

# What's the BIG idea?

Be honest with me for a moment. When someone gets up to read from the Bible during our regular Sunday worship service, do you sometimes think, "What is this reading about?" Or, "How does it fit into the big picture of what God is saying to us through Scripture?" Do ever you find yourself wondering, "Is this important? Is it true? Do I need to know this?"

The Bible was written over a period of 1,600 years. The first five books of the Bible are attributed to Moses, and are known as the Pentateuch or literally the five scrolls. These early historic accounts were handed down orally through songs, poems, and narrative stories.

They were written by an amazing variety of people, ranging from sinners to saints, from the educated and erudite to a wild prophet who stood stark naked before Israel, to rough tough fishermen of Galilee. David, a shepherd boy who became a poet and powerful king of Israel, read God's love in skies, meadows, and star-filled heavens, and wrote the Psalms from his heart. His words dance with life, joy, sorrow, and unparalleled praise. Solomon, the wisest man ever to have lived, penned life messages that still speak relevantly to the needs of people today.

The 66 books of the Bible speak of history, prophecy, poetry and theology. Yet despite the fact that they were written on three continents (Asia, Africa and Europe), in three languages (Hebrew, Aramaic and Greek), by 40 authors with different writing styles, over a vast time span, the Books of the Bible agree with one another in theme, facts and cross-reference. The Bible is a miraculous compilation and Christians believe it is the inspired word of God.

According to The Times, the Bible is

still the bestselling book of all time. Despite that, many Christians are a bit intimidated by it. They wonder, "What's the big idea in the Bible? What is the overall story and theme? Can the Bible help my life to be better?"

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*This day-long event will help you understand the big picture of the Old Testament.*

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This month we will host the internationally popular seminar, "A Walk Through the Bible." This day-long event will help you understand the big picture of the Old Testament. When Jesus quotes scripture, and when the apostles tell us to "study the scriptures" they are talking about the part of the Bible that we know as the Old Testament. Jesus quotes regularly from Deuteronomy, but do we know what this book is all about? How do we remember the major themes of the Bible?

Walk Through seminars last six hours for the Old Testament. Next year we will Walk Through the New Testament. The course is a refreshing way to see and understand the Bible. It may well be the most interesting, intriguing, informative, fun-filled help to your understanding of the Bible that you will ever experience – and you don't need to be a Bible geek or an academic. There are sign-up sheets at the back of the church, and the cost, which is £14, covers all the material you will need. You can purchase lunch at the event or bring your own. I hope that Walk Through the Bible will rekindle your desire to read the Bible and pray daily. I'll be there, and I hope you'll join me on Saturday, 23 October 2010!

**Howard**

# Chronicle

Cowley Team Ministry  
October 2010

# Editor's Letter

Dear Readers

I cannot tell you how proud I was when I opened my Oxford Mail the other week to find that two of our church primary schools had won categories in this year's Oxford in Bloom competition. St Christopher's won the "Best School Environment Project" and Katie Heeley from St Francis School won gold in the "Under-11 Planter" class for her entry and silver for being a first-time entrant. Jolly well done to all of them.

This month it is time to remind everyone about our annual craft fair. This year it is being held on November 13th so do put the date in your diary and come along to get started on your Christmas shopping. Pauline Shephard tells me she still has spare tables for any "crafty" folk who would like to hire one. All details were in our September Chronicle.

May Morgan is the last person in our parish to expect accolades but I am just going to offer her one on your behalf. Due to the increasing weight of work in the parish office Elaine found it difficult to continue to print The Chronicle each month. May became aware of this when she would arrive to put the little name-stickers at the top of each copy. So always the willing volunteer May now does all the duplicating. Without her quiet help we would be unable to rely on our magazines being issued on time, individually named and in the correct churches. Thank you, May, very much indeed.

Have you planted your autumn bulbs yet? My gardening experts tell me that October is a good time. Last year Jamie Brown and I spent a soggy Saturday morning planting 100 daffodil bulbs in St James' churchyard. I do not know why I was surprised when this last spring we had such a vibrant show of "dancing daffodils" but I was (my gardening skills are strictly limited). Jamie and I have decided to plant more this year. Frank has warned me not to dig up the ones already there when planting more.

Happy autumn days

God Bless

**Rosanne**

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## Knitting

We have hats, and more hats! Thank you. We have already passed 300 hats to Age Concern and hope to send at least 200 more. I hope that by now all of the hats have been passed to us. If not, then phone me (432630) and I will collect. We will give you the final tally next month.

We hope to continue knitting (and of course nattering). There are always charities needing help, and families or friends needing gloves, socks etc. Maybe we could try crocheting for those people whose partner dislikes the click of needles!

**Diana**

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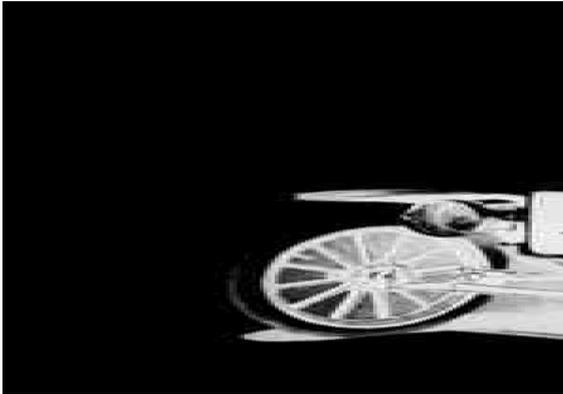
## Dates to Remember

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<b>Walking Through the Bible</b>	Saturday, 23 October 9.30 – 5 pm At St James Church &/or Church Centre	£14.00, includes lunch and study materials
<b>Caribbean Evening</b>	Friday, 29 October 7.00 – 12.00 St Francis	£15.00 For tickets ring: 07957 593642/07900 575766
<b>Craft Fair</b>	Saturday, 13 November 10.30 – 3 pm St James Church Centre	
<b>Parish Quiet Day</b>	Saturday, 20 November Stanton House, Stanton St John	£20, including lunch To book: Contact Christine Woodman – 01865 778078

## NOTABLE DATES IN OCTOBER

On 1st October 1908 the first Model T-Ford motor car went on sale. It was the first car with a left-hand drive.



