all our words seem threadbare and inadequate. Set them to music, though, and they soar with the eagles and beat in time to our excited hearts.

That's why, too, from very early on in Israel and the church (and elsewhere, of course), people have used music to "say" things that the words by themselves couldn't do, the things that have to do with the arrival of a whole new world.

John for Everyone by Tom Wright

October's Crossword



Clues Across

- 5 Slumber (5)
- 6 Parts (6)
- 8 Get hold of (4)
- 9 Acceptance (8)
- 10 Highly favoured or fortunate (7)
- 12 A polite name for a woman (4)
- 14 A young woman (4)
- 15 Intersection (7)
- 18 Path for pedestrians (8)
- 19 A theatrical performance (4)
- 20 A protective covering (6)
- 21 Profane or obscene expression (5)

Cues Down

- 1 Zion (6)
- 2 This place (4)
- 3 Clothing (7)
- 4 Toward the west (8)
- 6 Having little money or few possessions (4)
- 7 Very dark black (5)
- 11 Magician (8)
- 13 Shield from danger (7)
- 14 Grate the teeth (5)
- 16 A place of worship (6)
- 17 No longer living (4)
- 19 Perfect (4)

September's Solution



Sunday Services

ST JAMES' CHURCH, BEAUCHAMP LANE

8.00 am	Holy Communion
10.00 am	Sung Eucharist (<i>exc 2nd Sunday</i>) All Age Eucharist (<i>2nd Sunday</i>)
1.00 pm	Cowley Asian Christian Fellowship

ST FRANCIS' CHURCH, HOLLOW WAY

10.30 am	Parish Eucharist <i>[Family Eucharist - 2nd Sunday of the month]</i>
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Mid-Week Services & Meetings

Monday	9.00 am	Morning Prayer – <i>St James</i>
	10.00 am	Toddler Group – <i>St Francis</i>
	5.00 pm	Evening Prayer – <i>St James</i>
Tuesday	9.00 am	Morning Prayer – <i>St James</i>
	10.00 am	Toddler Service – <i>St Francis</i>
	5.00 pm	Evening Prayer – <i>St James</i>
Wednesday	9.00 am	Morning Prayer – <i>St James</i>
	12.00 pm	St James Prayer Group – <i>13 Clive Road</i>
	5.00 pm	Evening Prayer – <i>St James</i>
Thursday	9.00 am	Morning Prayer – <i>St James</i>
	9.30 am	Eucharist - followed by coffee – <i>St James</i>
	11.00 am	St Francis Prayer Group
	5.00 pm	Evening Prayer – <i>St James</i>
	7.00 pm	Eucharist - <i>St Francis</i>
Friday	9.00 am	Morning Prayer – <i>St James</i>
	5.00 pm	Evening Prayer – <i>St James</i>
	7.00 pm	Friday Club – <i>alt Fridays at St Francis</i>
Saturday	9.15 am	Morning Prayer & Breakfast - <i>St Francis</i>

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

Day Off

Stephen has Friday off, Except in emergency, please try and respect this day of rest. Lorne can be contacted in the evenings and at weekends.

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