

# Chronicle

July and  
August  
2020

## *PRAYER SPACE*

God of light and power and glory, we rejoice in your light,  
we live by your power, we look for your glory.

Open our eyes to behold your presence,  
that we may give ourselves to you;  
through Jesus Christ our Lord,  
Who lives and reigns with you and the Holy Spirit,  
one God now and for ever.

Amen

For the NHS

God of healing and compassion,  
we thank you for the establishment of the National Health Service,  
and for the dedication of all who work in it:  
give skill, sympathy and resilience  
to all who care for the sick,  
and your wisdom to those engaged in medical research.  
Strengthen all in their vocation through your Spirit,  
that through their work many will be restored to health and strength;  
through Jesus Christ our Lord.

Amen

For carers and health professionals

Heavenly Father,  
whose blessed Son came not to be served but to serve:  
bless all who, following in his steps,  
give themselves to the service of others;  
that with wisdom, patience, and courage,  
they may minister in his name to the suffering and the needy;  
for the love of him who laid down his life for us  
your Son our Saviour Jesus Christ,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever.

Amen

Prayer in relation to COVID-19

Lord Jesus Christ,  
you taught us to love our neighbour,  
and to care for those in need  
as if we were caring for you.  
In this time of anxiety, give us strength  
to comfort the fearful, to tend the sick,  
and to assure the isolated  
of our love, and your love,  
for your name's sake.

Amen

# From the Editors

*Sally Hemsworth and Nicki Stevens*

Please enjoy the July/August edition of the Cowley Chronicle – many thanks to those who have given a contribution. Although the churches are open this Sunday, we will circulate this edition by email, or printed copy to those without email for this edition and, again, it will be put on the Parish website. We hope to be back to normal printed copies for the September issue.

Life is very slowly widening for a lot of us. It is good that our churches will be opening for Sunday services from 6 July 2020, although on-line services are continuing. In addition, both churches will be open for private prayer (provided there are sufficient volunteers) on Sunday and Wednesday afternoons, with the chance of a chat with friends by the gate to the Rectory at St James. More information on the church activities taking place is available on [www.cowleyteamministry.co.uk](http://www.cowleyteamministry.co.uk).

Groups who hired our church halls are in touch regarding their bookings, and work is taking place on how use can proceed, taking into account the rules relating to social distancing.

Pat Chambers would love to hear from you about joining a holiday in April 2021, and Parish Walks are going to start on Monday, 7 July 2020. We have also heard that the Art and Faith Group is recommencing its meetings on Saturday, 4 July, 10.00 – 12.00 in the Rectory garden – entry from the churchyard (but if the wind is too strong or the rain is pouring down at 9.00 that morning the meeting will be cancelled). And, very important, most of us have an appointment with the hairdresser!

We would love to hear from you about your hobbies and you might like to follow the example of Lesley Williams and let us know how you have managed during the lockdown, how has it changed your outlook to life?

The next Chronicle is due in September and we hope very much that you will decide to renew your subscription for 2020/2021 – the form is included with the Chronicle. Prices will remain the same for the 10 issues - A4 size is £5.00 for the year and the A5 is £4.00). Order forms are enclosed.

We look forward to receiving articles, recipes, jokes, stories of activities during lock-down, hobbies – long-term and new.

All our best wishes to you all.

Sally and Nicki

## A word from the Rectory

Life after 101 days of lockdown and we're coming out into the light

I am not sure how you are feeling but I am heading forward with a mixture of joy, trepidation and hope. It is a joy to meet up again with 3 dimensional faces. For 3 long months I have been looking at people flat on a screen.

Joyful: sitting in the churchyard having a chat, meeting with those linked with a funeral, or wedding, in a garden, is radically different to the same conversation on a telephone or through WhatsApp.

With trepidation: what will the new 'normal' look like. How will church based worship, distanced, without singing, feel? What are the risks in the coming months? How will people have been changed by an experience that has stripped away so much of what we felt was secure?

With hope: Something significant has happened over these last weeks. Central has been a reconnecting of community, and a more practical demonstration of friendship and care for neighbour. It has shown itself in so many ways: shopping for those who cannot get out, a willingness to help people with whom we have no strong history or friendship. The good partners scheme has been amazing. We have become better, willing, to ask others for help.

Part of this story of hope has arisen from time and space engaging with the 'Black Lives Matter' agenda. Over these last weeks I have found blessing in a series of conversations with the pastors of the 'Love Oxford' movement. In these we have had time to share the challenge and stories of ongoing racism in Oxford. Most recently Bishop Dr Joe Aldred, a regular presenter on (radio 4's) 'Pause for Thought'. If



you are looking for some well thought out reflections you might try his book 'Thinking Outside the Box : On Race, Faith and Life'.

The nature of racism is so very deep rooted in society that we need to recognise it for the Sin that it is. We need to deal with it as such. As I enter my 60<sup>th</sup> year I reflect that 'Racism' has scarred society for centuries. It has featured in every stage of my life: From the conversation of family, when I was incredibly young; through my years of education and sport; within the communities I have served as Teacher and Minister. Like all sins it will not go away easily and requires us to call down the power of our Heavenly Father to cast it out of places that hold his name high.

In the parable of the Good Samaritan, Jesus lays down a simple truth: Racism is not part of the Kingdom of God. If we are growing the Kingdom of God, which is the calling of everyone of us, we need to cast racism out of our community and offer welcome in brotherly/sisterly love to all. The tools for this are the same as in any area of life where sin has a strong hold. It is the Good news of Jesus that will ultimately transform us and our relationships with others. So, we need to pray and continually ask 'What would Jesus do here'? Beyond that we need to break down some of the things that divide us. This includes finding opportunity for parts of our community to work together more effectively. The family of God in Cowley, East Oxford, is diverse and wonderful. There is a growing call for us, the people of God, Kingdom people, to work together as a transforming influence in this great, and historic, city.