The 4th October marks the anniversary of the bowler hat created in London by hat-maker, John Bowler, in 1850.

In 1959 the human race had its first ever glimpse of the far side of the moon when the Soviet probe, Luna III went into orbit around the moon on 7th October sending back stunning pictures.

On 16th October Bishops Latimer and Ridley were burnt at the stake outside Oxford city walls accused of “heresy”. This happened in 1555.

October 21st 1805 saw the British fleet, led by Admiral Lord Nelson, defeat the French at the Battle of Trafalgar. Lord Nelson posted the famous message “England expects that every man this day will do his duty” from the rigging of The Victory. Sadly for the nation Nelson died as the success of the battle was declared.

In 1886 on 28th October the Statue of Liberty was unveiled in New York Harbour. Built in France and floated across the Atlantic it was a gift from France to the people of USA.

The 30th October 1905 saw aspirin tablets on sale in Britain for the first time.

# SAINT OF THE MONTH St Luke

Although he is one of the four gospel writers Luke was not one of Jesus’ disciples. Not only did he write inspiring passages such as the birth and naming of John the Baptist, the beautiful account of the Annunciation and the dramatic moment when Jesus calmed the storm but he is also credited with writing The Acts of the Apostles. One might say that his work is some of the finest reporting in history.

Luke was a Syrian who lived in Antioch. He was a physician, therefore an intelligent and learned man. He became a friend of Paul’s joining him at Troas on his second missionary journey. He was left behind in Philippi where Paul met up with him again on his third missionary journey.

He and Paul travelled to Jerusalem together and when Paul was imprisoned in Rome he mentioned in his Epistle to the Colossians that “Luke, the beloved physician” is with me. Paul, who suffered from all kinds of ill-health must have been much comforted by this. It is believed that Luke travelled with Titus to Corinth to deliver Paul’s second Epistle to the Christians there.

Luke never married. He became a faithful missionary in the early Church and reached the venerable age of seventy-four. He died in Bithynia having preached throughout Achaia. There is a tradition which states that as well as his beautiful writing he was also a painter.

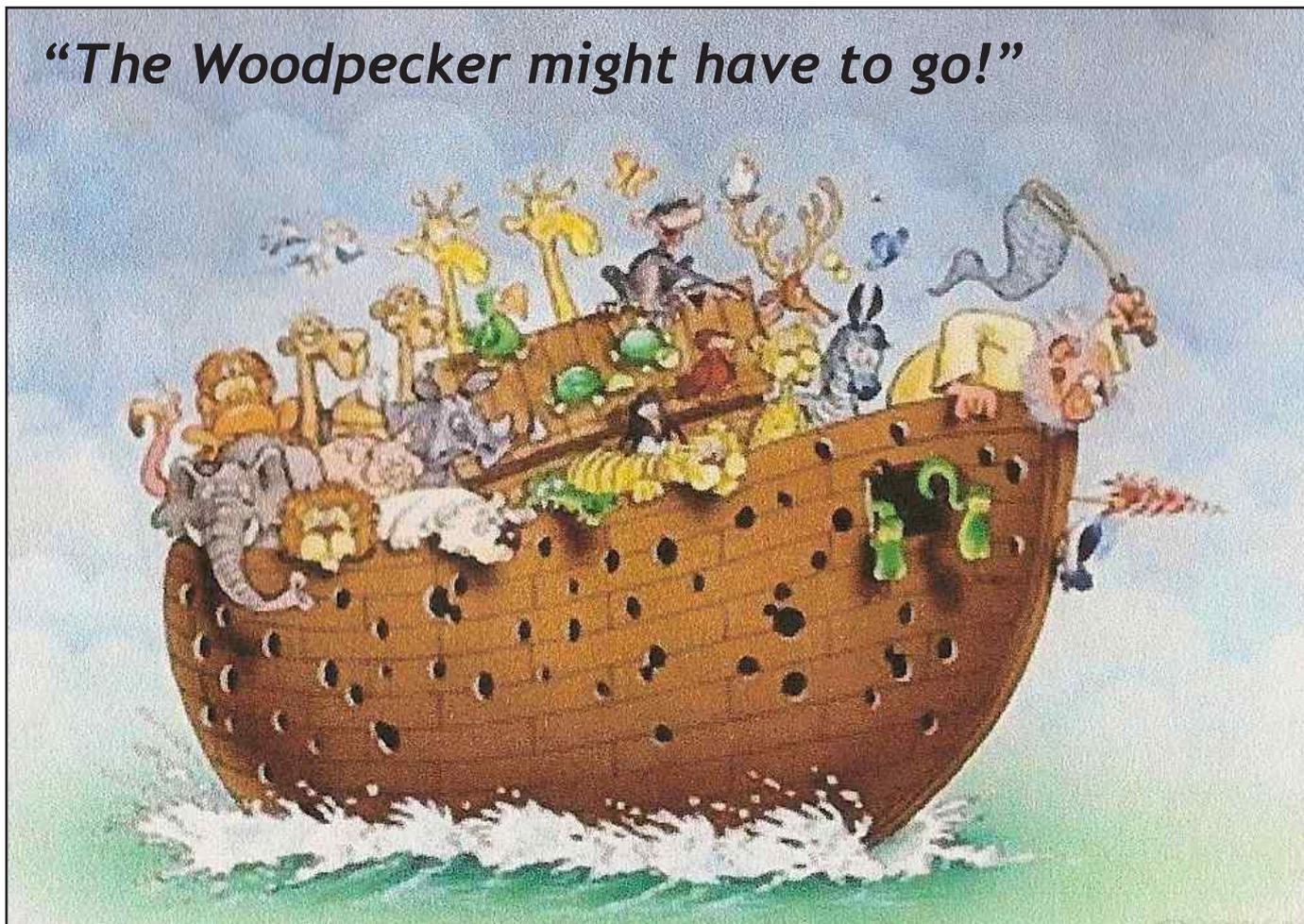
His symbol as an Evangelist is an ox and he is celebrated on his special saints day which is October 18th.

## Chronicle Details and Deadlines

The Chronicle is the monthly magazine of the Parish of Cowley Team Ministry. The Chronicle is edited by Rosanne Butler, material from St Francis church members is collected by John Shreeve. To submit stories ring the parish office on (01865) 747 680 or email [chronicle@cowleyteamministry.co.uk](mailto:chronicle@cowleyteamministry.co.uk)

Issue	Deadline
November	24 October
December	21 November

*“The Woodpecker might have to go!”*



## *Mothers' Union News* **Mothers' UNION** Christian care for families

September has been a busy month for Cowley Mothers' Union. On Friday, 17th we held one of our popular wine, cheese and poetry evenings in the Church Centre. Some wonderful poems were read, some old favourites, some new and some even composed by the readers themselves. A very pleasant evening was had by all. Added to this we made a £33 profit, £20 of which we are donating to the Church Centre and the rest will go into branch funds.

Our monthly meeting was held on Monday, 20th when our speaker was Carol Thornton. She spoke very interestingly about her work as manager of The Shaw Trust charity shop in Templar Square. She also explained about the charity itself which helps to

rebuild the lives of people who are disabled, unable to find employment and also supports ex-prisoners or people doing community service.

At the same meeting we welcomed a visitor from Pakistan. The Rev Adam Romanis, Rector of SS Mary and John Church in Cowley Road contacted Howard a few weeks ago to ask if the Rev Nazir Pashawah could visit our Mothers' Union branch. This gentleman is spending time in England studying the influence of women in the Anglican Church. He has been offered the chance to quiz the women of Cowley Mothers' Union. We are meeting him again before he returns home to answer his questions. I wonder what his findings will be!

# The Origins of Cowley

## Part Six : The Dark Ages

Anglo-Saxon Cowley in the eleventh century was a very different place from the tiny settlement established by Cufa and his men nearly five centuries earlier. A settled village with its stone church, a manorial long-house and a cluster of cottages with their small gardens made up the heart of a thriving community. As we heard last month the small hamlet of Hockmore Street, later to be named Middle Cowley, nestled at the foot of the hill.

Over the centuries the area known as Cowley grew until the Saxons had utilised a large tract of land from the boundary of the present village of Littlemore across to the old Roman Road, along to the foot of Shotover Hill and across the Lye Valley. The boundary then crossed The Marsh, continued down to the Plain taking in a small area of what we know as St Clements. From there the Cowley border crossed over to the river Cherwell (along Cowley Place) to an island called the Milham where a watermill was accessed by a ford. Following the Cherwell as far as Aston Eyot it then took the line along the present Iffley Road and climbed the hill towards the boundary of Littlemore once again. What a huge parish! This land was held by four landowners for whom peasants and slaves cultivated it in a variety of ways.

Every village needed meadowland on which to graze livestock, sheep, pigs, cattle and geese and also areas to cut hay. In Cowley there was an area of land at the foot of Shotover called Bulandene Green, later corrupted to Bullingdon Green. For centuries this was important meadow and pasture land. By the way it is easy to recognise the names of Bulan and Dene Roads here, isn't it? Dene is a Saxon name for a narrow wooded valley.

The other areas for grazing were along the ridge of land which crossed the Marsh leading to the large Ridgefield and also where the land began to rise from the Marsh towards the area of Southfield Golf Course. The rest of the land was divided up into big fields and ploughland for crops was subdivided into strips. It was then distributed very even-handedly between the peasant villagers. The big open fields were named thus – Campus field (down near the Milham), Westfield (between the

Plain and the Marsh), Lakefield, Broadfield (between the Church and Littlemore borders), Eastfield (on the land where the business park is situated) and Woodfield (near the Garsington Road). Other areas were the Westbury and Catwell (roughly taking in the Florence Park Estate), all arable land.

At one end of the Ridgefield was a large sheep pen which became known as Kames Sheep-house. Very important too were the copses which bordered the area. These were mainly coppiced hazel plantations which were needed together with withy wands as material for hurdles and for wattle and daub in the building process.

Mills were valuable properties used for the grinding of grain. There were at least two water mills in Cowley parish and most likely a windmill too. Just off the land near the Garsington Road in the Middle Ages there was a very straight track leading to Hockmore Street. This was called the Mill Way.

Apart from all this agriculture the villagers had their own cottage gardens with fruit trees and nut trees, beehives and chickens. The woods on the eastern borders especially Shotover Forest provided wood for fuel. Fires were not only needed for cooking and warmth but for pottery firing and smithies too.

The Saxons settled down into an ordered society with a structured system of law and order. Cowley, like all other villages held a monthly court with the chief thane, the biggest land owner, in charge. This was called the moot court. By the middle of the eleventh century our chief thane was one Leofwin. Usually these courts dealt with small local issues such as someone stealing a neighbour's chickens or a tradesman cheating over something he had done badly. More serious crimes were taken to the King's court and very severe punishments might be imposed. The worst of these would be to outlaw a man and his family who would then be made homeless and outside the law. Consequently they would be prey to all and sundry.

So it is clear that from gangs of adventurers settling on the fertile land vacated by the Romans our Saxon forebears developed a manorial system and

**concluded on page 6**

several kingdoms, choosing kings from the wisest and strongest of their lords thus bringing a settled Christian society into being. The greatest of the Saxon Kings was, of course, King Alfred who was King of Wessex (the West Saxons). Cowley was in the huge kingdom of Mercia. However Wessex and Mercia combined in order to fight against the Danes.

This period of our history is often referred to as the Dark Ages because of the marauding Vikings or Danes who pillaged and plundered indiscriminately. There is no record of them venturing up the hill to Cowley though history tells us that they sacked Oxford three times.

In recent months there have been several

programmes on TV which have shown pictures of the glorious craftsmanship of Saxon goldsmiths and coppersmiths. The beautiful artefacts which have been unearthed prove that they had an appreciation of fine and delicate things. The books produced by their monks show skill and artistry and this is also evident in the lovely architecture of the few Saxon churches still standing in Britain. So I do not want to call the Saxon era "dark". I am a great admirer of them and sometimes wish that the stone church that they set in the middle of our village was still intact. However, the next hoard of invaders put paid to that. All except that is for the wonderful old font in our parish church which dates way back to the early Saxon Christians of Cowley.