As we come out into the world, let us come out truly as Kingdom builders.



## CHILDREN'S CORNER

Do you find it difficult to understand grown-ups sometimes? They seem to talk in a different language that doesn't make sense. 'That's a hard nut to crack'...they might say.....talking about a puzzle that has nothing to do with nuts, but *meaning* that the puzzle was difficult. Or perhaps, 'he's a 'softie' really' when they are talking about a tall giant of a man who looks very strong and perhaps not very good looking either, but is a gentle character who would be good to have as a friend. One day I could not understand one of my teachers, when I explained why I was late for school. 'That doesn't cut any ice with me'! she said. Whatever did she mean? It certainly was not cold outside and there was no snow around. She meant to say that she did not believe me. That was all. Why didn't she say so?

These expressions are part of our way of talking about ourselves or other people but they don't translate into other languages very easily. Foreign students find them confusing and think that we are silly. Sometimes there is a story behind these funny sayings that are worth looking at. Let's look at the first one. 'That's a hard nut to crack' meaning it is difficult. We aren't going to bother about the difficulties because we are trying to get to the inside .....of a problem.....or find out 'what makes a person tick' .....or how they work. We are trying to get to the really important part, the inner you. What really matters with a nut is being able to get past the shell or outside covering, to the inside (called a kernel). In fact, grown-ups sometimes say that we are 'hiding ourselves in a shell' when we are not acting normally. Another surprise is to look at an egg. The shell is a marvel in it-

self but not very useful. Until you learn that the shell is not the 'real thing' it seems of little use. Inside is the really useful part that can be part of our food by itself or used with other things as food for us. We are like that. we can work on our own or with others make even bigger things.

When grown-ups talk about people or things that interest them they may say that 'You mustn't judge the book by its cover'. This means that it may appear uninteresting and at first glance dull but is really a lovely story or very well written, and worth looking into or reading. It can be the same with people. I have met many people who appear dull and uninteresting, but have a wealth of knowledge and experience, or talk about their travels. How much better though to find a smart interesting book *and* find that it is even better than you first imagined it would be. What is the expression...'you shouldn't hide your light under a bushel...' Now, explain that one!

A pearl is 'grown' inside a shell in the sea and takes a long time to grow. By itself the shell is often quite beautiful, and can be used on its own but when the pearl is released, that part, the inner part, glows and is the most precious piece. It is just the same trying to reach the *real you*. It will take time for you to grow. Then you can bring even more joy to people. It is the 'inner you' that matters. Whether you are a 'softie' or a 'hard nut', be sure that we are all different. It takes all sorts to make this world and it would be very boring if everybody *was* the same, wouldn't it. Just be yourself. There's room for all sorts, especially 'bright sparks'!

Take care, Uncle Ben.

## CHRISTIAN AID



The OXFORD ABSEIL was deferred from May but we hope the new date can go ahead:

Saturday 17 October, 10.00-4.00

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

Lesley Williams remains registered (£20) for her latest abseiling 'fix' and is now actively seeking sponsorship AND would also still welcome co-abseilers.

Register on Eventbrite: <https://www.eventbrite.co.uk/e/christian-aid-oxford-abseil-tickets-81309646341>

There will eventually, when we are back worshipping in person and it is deemed safe to use it, be a paper sponsor form but you can encourage Lesley already on her Just Giving on line page:

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

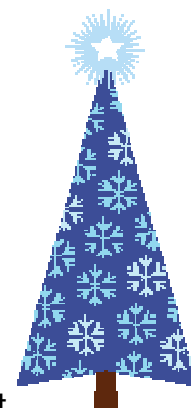
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## COWLEY FESTIVAL OF CHRISTMAS TREES 2020

Joy to the World!

Friday 11 – Sunday 20 December

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



During June, we have begun to contact previous participants and next will hopefully engage with some new groups and businesses. If you have never been involved before and would like to be, either as an individual, a family or part of a group – start planning/creating right now!



And contact us: [ctf@cowleyteamministry.co.uk](mailto:ctf@cowleyteamministry.co.uk)

Our latest planning meeting will have been held on Wednesday 1 July using Zoom and the next in September – more news in the September Chronicle

# A WAR-TIME CHILDHOOD

Having written my memories of VE day for The Chronicle a couple of months ago several people have remarked on how much detail I can remember. Well I can assure you that I left out some of the details I still recall even from that little article. Now it occurred to me that some of our younger readers might like to hear a few more vivid memories I still have of those days of 1939 to 1945. I hope I won't bore people with all this so I'll write in bite-sized pieces beginning with the summer of 1939.

About a year previous my parents had raised enough money to put down a deposit on a brand new little semi-detached house in Ewell in Surrey. My father was a foreman carpenter and joiner and worked for a firm of builders who had been filling up the leafy-green suburbs of Surrey with row upon row of houses rather like the builders around Cowley were doing at the same time.

In May 1939 I had my third birthday and soon after a big pile of corrugated iron sheets were delivered to our drive which we shared with a very nice family next door. I soon discovered that my dad and Mr Price next door were going to build two side-by-side air-raid shelters in our back gardens. They dug fairly deep holes and then, using the corrugated sheets constructed two little huts. My dad then covered the roof with turf, Mr Price planted marrows on his, and then some little wooden steps down on to the flattened earth inside. "What were they for?" I wondered and was told that we might have to take shelter in there if there was a war. We certainly did but more of that later.

The other things I remember from that summer was a lovely trip to the seaside at Bognor

Regis in the back of a car belonging to some very good family friends. The Italian ice-cream man coming round on a Sunday morning with a dear little donkey (which I was lifted up to pat) pulling a red and white ice-cream cart.