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## RETURN OF THE FORGOTTEN HEROES

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In May I wrote of the repatriation of our fallen service personal from Afghanistan, as they make their way from RAF Lyneham to the John Radcliffe Hospital for post mortem examinations. Today I would like to bring your attention to another group of courageous young people of whom we hear nothing, but never-the-less we should know about, be thinking of and praying for. When a bomb goes off in Afghanistan we hear only of the soldier who is killed, but there are others who sustain horrendous, and sometimes life threatening injuries. e.g. unseen internal injuries, loss of limbs, head injuries, blindness. The list goes on...

In late June a plane carrying seven of our fallen heroes came home and they were brought to the John Radcliffe. On the same plane no less than 36 other soldiers were brought home bound for Selly Oak Hospital. Four in a critical condition, several severely injured stretcher cases, the rest walking wounded. The previous week, 72 were brought home. and the week before that 62, before that I can only leave

to your imagination. At Selly Oak they are reunited with their families and friends and lovingly nursed back to health, when possible.

In time some of these heroes will go on to Headley Court, a new £8 million special rehabilitation unit, funded by "Help4Heroes", for more loving after care. Here they will be fitted with prosthetic limbs etc. or convalesce until they are well enough to be discharged. For some, in time it will be possible to return to duties in their respective regiments. Courage, humour, compassion and above all hope for the future reigns here.

Whatever our thoughts are on this conflict, whether we like it or not, our exceptionally brave troops are out there in Afghanistan. They need, and deserve our love, support and respect. Their courage is beyond doubt and we should be proud of them. They are all true heroes.

So as we approach November 11th and we buy our poppies this year let us all please give a thought and say a prayer for

those young people, who because of their blindness will never see their loved ones again, they may have lost legs so may never be able to play football, or any other normal sports with their children, have lost arms so will never have the joy of holding their children, spouses or parents again. And many, for the rest of their lives will suffer a myriad of health problems.

As I am writing this, news has come through that two more soldiers have been killed in an explosion in Afghanistan which means more casualties we will not hear about.

In spite of all this their heads are held high with pride. Theirs is a particular brand of courage. It is evident that they are proud to be British and have done their duty in the name of our Queen and Country, and will continue this duty for the rest of their lives.

### **May Morgan**

*He has said "I will never leave you or forsake you". So we can say with confidence. "The Lord is my helper what can anyone do to me?" (Hebrews 13 v 6)*

# WALSINGHAM – One Pilgrim's Experience

In its attention to every detail and for making their visitors comfortable, the abbey at Walsingham would be difficult to surpass. Once through the great wooden abbey doors, we pilgrims were shown to the accommodation block and left to explore the grounds. The garden area was beautifully maintained, with spacious rolling grass, gravel paths, flowerbeds, and three great wooden crosses on a grassy mound. Across to the great new dining hall, its design so magnificent and yet so simple; light floods in through high slanted windows. Food was first rate and plentiful, and pilgrims felt free to talk to anyone.

Any problem? Just go to the Welcome Centre. I inquired on behalf of Una (who did not come this time) about facilities for the disabled. She had had difficulties, when she was partially sighted, with steps and stairs not clearly marked. I was assured that they now all have the yellow stripes of warning. Except, I did find one particularly deep step behind a door on a main thoroughfare; no warning notice and dangerous even for the sighted.

On the Saturday, our first full day in Walsingham, some of us walked the full mile to Walsingham, through the countryside, along a disused railway track. Confused? Well, Walsingham grew up as a settlement centred on a fountain of water which miraculously arose from the ground. The key date is 1061 when a devout lady, Mary of Walsingham, had a vision, where Mary the mother of Jesus spoke to her. Today this spot is still the focus for pilgrimage: for Catholics. The fountain remains, now set into a wall with metal inscription. There is a souvenir shop and a tea shop for visitors. And, for formal events, there is a big Catholic conference centre. All this is set alone in the countryside.

The Walsingham that Anglicans talk about is a small town. There is the abbey at one end, two main streets and several side streets that you can walk around in half an hour or so. Many of the terraced houses are maintained in period design with black beams on white plaster. Churches are in abundance, representing most of the main denominations – Anglican, Methodist, Catholic, Eastern Orthodox – and, I was told, all cooperating closely together. When the Catholics were without a place of worship for a while, they happily accepted the hospitality of the Methodists for their own services.

On the Sunday, Christine, Doreen and I attended Mass (and it was High Mass) at the Anglican parish church. A lovely, light interior with a congregation of about 150. There were nine priests and four servers at the altar. And we all sang the Hail Mary.

I have said nothing yet about the worship at the Abbey. I was not very happy in the Chapel/Church; it seemed so dark and Gothic. But then, I suppose it was appropriately medieval in its homage to Our Lady of Walsingham as well as to Mary, the mother of Jesus. I attended a prayer-time service, at the back of the church, where the priest, with his back to the small congregation, spent an hour reeling off a long list of names for intercession, in Catholic tradition. I would have liked to have known more about those we were praying for. I attended two other services, facing the altar, covered with so much heavy gold. I know that in medieval times this sort of atmosphere was said to inspire the poor with awareness of God's glory, but it did all seem so dark and heavy in our age.

I have to say that I am glad to be living in the twenty-first century with the light and openness of our ancient church of St James, made appropriate for the needs of our day. But it is not a bad thing to go back in time occasionally to get some feeling for our ancestors as fellow Christians.

**Rose Neale**

## **CARIBBEAN EVENING**

A Caribbean Evening is being held on Friday, 29 October 2010, from 7.00 p 12 midnight at St Francis, when there will be food, music and entertainment – not to be missed.

The cost will be £15. Telephone the following numbers for tickets - 07957 593642 and 07900 575766.

# Rosanne Interviews Peter Dewey

It is most gratifying to know that newcomers to our area find it a friendly, welcoming community. This was the message I got from Peter at the outset of our interview this month. He was not just talking about our church community, though he did speak warmly about that, but Cowley folk on the whole. He and his wife, Hilary, moved to their new home in Crescent Road about two years ago having lived in Marlow for twenty-seven years. He told me that they have made more friends here than they did throughout all those years in their former home. He likes the pleasant way people greet each other in the street, in the shops, even in the supermarket queues and he feels very much part of Cowley. Added to this is the huge bonus of the proximity to the City of Oxford where he can continue with his historical research. Both he and Hilary also find leisure activities to suit their interests.

Though born in Bournemouth he was brought up in Salisbury where he attended Salisbury Cathedral School. This was a small primary school for boys. I asked whether it was a choir school but he hurriedly assured me that this was not so and that he was forbidden to sing as even to this day he cannot hold a tune! However he enjoyed his lessons particularly history and English. He told me, with fond recollection, of his English teacher who expected the boys to learn and recite a poem each week. These verses have remained in his memory and he can recite long passages of them even now. At twelve he was sent to boarding school in Taunton where he again enjoyed his studies – apart, that is, from Latin. We

spent a few minutes sympathising with each other over this subject as, like Peter, it was the only GCE exam I failed to pass.

Never a particularly sporty boy he was, however, an able swimmer who represented his school. He told me that though he does play squash other ball games are not for him especially team games.

‘A’ Levels in French, History and Economics led to university in Exeter and a degree in Economic History. His years at university were happy ones and he made plenty of friends. On graduating, though, he had no idea what he wanted to do next.

He spent the ‘60s working in London for the National Opinion Poll doing market research. There was very little job satisfaction in this for Peter as he said he really could not get involved in the research he was required to do. However, the best thing about working for NOP was that he met his future bride, Hilary. Their first married home was in Kilburn. By this time he was convinced that a return to academic life was right for him so, encouraged by Hilary, he enrolled at Reading University and read for a PhD.

Now we reach a very happy period of his life as he found a post at the Royal Holloway College of London University where he lectured in economic history, the subject close to his heart. He has published several books on the subject and is, at present, researching for another. Alongside his happiness at work he and Hilary became the proud parents of, first, a daughter, Emma, and then a son, Nicholas. They also moved to a larger house in

East Sheen. Peter would travel to his college each day on his motorcycle.

From there the family moved to Marlow and at this point we return to my opening remarks. Although Hilary and Peter enjoyed the area and the nice big house they had bought, they found the people quite “stand-offish”. Finally they decided to move to Oxford. After searching for the right place they plumped for a house in Crescent Road with room enough for them and their son. Nicholas is an ME sufferer and lives at home.

Peter is a keen sailor. In 2003 he and Hilary bought a boat and have sailed it (over several summers) all the way to Turkey. At the time of my meeting with Peter the boat was moored at Marseilles in the South of France. Preparation was in progress to travel over to collect it and take several weeks to sail it round the Mediterranean. Peter told me that it will soon be time to sell the boat as he has a hunch that Hilary has almost seen enough of the sea. If that happens he can still satisfy his love of sailing by pootling up and down the Thames in his small dinghy, something he finds most relaxing.

He loves Oxford and all its wonderful resources for further academic study. He took early retirement two years ago and it was then that he looked around for a local church. We are so pleased that he found us and so is he.

## **How would you describe yourself as a small child?**

Happy, outgoing. I loved roaming around the country side, playing cowboys and Indians

(that seems to have gone out of fashion these days, doesn't it?) and reading.

**Have you a never-to-be-forgotten memory of childhood?**

I think it was my grandmother who paid for me to have riding lessons. I was about seven and I remember cantering across a ploughed field without stirrups – wonderful! I would not do it now, I must have been mad!!

**Has there been anyone who has had a strong influence in your life?**

I enormously admired my history teacher at school. He thought profoundly about history and shared his thoughts with his classes.

**Has your faith been with you since you were young?**

I went to schools which were high Anglican. At university I dropped church entirely. I came back to God of my own volition in my forties.

**Do you have a treasured possession?**

My collection of family photographs.

**What is your opinion of present-day society?**

Life is very difficult for young people these days, mainly because there is less employment. The easier things to do now are travelling and using the internet. I do think the world is a more positive place since the Cold War ended.

**If you could change something in a spectacular way what would it be?**

I would like decent housing for

everyone.

**Which period of your adult life has given you the most satisfaction?**

Now is pretty good. Life is more relaxed and Hilary and I can do things together.

**How do you like to spend your leisure time?**

I like researching and writing (three books so far). For the past six years sailing round the Med. We enjoy the National Trust, the theatre and the Ultimate Picture Palace. I also sail my dinghy on the Thames, very peaceful.

**What plans do you have for the future?**

We are going to be land-based in the next year or two so we would like to get to know more about the British Isles.

# A Verger's Lot

The Office of Verger (Virger) is an ancient one and means "He who carries the Virge before the procession." Historically, a verger was responsible for protecting the clergy. He carried a long, heavy pole called a verge, which he could use to clear a passage through crowds, or as a weapon, if someone threatened the procession. The Verger's duties have developed over the centuries and today, at St James Church, the Verger has an important ceremonial role during weddings and funerals and welcomes the people to our lovely church, answers questions, ensures that people's needs are met, and makes sure that everything is prepared for the service to take place smoothly.

Earlier this year the then Verger approached me with a view to succeeding her, so that she could have a well earned rest. She asked me to give her request some thought, this I did and I realised that, not only could I do it but, wait for it, I wanted to do it.

I wear a gown when I act as Verger, and carry the

Verge during any processions at weddings and funerals which take place at St James Church. Since I started I have been in attendance at several weddings and funerals, and I am very happy to be present at the joyful times, to see the sheer joy on the faces of the bride and groom, and at the sadder times when people are remembering their loved ones during a grieving period. My main aim is to be of help and comfort to everyone I meet, hopefully making their visit to our lovely church a good experience.

I am delighted and proud to be the Verger for St James Church, but am equally delighted that things have changed and I do not have the role of the earlier "virger"!

**Pat Chambers**

Editor's Note: Pat took over from Trudy Jones who had been the Verger at the church for six years and on behalf of the Rector and parishioners we wish to give her a great big thanks.

# Becoming a Junior : Isabella and Martha Hind

## Martha

I was scared on my first day in the Juniors because I had to get to know lots of new teachers. My teacher is very nice and friendly and she was born in Cornwall. She likes to play football and go running. I am starting to learn French now and I can say 'bonjour' and 'au revoir' and Isabella can say 'Je m'appelle Isabella'. We have a quiet area outside where you can go when you want some peace and quiet. There is a water fountain there to remember our old caretaker. We also have an outdoor classroom where people can learn outside and at playtimes the children can play games there too. PE is fun because we get to play lots of tennis and we also play hockey, rugby and cricket.