But the worst thing of all was fitting my gas mask. 'Traumatic' hardly describes the emotion I went through. Everyone had to report on a certain day to the hall of the nearest secondary school where they would receive their own gas mask. Very small children like me were given what was known as a Mickey Mouse mask, bright red with flappy ears and blue rings round the eye pieces. They tried to put one on me and I was terrified. If I close my eyes I can still smell that awful rubbery smell inside and the claustrophobia was unspeakable. The officials tried everything they knew to get this ghastly thing over my face but I remember going stiff with fear and screaming so loud it's a wonder the roof didn't fall in. In the end they packed it in a little cardboard box and gave it to my mum. I never did wear it and I wonder now what happened to it.

During that summer the grown-ups talked more and more about there might be a war and, of course at the beginning of September we were at war. I remember playing in the garden on my tricycle while mummy and daddy were indoors listening to the wireless. Almost straight away the air-raid siren sounded and we wondered whether we should go down into the shelter. I don't think we did because soon after the "all-clear" sounded mummy served up Sunday dinner.

Rosanne Butler

## ECO CORNER

It was hard to keep up with the weather this June: one minute my water butts were full to overflowing, and the next my garden was parched and full of deep cracks where the clay soil had dried out.

As I mentioned in the April Chronicle I am very keen on saving water and therefore saving on my water bills. The monthly Direct Debits have come down dramatically in the last year or two from £24 to £14 and eventually to £9 per month, plus I am in credit to Thames Water! The savings were made by using 'grey water' and rainwater for watering the garden and flushing the loo instead of using top quality drinking water from the mains. I cheerfully admit I am rather "over the top" when it comes to economical living!

We are familiar with the expression the Three Rs – Reading, Writing, Arithmetic. These days it's helpful to think of the three R's as REDUCE, RE-USE, RECYCLE.

Forty years ago I watched my mother-in-law putting the RE-USE principle into practice and I must admit at first I thought it a bit odd! She would rinse out food bags, dry them and use again, and the same with things like kitchen foil, so all it needed was a little wipe then it was re-used.

Re-using various food wrappings has meant I haven't bought food bags, foil or clingfilm for many months. Another thing you can use is the inside bag of a cereal packet: they are very strong and easy to rinse out.

Covid-19 has meant we are all washing our hands a lot more. Another saving we can make is on hand soap. On a TV programme a while ago the pros and cons were discussed about pump-bottles of soap versus bars of soap; it transpired that there is no medical benefit of pump soaps and the bars of soap work out far cheaper. When I go away on holiday or a day trip (chance would be a fine thing in lockdown!) I always look in the gift shop for a gorgeously scented bar of soap as a souvenir of that visit. Its first use is in my clothing drawer where it gives you a lovely waft of fragrance every time you go to get a pair of socks!

Bars of soap are often wrapped in paper which is far more beneficial to the environment than plastic pump bottles. These can be refilled of course which helps to reduce buying more and more plastic.

Ruth Goodwin



# From the Archives

NOVEMBER 2012

## EAST OXFORD ARCHAEOLOGY

The project began as an idea in the summer of 2008 during a conversation between fellow archaeologists and East Oxford residents Jane and David. Discussions with colleagues and other people with an interest in the area's archaeology and history revealed a major 'gap' in the public's archaeological consciousness of the area, even though it lends itself superbly to the kind of community archaeology initiative that has now become the "East Oxford Project".

Just on the basis of a website post, over 50 people turned up for a 2-hour walk and talk afternoon at Bartlemas Chapel, involving discussions on landscape, buildings and finds. The University's John Fell Fund kindly gave a small start-up grant in 2008 which enabled the Department for Continuing Education to engage Jane, part-time, as a project developer, leading to Round One of the Heritage Lottery Fund (HLF) application, which was later supplemented by an HLF development grant in 2009-10, which led to Round Two. The Project was helped enormously throughout this process by Research Coordinator Sarah Knaggs and of course by the many volunteers who participated in the talks, visits and guided walks which were created to help demonstrate the level of public interest and potential in the area. From the outset the local support was hugely encouraging.

In October 2010 the project entered its current phase thanks to the success of grant applications to the Heritage Lottery Fund and Oxford University's John Fell Fund, which two dedicated project workers to be appointed to 'make the idea happen'.

The Official Launch of the project on 19th October 2010 was held in the [Straw Bale garden workshop at Restore](#), off the Cowley Road, and was attended by the Vice-Chancellor of Oxford University Andrew Hamilton, Local MP Andrew Smith, and Heritage Lottery Fund Trustee Hilary Lade - who all gave speeches welcoming the project. Many of the people who had helped to make the first phase of the project a success, were also there. Articles appeared in the [Oxford Mail](#), Oxford Times and on [BBC Radio Oxford](#), where Jane was interviewed. The event was followed by a site visit to nearby St Bartholomew's Chapel.

The second big dig of the project is a dig in a piece of ground behind the Bowlplex/Vue cinema and next to the Priory public house. It is where the Knights Templars went after leaving Temple Cowley. They have found medieval walls which could be part of the priory complex



but also evidence of very much earlier times in a flint arrowhead. Apart from these big digs, many test pits have been dug around the area and many volunteers have been trained to excavate, to record, to sort and record finds as well as to do landscape surveying. The project received a Highly Commended runner up award at the British Archaeology Awards 2012.

One group has been looking into the place-names of the east of Oxford and this should lead to a comprehensive mapping of the area giving clues to early land use, old routeways and core settlements.

FEBRUARY 1989

### A CRABBIT OLD WOMAN

Contributed by Valerie Goodall

*This poem was found in a locker when nurses were turning out an old lady's possession after she had died in a geriatric hospital. Although unable to communicate, the poem had been written by her. Everyone had been under the impression that she was senile.*

What do you see, nurse, what do you see?  
What do you see, nurse, what do you see?  
Are you thinking when you look at me –  
A crabbit old woman, not very wise,  
Uncertain of habit with faraway eyes,  
Who dribbles her food and makes no reply  
When you say in a loud voice "I do wish you'd try".  
Who seems not to notice the things that you do,  
And forever is losing a stocking or shoe.  
Who unresisting or not, lets you do as you will  
With bathing and feeding and long days to fill.  
Is that what you're thinking? Is that what you see?  
Then open your eyes nurse, you're looking at me'

I'll tell you who I am as I sit here so still,  
As I use your bidding, as I eat at your will,  
I'm still a small child of ten, with Father and Mother  
Brothers and Sisters who love one another.