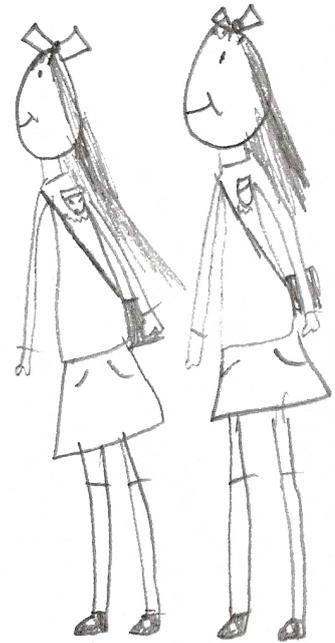
We have notebooks which are like mini-computers. We learn our subjects on the notebooks. There are enough notebooks for one to share between two people. We get three sets of homework every week: spellings, literacy and maths. Last week we had to write some sentences about the Second World War using words like 'gas mask', 'ration book', 'the blitz' and 'Anderson shelter'.

## Isabella

I feel much more grown up in the Juniors, and more confident. There are a lot more pupils and we have to take more responsibility for our learning. We have to take our subjects more seriously. My teacher is kind and very different to the Infants teachers.

If you do something naughty you get detention. You have to spend your lunch break in a Year 5/6 classroom and tell the Deputy Headteacher what you've done wrong. We have lunch break for a whole hour, which means we don't get any playtime in the afternoon.

I go swimming on Thursdays, we go in the school minibus. The topic that we are doing at the moment is the Second World War. It is very interesting, learning about what people's lives were like, for example, what it was like to be in the airforce and navy, what it was like to be an evacuee and about how Hitler wanted to invade many countries in Europe. But his plans didn't work for long. The work is harder and more complicated. We are divided into different sets for maths. We are learning our times tables at the moment. We also work at desks with



textbooks. We are going to church on Tuesday for a harvest celebration and we are collecting some money to help people who don't have enough food.

We have better choices for Golden time than in the Infants. Golden time is when you 'earn' some free time on a Friday afternoon for good behaviour during the week. For example, you can do crafts, which is where you can choose to make flags out of paper and sequins, or you can do some drawing. You can also do singing and dancing, or play games like chess, Scrabble, Frustration and lego. I prefer the Juniors because it's more grown up and there is more space to run around in.

The Michaelmas daisies in my garden got me thinking about the season of Michaelmas, St Michael and all angels. Did anyone tell you about angels when you were small? Who are they? I asked Susannah what she felt about them and this is what she wrote for us:

## Angels

“Whenever I fall, she offers me protection, a lot of love and affection, whether I’m right or wrong, and down though I fall, wherever it may take me, I know that life won’t break me, when I come to call, she won’t forsake me...I’m loving angels instead”.

Robbie Williams’ amazing song, written following his experience of personal difficulties and recovery, speaks of faith and confidence that even in the darkest night, we are not alone. Our Christian understanding is that God is with us right in the darkest times, even though we may not be aware of God at the time.

There is a lot of popular interest in angels and some confusion over what they are – some see them as guiding spirits, or guardian angels. In the Bible we encounter angels who are messengers of God (think of the Angel Gabriel who comes to Mary); and also messengers who confront us when we are going the wrong way (like the angel who blocks Balaam in the book of Numbers, ch 27).

Michael, Gabriel and Raphael are the three named biblical angels, and they serve as messengers of God. Michael, which means ‘who is like God?’, is best known as the slayer of the dragon in the Revelation to John. He is seen as the protector of Christians from the devil, particularly those at the hour of death. The spiritual song “Michael row the boat ashore, Alleluia” refers to this tradition.

Sometimes people become very focussed on angels and I would be wary of this – my understanding is that they are servants of God and so should be pointing us towards faith and trust in the God and Father of our Lord Jesus Christ. Like everything in life, they find their right place in relation to God. I invite you to pray the collect for Michael and All Angels:

*Everlasting God,  
You have ordained and constituted the ministries of angels and mortals in a wonderful order:  
Grant that as your holy angels always serve you in heaven,  
So, at your command, they may help and defend us on earth;  
Through Jesus Christ your Son our Lord, who is alive and reigns with you,  
In the unity of the Holy Spirit, one God, now and for ever.*

Dear God,  
Why did you make flies? Oh, yes, and what about wasps?



## SPONSORED RIDE AND STRIDE

After eighteen years of organising our parish sponsored Ride and Stride I felt it was time to hand over to someone else, maybe someone younger. I had grave misgivings about finding a willing volunteer to do it but – bingo! – the very first person I asked said, “Oh ....Well, yes, Rosanne, I could do that, yes, I would be willing”. And who is that marvellous person? June Smith! So thank you so much June for offering to carry on the good work we do in Cowley for the Historic Churches Trust.

And what about this year? Well, ten doughty parishioners cycled and walked on 11th September. At the time of writing we have yet to hand in our total sum but sponsors are coming up trumps with their promised amounts and I have a feeling that we could reach last year's total of £737. When you think of all the other expected giving these days I think you will agree that we are a very generous bunch of people.

So a sincere “thank you” to all who took part in this year's Ride and Stride and a very big “thank you” to all who encouraged them by their sponsorship. We will soon know how much the final sum is so I will let you know via The Chronicle and the Link when we do.

**Rosanne**

## NEWS FROM ST FRANCIS PRIMARY

The staff and children have returned to school after the summer holidays. Several pupils have visited their families abroad and have travelled to many countries, including Cuba, South Africa, Egypt, Brazil, Pakistan and India.

The school staff worked hard in the holidays and on the INSET days at the beginning of September to make the school bright and attractive for the start of the new school year. We have welcomed over 50 new children and several staff to the school.

Plans have been made for an exciting and challenging curriculum for the children. Trips have been organised and visitors have been invited to school. Funtasium, the after school club has started, as has a chess and a badminton club. Produce from the school allotment – marrows, potatoes and spinach – have been harvested and sold to parents and staff.

So we are all set for a busy and happy year at St. Francis School.

**Sarah Lacey**

## NEWS FROM ST CHRISTOPHER'S

Last year was a very busy and positive year as the school began its journey through the Special Measures process. The summer months here at St Christopher's saw two inspections to assess progress in school. The first inspection was a revisit for the SIAS inspector to see how much the school is making as a Church school. We were given a satisfactory grade across the board this year which we were delighted with. In July we had our termly monitoring visit from the HMI and he found that we were making satisfactory progress with some good elements.

We have begun our new academic year and we are eagerly awaiting the arrival of our promised temporary classrooms. Having extra classroom space will be fantastic for the staff, children and parents of the school.

Last week our 'Garden Gang' was invited to the Oxford in Bloom ceremony and for the third year running we received the gold award for 'Best School Environment Project'. One of our teachers, Sue Johnson has worked really hard with the 'Garden Gang' to transform our courtyard area into an annual show of lovely plants, flowers and vegetables. We are very proud of this success.

## CHURCH COWLEY ST JAMES SCHOOL GOVERNORS

At the first Governors' meeting of the year, Local Authority governor Linda Rowe was elected as Chair; Parent Governor Sam Jackson as Vice Chair. Having completed 4 years in the role of Chair, Lesley Williams was delighted to hand over the responsibility. She and Howard continue as Foundation Governors; we are seeking to fill the vacancy for a third outside the Parish.

Every classroom in the school was painted over the summer holiday! And the formerly cramped entrance has been remodelled into a very stylish and spacious reception area where you will receive a warm welcome!

# News from Restore

From time to time Restore, based in the Elder Stubbs allotments and at Manzil Way, off the Cowley Road, contact The Chronicle with their latest news. Their principles and beliefs are exemplary:

“We believe that everyone has talents and abilities, and the capacity to make a valuable contribution to the community. We believe that people with mental health problems have the right to work and the right to the support they need to become and remain employed. We believe that the stigma associated with mental health problems damages the whole community and we work to challenge this discrimination.”

I thought you might find it interesting to hear of one young person who has been helped by Restore to get her life back on track:

## Justine's story:

“I was diagnosed with a personality disorder in 2005. I managed to complete my degree but was feeling suicidal and underwent full-time therapy at the complex needs service for 18 months. Even though I made a lot of progress I was really worried I wouldn't get a job.

I wanted to do cake decorating but had no qualifications and my confidence was low. I needed support but didn't know where to get it. Thankfully I was pointed in the direction of Restore.

It was really important for me to go to Restore once a week to talk about what I wanted to do. It was a safe place where they understood about mental health problems. For me, Restore was a bridge between therapy and employment.

The employment specialist listened to me talk through my ideas, helped me broaden my

horizons and encouraged me when I got knock-backs. At the Restore job club I made lots of phone calls to businesses. At last, the community café where I was volunteering offered me paid work. I decided to do it part-time and become self-employed as a cake decorator.

I'm building up my business through word-of-mouth and doing courses to develop my skills. I still have 'off days' but the thoughts of self-harm are gone. I feel better about myself.”

If you would like to know more about the work they do here are their contact details:

Restore, Manzil Way, Cowley Road, Oxford, OX4 1YH

Tel: 0845 2500518

Fax: 01865 455821

Email: [info@restore.org.uk](mailto:info@restore.org.uk)

[www.restore.org.uk](http://www.restore.org.uk)

## Redbridge Household Waste Recycling Centre

You may have been wondering about access to the Redbridge Waste Recycling Centre during the proposed work on the railway bridge in December/January. I have had an assurance from the Oxfordshire County Council Waste Management Group that it will be open as normal, and vehicles will need to turn right on exiting (which is something you cannot do now!).

So no worries about the extra Christmas recycling!

**Sally**

After our August break we have re-opened. Apart from a few little ones who have started school, most seem to have returned, and it has been very nice to welcome them all back.

I would like to thank all of you who earlier in the year saved their Sainsbury's "Active Kids vouchers" for us. There were over 3000 with which we were able to replace some old toys and add some new ones, as well as having some left over which we were able to bank for next year.

I would also like to thank you for the Tesco School's vouchers, almost 2000 which were passed on to Church Cowley St. James School - they were delighted.

May I also take this opportunity to thank everyone who so willingly give their time and energy into making SEASHELLS such a successful weekly event.

My renewed thanks to you all

**May Morgan**

*Seashells*

# Gardening at the Fall

The plants which had a holiday in the summer garden are now safely back on the window sill (leaving a cat-sized space free of course). I have taken cuttings, collected seeds and generally prepared for the next season. I have in my mind a few plants which need to be moved while the soil is still warm enough, but, after this month, it will have to wait for the spring. The wallflowers, pansies and most bulbs are planted (there are always some which get left behind) and it is time to plant the tulips.

We have celebrated Harvest and now are putting the garden to bed for the winter. However there is still colour and interest. Grasses wave their elegant plumes and the autumn sedums still may be in flower along with asters and anemones. Leave some of the dead stems to add interest and offer protection to friendly insects and new growth, so now the garden will have shape rather than bright colour.

This year I am celebrating a tomato harvest. No blight, what luck! I am so glad that I tried again. The courgettes have also rewarded my watering regime – not excessive, but enough. A friend with a glut wanted to know how you could serve them for breakfast. On Gardeners' World, Alys suggested salting them, then squeezing them as dry as possible and freezing. Did anyone try this?

I have just planted some spinach for salad leaves, and I intend still to sow some hardy leaves. I may put them under cover as well as in the open to see how things grow. It all depends on the weather!!!

The garden is a haven for spiders at the moment. Great big fat striped ones spin their webs from every conceivable hard surface. I have one across the kitchen window (outside!) and I have become quite interested in it. I cannot clean that window and spoil his/her beautiful trap, can I? What about that for an excuse? (I am not so happy when they are indoors, or if they get too near.)

Enjoy the autumn, it is the beginning of next year in the garden.

**Diana Pope**

# MORE ON KNITTING

*From the Wealden Times*

An NHS Trust in Scotland has introduced a knitting circle for its employees as part of an initiative to keep them healthy. A spokesman for the Trust said, "There is growing evidence that knitting has health benefits such as helping to lower stress levels and reducing the risk of memory loss."