A young girl of sixteen with wings on her feet  
Dreaming that soon now a lover she'll meet,  
A bride soon at twenty, my heart gives a leap  
    Remembering that I promised to keep;  
At twenty-five now I have children of my own  
Who need me to build a secure happy home;  
    A woman of thirty, my young grow fast  
Bound to each other with ties that should last.  
At forty my young sons, now grown will be gone;  
But my man stays besides me to see I don't mourn.  
At fifty-one, more babies play around my knee  
Again we know children, my loved one and me;  
Dark days are upon me, my husband is dead.  
I look to the future, I shudder with dread.

My young are still with me rearing young of their own  
And I think of the years and the love that I've known.

I'm an old woman now and Nature is cruel  
'Tis her jest to make old-age look like a fool.  
The body it crumbles, grace and vigour depart.  
There is now a stone where I once had a heart.  
But inside this old carcass a young girl still dwells,  
And now and again my battered heart swells.

I remember the joys, I remember the pain  
And I'm loving and living all over again.  
And I think of the years all, too few – gone too fast  
And accept the stark fact that nothing will last.

So, open your eyes, nurse, open and see  
NOT a crabbit old woman, look closer – see me



## RECIPE FOR LOVE

Preparation time: life long.

Cooking time: continuous

Temperature: warm

Serves: everyone

## INGREDIENTS

2 ears for listening

1lb. of kindness

2 cups of good sense

2 arms for hugging

1 happy smile (at least)

1 pinch of teasing

Mix well and serve in generous portions every day, always stirring with abundance of love and peace.

*With acknowledgement to the Summer edition of 'Care Matters' - Age UK*



## GOOD NEWS! PARISH HOLIDAY Weymouth 2021

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

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

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

Contact Pat Chambers - [pat.silverpolo@gmail.com](mailto:pat.silverpolo@gmail.com) 01235 799 717 07532 113 645



## LOCKDOWN THOUGHTS by Lesley Williams

The first section of this was written as an email in March, soon after lockdown was imposed – I have amended and brought it up to date

It is the loss of identity that I am fighting - *no longer* a Chair of this, Secretary of that, *no longer* an umpire or sidesperson or reader although, the one role left, I am still producing the weekly Parish news sheet, to be e-mailed to those whose e-address we have - but no services of course - just facebook streamed live by the clergy - we've been told that no one else can be there for 'worship' - *no longer* an 'Open the Book' assembly deliverer

We are still due to have virtual school governor meetings next month - probably by Zoom.

*No longer* Headington Partnership Coordinator - there's nothing at all to coordinate although the schools are of course still open for all those key workers children and the 'vulnerable' but as one of the 70+ cohort, I assume I can't go in and help.

*No longer* the organiser of Friends of Hill End Family Bushcraft, Badger Watch, ffennell 100 festival (that was going to be a Big Do), NAPE Festival of Voices, Headington World School Sport Day, Cowley Road Carnival.

No events left at all through until July and I suspect those and the August and September ones will have to go, because of uncertainty.

And of course *no longer* a concert/theatre/dance/exhibition goer - and feeling so sad for all the musicians/actors/dancers and concert hall/theatre/gallery/museum staff and their precarious future.

And for all charities whose fundraising is going to be decimated - I was due to abseil for Christian Aid on 9th May and organise activities in Christian Aid Week.

I am trying to establish a daily timetable but haven't managed that yet. It will include going out for at least a half hour walk (I have done that for 3 consecutive days so far!)

And I mean to clear one pile each day - although I am not sure where each will get moved to....and that hasn't started yet. It will be a great achievement if I can have a tidy flat by July, able to accept visitors again.

But I still have quite a bit of paperwork to catch up on first : church - safeguarding records, volunteer role descriptions and governors and committees - minutes, letters, reports

End of June update:

Where did those three months go? and what has been achieved?

I regret not a lot on the flat clearing tasks or all the paperwork or being creative.

But I must be positive:

I have learned new skills, tried different activities and certainly had plenty of physical exercise!

Using Zoom and Teams for social gatherings, formal meetings, quizzes, concerts, live theatre, kitchen ceilidhs, webinars and lectures.

Seeing more of my widespread family regularly and all together in Wilmslow, Macclesfield, Liverpool, Glasgow, Lands End and Cyprus!

Getting to know my neighbours much better and communicating regularly with them both face to face and on WhatsApp.

Cutting out 32 scrubs tops, ready for volunteer stitchers.

Recording Open the Book stories for our schools.

Using my bike instead of my car wherever possible – the latter has only been to Tesco, Dorchester and Basildon Park.

The use of Strava to track journeys:

Oxfordshire Netball set up a cycling/walking/running team challenge during June - final effort on Sunday was a 34 mile ride

and a 25 press ups for 25 days Facebook challenge to raise awareness of suicide

Continuing to produce Link and delivering some of the printed copies

I am sure we all have serious concerns about what the 'new normal' will look like and the areas of society that will never be the same – my deepest worries are for schools and young people, the arts and sports.

And in all of this is God, his love and hope

# IFFLEY CHARITIES

If you visit Iffley Church you will see the following memorials – do you know that they left a legacy to this Parish and surrounding Parishes in the form of two Charities.

The Iffley Charities comprise The Alice Smith Trust and the Sarah Nowell Educational Foundation; they were originally derived from money left by Alice Smith in her will of 1678, by Stephen Field in his will of 1727, and by Sarah Nowell and her husband in a will of 1801. Both charities were set up to cover the ancient parishes of Iffley and Littlemore, but now also include Cowley and Blackbird Leys.

The Alice Smith Trust exists to provide relief of need, mainly to individuals, often through organisations such as the Rose Hill and Donnington Advice Centre, playgroups and health visitors.

The Sarah Nowell Educational Foundation exists to provide assistance for the education of young people, where there is a financial need, funds going to the individual or, more often, to schools, play schemes or organisations such as the Sea Scouts or Brownies.

These charities are still giving grants, generally in the region of £100-£250, although larger grants are considered. This is one of the many responsibilities of the Rector for the Parish of Cowley and the clergy of the other Parishes shown.

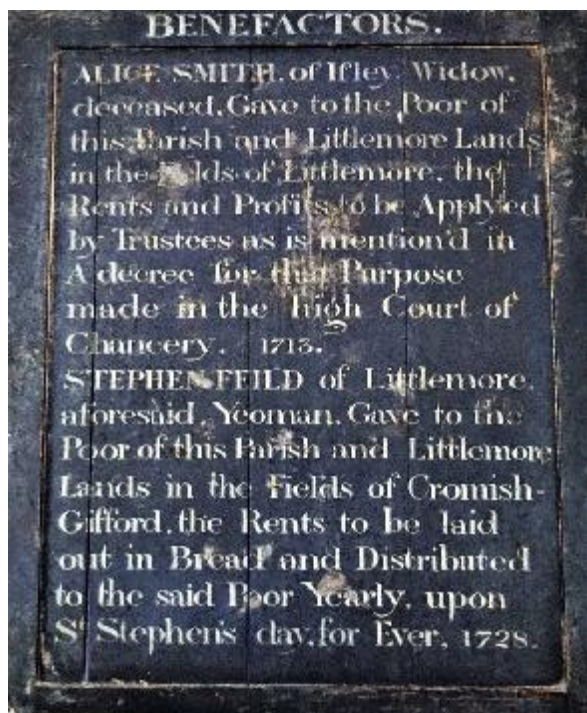


HERE LYETH Y BODY OF MR: JOHN  
SMITH OF THIS PARISH YEOMAN  
WHO DYED 1659. AS ALSO OF  
ALICE SMITH HIS WIFE WHO DYED  
1678, WHICH ALICE LEAVING  
NO CHILD BUT WILLIAM HER  
SONNE DID PIOUSLY BEQUEATH IN  
CASE HEE DYED WITHOUT ISSUE  
E/Y INHERITANCE OF LANDS IN  
LITTLEMORE FOR THE BENEFIT OF  
THE POOR OF THIS WHOLE PARISH  
OF YFFLY & OF Y RESIDUE OF  
LITTLEMORE

She resteth from Her labours  
& Her works follow Her

CAMINO DE SANTIAGO PILGRIMAGE TREK  
20-27 March 2021  
for the Fairtrade Foundation

Another challenge for Lesley Williams who has signed up with Global Adventure Challenges to fulfil a long held wish to visit Santiago de Compostela and has committed to raising £1330 sponsorship for the Fairtrade Foundation, on top of a considerable amount to cover expenses which Lesley is paying herself. So from September you will be hearing about events and opportunities to help with that fundraising. The trek is the final 112km, 5 days of the full pilgrimage route, starting from Sarria, with a grading of tough and challenging! More information to follow in coming editions.



## BIBLE SOCIETY 'MORE THAN A BOOK' REGISTRATION

Are you looking for something inspirational to read to see you through the rest of this strange time? 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 the order and we will benefit from the 'More than a book' cash back scheme. It's that easy! We earn some from our 'Open the Book' resources orders – not a huge amount but useful! Some personal shopping would be useful.



Do look at the on line shop for cards and gifts – Bibles, prayer books, cards, courses, fiction, dvds etc.

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

# NOTABLE PEOPLE & CHARACTERS OF COWLEY

## FATHER JOHN BETTON

FEBRUARY 1966



My dear friends,

Most of you will have heard already that in six months' time I will cease to be Vicar of Cowley. I have been asked to go as St. Hugh's Missioner in the diocese of Lincoln. The work of diocesan missioner means that I will be concerned with the work of the Church all through the diocese of Lincoln, an area as large as this diocese with the three counties of Oxfordshire, Berkshire and Buckinghamshire. I will be working a lot with the clergy, and with training laity for leadership in the Church by conducting conferences and retreats, and by group and personal discussion.

We will be living in Swaby Rectory, near Louth, in the Lincolnshire Wolds an area of great beauty and very sparsely populated. Swaby, population of 150 and some tiny hamlets around it are to be linked to the neighbouring South Ormsby Group of Parishes. I will be an honorary member of this group and the majority of my time will be spent on diocesan work.

Leaving Cowley is going to be very difficult. It is 11 years ago this month that we came here from Sunderland with two boys aged eight months. Now we have six children, some of considerable size.

Much has happened in the development of Cowley and of the Church here during these years. I was very happy working with Father Whye as Vicar for the first four years, and since



then have been most fortunate in the loyalty and hard work of people in all parts of the parish, especially members of staff and Church Wardens. What no one person could possibly bring about, has happened as a result of co-operation and keenness on all sides within the Anglican Church, among members of other Churches, and among those active in the local community, in schools, social services and industry. The growth of ecumenical activity in Cowley has encouraged and shown the way to others.

All of us have made many good friends. Parting is never easy, as has been brought home to us here as family after family have moved away. Now that our turn to move is coming, we are going to find the same mixture of keenness for something new and sorrow at the passing of so much that is familiar and good.

As a parish priest seeks to be a transmitter of God's loving care, his roots go very deep. To move is like having part of oneself cut away. But such an operation may have good results for everyone, and at another time I will be writing about "journeying" as an essential part of our understanding of Christian living.

I hope that between now and August we will continue to be able to play our part in the life of our Church here, and that I can still serve you as priest, and not just be "someone who has nearly gone!"