Certainly the rhythmic clickety-clack of knitting needles, coupled with the immense satisfaction of seeing something grow out of a ball of wool, is a real stress buster. Knitting has been around for hundreds of years but is now undergoing something of a renaissance, not only as a personal hobby but as social activity!

## Fact File

- helps reduce high blood pressure
- relieves stress and anxiety
- develops hand-eye coordination
- can help keep arthritic hand joints supple
- provides a workout for the brain
- a recent American study indicates that it can combat dementia
- the repetitive element is relaxing and can have benefits similar to meditation

So let's hope the Cowley Parish Knit & Natter afternoons develop, to keep us all sane and healthy!

**Lesley Williams**



# RECIPE

As this is the time of year when we see butternut squash on the vegetable shelves I thought my son, Rob's, recipe for roasting it might make a welcome change. He says that this is particularly good with pork as a change from apple sauce.

## Roasted Squash (enough for 2)

Half a squash (peeled)

Half a red chilli

One clove of garlic

1 to 1 ½ tsp dried oregano

About two tbsp of good olive oil (extra virgin)

1. Cut the squash into chunks about the size of a quartered potato. Place these in a small roasting dish
2. Cut the chilli into small pieces discarding the seeds
3. Chop the garlic
4. Crush the garlic and chilli together with a pestle and mortar, add the oregano and oil. Pour this paste over the chunks of squash.
5. Roast in a medium oven for about 20 minutes.

Don't be tempted to over cook this as the squash turns soft and mushy. Test with sharp knife for correct softness.

## COWLEY AT THE CENTRE OF THE WORLD!

I wonder if you knew that, as far as many Christian mission agencies around the world are concerned, Cowley is at the centre of the world. In a small office hidden behind Lidl on Watlington Rd. the phone lines hum and the internet lights up as the small team at Faith2Share provide connections between Indian Christians wanting to work in Egypt, Brazillians with a vision for helping churches in Algeria, and Nigerians who are on their way to Tajikistan. This year Cowley Parish has connected with Faith2Share in two ways. Firstly we have chosen Faith2Share to receive a grant from our mission fund, and secondly Mark Oxbrow, a member of our ministry team, is the International Director of Faith2Share – on his way to Ethiopia by the time you read this!

But what does Faith2Share actually do?

Let me tell you two stories.

In April 30 leaders from Faith2Share, from all over the world, met in Brazil. One of those was Livingstone Nyanje, representing the Church Army in Kenya. He has just run a training camp for 52 Kenyan youth in an area where there was racial violence last year. In December he will be back there to train another 100. But last month Faith2Share got an SOS from the Anglican

bishop in Ethiopia who needed someone to run a development project amongst Sudanese refugees. We prayed, we shared the need, and guess what ... Livingstone and his wife have offered to move to Ethiopia to plug the gap.

It has rather dropped out of the news now but in Pakistan there are still over two million people who were flooded out of their homes and lost their farms and animals. The risks of serious disease are increasing day by day and one of the greatest needs is for clean water. Back in early September Faith2Share heard of a group in America who had excellent solar powered water purification kits. They wanted to give them to Pakistan but they did not know who to give them to and how to get them to the most needy people. Faith2Share has partners on the ground in Pakistan and we certainly knew who needed them. So those kits are now in Pakistan and every day they produce thousands of gallons of clean water for children and adults to drink.

Thank you Cowley Parish for making some of this possible.

**Mark Oxbrow, International Director,  
Faith2Share.**

# Sunday Services

## ST JAMES' CHURCH, BEAUCHAMP LANE

8.00 am Holy Communion

10.00 am Sung Eucharist

Every fourth Sunday: *Church at the Centre*

Every third Sunday: *Sunday Lunch*

## ST FRANCIS' CHURCH, HOLLOW WAY

10.30 am Parish Eucharist

## Mid-Week Services & Meetings

Monday 8.15 am Morning Prayer – St James

2.30 pm Parish Mothers' Union –  
St James (3rd Mon)

Tuesday 8.15 am Morning Prayer – St James

10.00 am Seashells Toddler Group : St James

12.00 pm Eucharist – St James

12.30 pm Tuesday Lunch Club – St James

2.30 pm Friends of St Francis –  
St Francis (2nd & 4th)

Wednesday 8.15 am Morning Prayer – St James

9.15 am Morning Prayer – St Francis

Thursday 8.15 am Morning Prayer – St James

Friday 8.15 am Morning Prayer – St James

5.30 pm Evening Prayer – St James

## Home Groups

### Leader

### Time / Venue

Una Dean

Alternate Monday mornings at 10:30 in Una's home

Connie Uren:

Alternate Tuesday afternoons at 2:30 in St James Church Centre Lounge

Friends of St Francis:  
(John Streeve/Moll Oliver)

Tuesday alternate afternoons at 1:30 in St Francis Church

Tony Beetham

Alternate Tuesday evenings at 7:30 in St James Church Centre Lounge

Patrick Gilday:

Alternate Wednesday evenings at 7:30 pm in St Francis Church upper room

Rosanne Butler

Alternate Thursday mornings at 10:30 in St James Church Centre Lounge

Mark Oxbrow

Alternate Thursday evenings at 7:30 in Mark's home

**The Parish of Cowley office in St James Church Centre is open**

Tuesday 12.30 pm to 3 pm

Friday 9.00 am to 3 pm

and by appointment.

*Parish Secretary:*

**Elaine Ulett**

Ministry Team Telephone:

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parishofcowley@hotmail.co.uk

*Team Rector*

**Revd Howard Thornton**

Cowley Rectory

11 Beauchamp Lane

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Howard has Friday as his day off.

*Team Vicar*

**Revd Susannah Reide**

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Oxford OX4 2LD

Susannah has Monday as her day off.

*Associate Priest*

**Revd Richard Chand**

richard@cowleyteamministry.co.uk

*Non-Stipendiary Ministers*

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**Norah Shallow** Tel: 765199

*Deputy Wardens:*

**Margaret Martin** Tel: 718532

**John Shreeve**

*Hall Bookings*

**Pat Sansom** Tel: 778516

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