May God bless you all in His service,

Yours sincerely,

John Betton



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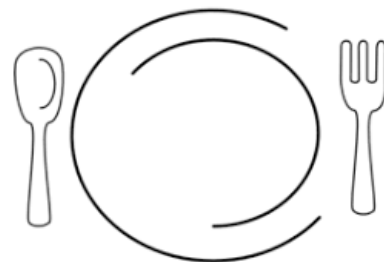
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## Leftover Roast Recipes

During lockdown our three grown up daughters have moved out, and a weird thing has happened - we now have leftovers!

Maybe it's because we're adjusting to cooking for only two people instead of five. Or more likely because our children are all hearty eaters and they're not here to Hoover up any food going spare. For the first time ever this month there were Yorkshire puddings left after our roast. I love a roast dinner- who doesn't! But I know lots of people don't have them often because if you're only cooking for yourself, or perhaps just two people, it seems like a bit too much bother, and it will be a waste of food. So I wanted to share two ways we've been using up roast dinner leftovers to make the effort of cooking it last for a few meals, not just one, and to cut down on wasting food.



### Roast dinner pie.

As easy as it sounds! Make some pastry- quickly rub in half fat to flour (Cookeen or Trex make this really easy), add a pinch of salt, and enough cold water to make a smooth dough. Roll out and line a dish.

Then simply chop up all the leftovers- meat, potatoes, veg, Yorkshires, stuffing, pigs in blankets, everything, and put it all in! Cover with

gravy- you may need to make up a spot more - top with pastry and cook in the oven. For a bit of extra flavour, before you add the leftovers you could also spread the inside of the pastry bottom with a thin layer of condiment sauce- cranberry, mint, apple, etc, depending on what meat you have. This will honestly be one of the nicest dinners you've ever had!

***Top tip-** always make a bit too much pastry so you can make jam tarts too!*

### Easy curry

***Top tip-** Tesco (and probably other shops) do a frozen bag of Indian inspired base mix: chopped onions, garlic, ginger and chilli. It's probably a bit more expensive than buying these separately, but means there is zero waste and zero fuff! You can just tip in as much as you need instantly from the freezer.*

Fry a chopped onion and some garlic, dry if you're watching the calories or with a dash of oil, butter or ghee if you're not, until golden. On a low heat add equal quantities of curry powder/paste (any flavour you have knocking about in your cupboards!), mango chutney and tomato puree. Use between a teaspoon and a tablespoon of each, depending on the quantity you are making. Remember it's easy to add more if needed, but impossible to take it out again! Stir in for a minute. Chop up all the leftover meat, potatoes and vegetables and add to the pan, along with leftover gravy, and mix well. If

you don't have enough liquid you could add more gravy or some coconut milk or a tin of chopped tomatoes or passata. Once it's all heated through have a taste, and add more mango chutney, curry powder/paste, chilli to your taste. If you have some cream, crème fraiche or plain yogurt stir a dollop through on a low heat for a lovely rich finish. Curry is always nicer if it's a day or two old, so leave it hanging around in the fridge for a while to let the flavours infuse. Serve with whatever you like to have curry with. For me that's rice, rice and more rice. For Jason it's a nice cold beer! Cheers!

***Top tip-** You can buy coconut milk powder to make up to the quantity you need, instead of having to open a can at a time.*

Gemma Beesley

*Lord God, please bless this bunch who munch their lunch. Amen.*

**Shaun Guard**

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## SAFEGUARDING IN COWLEY PARISH

As a Parish, we are committed to the Christian care, nurture of, and respectful pastoral ministry with, all children and all adults but particularly those who are vulnerable in any way.

So we ensure that our policies and practice on the selection and training of all those staff and volunteers with any responsibility within the Church are in line with safer recruitment principles, including the use of Disclosure and Barring Service criminal records checks where applicable.

We intend that St James and St Francis churches will be safe, caring communities which provide a loving environment where there is a culture of 'informed vigilance' as to the dangers of abuse, including domestic violence and bullying.

We will challenge any abuse of power, especially by anyone in a position of trust in our churches.

We follow statute, guidance and recognised good practice in all our safeguarding procedures and check that all users of our premises agree to do so too.

Our practice is focused by a new requirement to complete a 'Promoting a safer church' action plan. We find we must clarify some of our procedures and systems. There is the danger that we *think everyone knows what they should do* but we haven't checked on that.

Safeguarding is everyone's responsibility – *please be sure to report anything you observe whilst at church or one of our events that causes you concern for someone's safety or wellbeing.*

*It is just as important during this strange time when we are all on our own in our homes; the situation throws up its own safeguarding and welfare issues. Please remain aware.*

Lesley Williams 01865 779 562  
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## PERSONALLY SPEAKING

Amanda Bloor: Amanda has left the Isle of Wight for North Yorkshire! She became the Arch-deacon of Cleveland in April this year – and we didn't ever manage a Parish trip to see her in Bembridge!

David Benskin: Read about and hear David in the 'God in the life of.....' feature in the latest edition of the Diocesan magazine "Pathways" – it's only available on line at the moment <https://www.oxford.anglican.org/david-benskin/>

Tony Beetham: Our thoughts are with Helen and Family following Tony's passing on the 17 June and his funeral on the 3 July 2020.

## CHRONICLE

Editorial Team- Sally Hemsworth, Nicki Stevens

Deadline for the next edition: Monday 24 August 2020

If possible, please send entries by email to Sally at [chronicle@cowleyteamministry.co.uk](mailto:chronicle@cowleyteamministry.co.uk).

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

The Editorial Committee in no way accepts responsibility for goods or services supplied by our advertisers, errors and omissions excepted.

## A new Musical collaboration

Playing music together. [www.Bandlab.com](http://www.Bandlab.com) provide a way we should be able to make music together at home! Why not sign up ([click here](#)) <https://www.bandlab.com/band/band7292717524766128> and look for our band 'Cowley Worship Band'. | We need voices and instruments. You can find the music for what we are looking at from this link. [Click here](#).

<https://1drv.ms/u/s!AjulmR8Cfj70j4haFGmMvuZdwestSg?e=Xa9eJZ>

For more details have a word with Geoff



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## Blight and birds

We have been watching the antics of birds around our feeding stations just outside our living room window. At the moment fledglings are coming with parents who are feeding their demanding youngsters and we see sparrows, blue tits, great tits, coal tits and, today, greater spotted woodpeckers! Enthralled and heavy on the bird seed! Collared doves, dunnocks, wood pigeons and blackbirds clear up what is dropped on the ground.

I am really not a friend of wood pigeons, however, as they cause a lot of damage on the allotment, particularly with my second pea row. They did attack the first row but not so much and we are now picking long fat pods, many with as many as 11 peas within. Podding peas is a great seasonal delight, as well as eating them!

We have a glut of lettuce and the onions look to be going strong. Our potatoes had a knock back with the frost in mid-May but they soon recovered. The earlies, however, variety Maris Bard, seemed to stop growing and not flower. Next we saw what only could be blight on the leaves. It didn't seem to have spread to the other potatoes on the plot which are growing away and topped with flowers. In I went with the secateurs cutting off all the blighted top growth and bagging it up to take home to go in the garden waste bin. The gloves I wore and the secateurs were washed. The same fungus affects tomatoes so I did not want to carry it into the greenhouse. We will dig up a root or two soon to see what sort of a crop we have but best to leave them in the ground for now so as not to spread the blight.

More disappointments this year include the broad beans which had a severe bout of black aphids and have failed completely and, of course, spinach which just bolted in the heat – and, yes, I think I only have 4 parsnips!!! Our strawberries were stripped by the pigeons as soon as they ripened so I have dug some of the plants up and have put them in pots in the greenhouse, hoping for some sort of crop later in the summer. I have decided that I will scrap the strawberry patch from now on. A trip to the Pick your Own will replace.

We have had some very hot and dry weather, needing to use a hose pipe for watering in the garden and greenhouse once our 4 water butts ran dry. Happily we have had some rain and the butts did refill somewhat.

Emergency watering was needed on the allotment in the hot and dry days and we have saved most things. When we first had our plot there was no water supply. Getting water from the Boundary Brook with a bucket on a rope was arduous to say the least. Thank goodness we now have cattle troughs dotted around to dip into with watering cans.

From now on the plot is giving back from all the effort put in. We are starting to pick raspberries, courgettes, broccoli (from our bird-proof cage!), french beans, beetroot and chard as well as peas. Roll on runner beans and sweet corn as well as onions, shallots and maincrop spuds in another month or so!

Joan Coleman

# Florence Park



The Parish of Cowley is lucky enough to have a great open space - Florence Park (The first three photographs were taken by Les Hemsworth). The following article (reproduced with permission from The Arts Council), written by Paul Rabbitts and published by The Arts Society, gives the history of parks and sets out why they matter. Locally we have always appreciate that it is a valuable amenity for the community – this has been especially so during the recent lockdown when daily exercise has been needed:



A recent article published by the Arts Society says that one of the greatest 'inventions' of the 19th century was the public park – and in current times, they've become more important to us than ever before. But what do we actually know about them? Our expert, Arts Society Lecturer Paul Rabbitts, shares his knowledge:



Battersea Park, London

'THE MEASURE OF ANY GREAT CIVILISATION IS ITS CITIES, AND A MEASURE OF A CITY'S GREATNESS IS TO BE FOUND IN THE QUALITY OF ITS PUBLIC SPACES, ITS PARKS AND SQUARES'

Writer, art critic and social reformer John Ruskin (1819-1900)

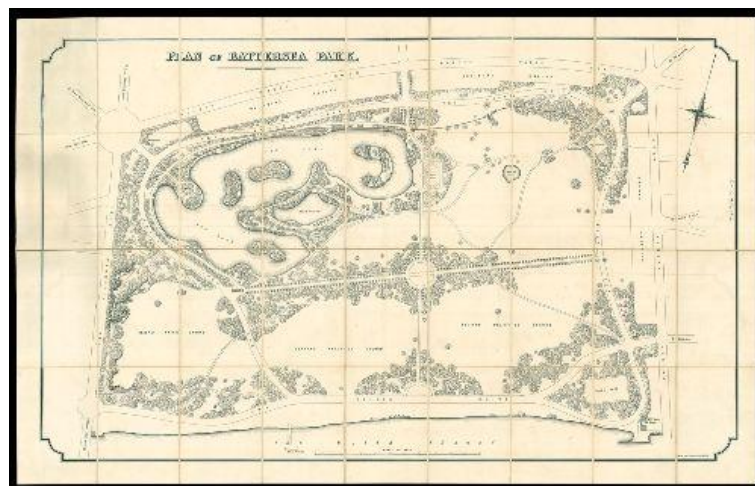
## GREAT BRITAIN HAS BEEN A NATION OF PARK BUILDERS SINCE THE INDUSTRIAL REVOLUTION

The garden designer, reformer and writer JC Loudon, writing in *The Gardener's Magazine* in 1829, campaigned for public parks as 'Breathing Places' for towns and cities. London was the only city with parks – the Royal Parks – but these were mostly inaccessible, available only to

royalty and those with special privileges. Indeed, some of these were not open to the public until the early part of the 20th century.

Along with the earlier pleasure gardens, such as Vauxhall Gardens in London, these parks were the earliest of prototypes for our great British parks. In the middle of the 18th century, the population was six million, with only one in five living in a town of any size. By 1851 the population was 18 million, with a 50:50 split between town and country. And by 1911 nearly 40 million (80%) were living in towns such as Manchester, Liverpool, Newcastle, Leeds and Birmingham.

Moral concerns for the masses started in 1833, with the report of the Select Committee on Public Walks highlighting the benefit public parks could bring, and that 'the provision of parks would lead to a better use of Sundays and the replacement of the debasing pleasures'.



Battersea park plan

## THESE WERE THE MOVERS AND SHAKERS

Among the key figures in the provision of public parks was the architect John Nash, who was responsible for the laying out of Regent's Park, which was completed in 1825, as well as the remodelling of St James's Park. Architect and planner James Pennethorne followed up with designs for Victoria Park (which opened in 1845) in the East End of London. He was architect to the Commissioners of Woods and Forests, and prepared an initial design that included a grand entrance, a perimeter drive with elegant housing, and a parkland landscape of trees and grass. Pennethorne was also involved in the design of Battersea Park, which opened in 1858.

It was, however, Joseph Paxton, gardener, designer, writer and creator of one of the most famous buildings of Victoria's reign – the Crystal Palace in Hyde Park – who had the greatest impact on British parks. Paxton was head gardener at Chatsworth and was commissioned by the



Birkenhead Improvement Commissioners – the town being the first to apply to Parliament for powers to use public funds to create a municipal park. Birkenhead Park was opened on 5 April 1847 and was the inspiration for the greatest park in the world – Central Park, New York. Those that worked for Paxton became great designers in their own right – Edward Kemp, Edward Milner and John Gibson. And those that followed included the municipal park superintendents who gave us many of our most important parks – JJ Sexby (London), William Pettigrew (Manchester and Cardiff) and Captain Sandys-Winsch (Norwich).



Queen's Park, Blackburn

### IT'S 'PARKITECTURE' THAT MAKES A GREAT PARK

When I say 'parkitecture' I'm thinking of statues, and drinking and ornamental fountains; ornate gates, shelters and benches; cafés, aviaries, park lodges and palm houses; and toilets, lidos, paddling pools, play areas and sports facilities. I'm also thinking of clocks and war memorials. The most iconic element of all 'parkitecture' though was the bandstand – no park was complete without one. From simple rustic structures to cast-iron masterpieces of engineering, bandstands dominated parks from the 1880s to the beginning of World War II.

The music that emanated from them ranged from the sounds of military bands and brass bands to, later, popular dance bands. Crowds of 10,000 or more were not unusual, and on one occasion in 1861, in Corporation Park, Blackburn, over 50,000 people turned up to listen to 11 brass bands. Latterly, groups such as Fleetwood Mac, Pink Floyd, the Bay City Rollers, Dire Straits, the Rubettes and Led Zeppelin all performed on a bandstand. Last year the bandstand in Beckenham where singer David Bowie organised, and performed at, a festival 51 years ago was given Grade II listed status.



Paisley Gardens fountain, Glasgow – pre-restoration

## PARKS WENT INTO A DECLINE

Post World War II, the decline of public parks began, despite efforts to make them more open for sport and recreation. By the 1970s and early 1980s, the rot had truly set in, with antisocial behaviour being seen. Some parks became no-go areas. Compulsory competitive tendering with contractors – when local authorities had to test the market with contractors regularly, at times at the cost of quality – ripped the heart out of our 27,000 public parks. Lidos closed, bandstands were removed, palm houses demolished, flower beds disappeared and parks departments were disbanded.

Parks were born out of the need to improve the quality of people's lives as the Industrial Revolution took its hold. One hundred years later, this was abandoned as we embraced 'the cost of providing' rather than the 'benefits [note the plural] of providing', only to rediscover this by the end of the 20th century and the beginning of the 21st century.



Paisley Garden fountain, Glasgow - restored

## BUT WE STILL NEED THEM

Thanks to successive studies and reports, surveys, analysis and continued lobbying, many parks have been rescued from virtual obscurity, funded primarily by the National Lottery. The irony is perhaps wrapped up in the past – history tells us that parks are good for us.

In 2014 and 2016, the Heritage Lottery Fund published two reports on the condition of parks in the UK. The picture was once again bleak. Funding for public parks and urban green spaces was significantly reduced between 1979 and 2000, with an estimated cut of £1.3bn in total. And from 2018, some councils had up to 90% cuts in their annual budgets.

Yet a timely report published in January 2013 by the International Federation of Parks and Recreation Administration (ifpra.org) had concluded that there is evidence for benefits of urban parks, and that there is sound scientific evidence that they contribute to human and social wellbeing – more important than ever today.

In 2015, 186 years after JC Loudon's pleas, *The Times* reported that 'it's mad to let Britain's glorious heritage of urban parks disappear'. Speaking at the Paxton 150 conference in 2015, parks historian David Lambert echoed this: 'What Paxton and his fellow Victorians thought was obvious – that the health, social and recreational benefits of parks far outweigh the costs of maintaining them.'

As those of us who love our parks would proudly say on social media – in true 21st-century fashion – our parks matter.



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11.00am St Francis, St James

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Wednesday 2.00—4.00 St James

Chats in the churchyard both days

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# 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.

Contact details: Tel: 01865 747680

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Out of hours tel: 01865 778596

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### Team Rector:

The Revd Canon Dr Geoffrey Bayliss

Tel: 01865 747680 (o) 01865 778596 (h)

Email: [rector@cowleyteamministry.co.uk](mailto:rector@cowleyteamministry.co.uk)

### Team Curate:

Revd Gemma Beesley

Email: [curate@cowleyteamministry.co.uk](mailto:curate@cowleyteamministry.co.uk)

### Self-supporting Ministers

Revd Richard Chand

01865 701948

Email: [richardwchand@outlook.com](mailto:richardwchand@outlook.com)

Revd Canon Mark Oxbrow

01865 461953

Email: [markoxbrow@aol.com](mailto:markoxbrow@aol.com)

### Churchwardens:

Christine Woodman Tel: 778078

St Francis : Nick Dewey

Tel: 07952 524664

### St James Church Centre Manager:

Chris Woodman Tel: 778078

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### Cowley Chronicle—Editorial Team:

Sally Hemsworth, Nicki Stevens

Articles to be emailed to:

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