


Chronicle

**Remembrance Day:
Sunday 10th November**

**10:00 am St James
Beauchamp Lane
10:30 am St Francis
Hollow Way**



*They shall grow not old,
as we that are left grow old:
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning
We will remember them*

**Hymns, Readings, Prayers,
Act of Remembrance,
Communion**



A Service to
remember
those we love
but who have
died

St James Church
Beauchamp Lane
Sunday 3rd
November
4 pm



Advent Candle Painting
Come and paint a candle
Come drink tea and Chat

SATURDAY 30th November
10:30 am to 11:30 am
St Francis Church



www.cowleyteamministry.co.uk parish of Cowley

November 2019

From the Editors

Sally Hemsworth and Nicki Stevens

The deadline for the Samaritan Boxes is coming up and a few boxes have been returned to the Parish Office. Most of the boxes put in the churches and at the Church Centre have been taken so we are expecting a lot more to be returned. The boxes have to be delivered to the pick-up point by the 18 November at the latest. Your completed boxes will be received with pleasure.

The November Chronicle is going to press just before the Craft and Gift Fair at St James Church Centre. A huge amount of planning and work has gone into this annual event, and lots of things have been donated for the Parish stalls. We must thank Chris Woodman and Margaret Weller for taking the lead on this and the many people they “encourage” to help.

The Loved Ones Service (3 November) and the Remembrance Service (10 November) are coming up, and then planning for Christmas services will be going ahead. As you will see cards giving details of services together with cards for the Christmas Tree Festival will soon be available for distribution – and help will be needed to get these to local households.

In between this, please enjoy the Film Club – the films shown are good and the coffee, cakes and company make for a good evening out.

Continue to enjoy the autumn and the changing colours despite the rain and colder weather.

Nicki and Sally

Mission Giving for this year

This year the PCC has allocated £2,210 to be given to Christian-based charities. This is the equivalent of 5% of the planned giving (by envelopes/standing orders/Parish Giving direct debits) in 2018. If you have ideas of how this money can be used, please come to a meeting at 7pm in St James' Centre on Thursday 14th November and bring any information about the charities you would like to support. If you can't get to the meeting, please give details to Joan Coleman (Parish Treasurer) Phone 01865 770865 or email ojcoleman@btinternet.com.

If you are wondering what Parish Giving direct debits are, it is another way of giving to the Church. Leaflets and forms are available in Church and the Church Centre or talk to Geoff or Joan.

Done any Christmas shopping yet?

If you are going to order online with Amazon, please remember to go to Amazon Smile which will give the parish 0.5% of your order value. You just need our registered charity number, which is 1153602, and off you go!

NB Please also support our local independent shops!

A word from the Rectory



As we travel through November, towards Advent we continue our journey through the Lord's Prayer:

- 3rd November- Forgive us our Sins
- 10th November- Lead us not into Temptation
- 17th November- But deliver us from Evil

24th November- For the Kingdom, the Power, and the glory...

I trust that, to date, this journey has been a blessing for you? It certainly has been for me. As I ponder these words, they inspire my ongoing talk with our Father in Heaven. They remind me that whilst my relationship with God is personal, such intimacy is held as part of our UNITED family, the Christian Church.

The image of us coming before God in unity inspires the theme of our forthcoming Christmas Tree Festival 'COWLEY UNITED'. It is a celebration of this area of Cowley. It aims to increase a sense of community and mutual support. To encourage us on the journey of life

At the heart of the Christian message is a call to 'life in fullness'. Life in fullness for individuals, for families and communities. As Church, and individual Christians, work to bring in the Kingdom of God, we work for fullness of life for

all. Like a spider's web, strength and effectiveness come not from any single strand of church life but from the many strands working together:

- The loving care and interest of friends, neighbours, colleagues.
- Prayers offered up in homes, places of work and churches.
- Vision for the future of what could be.
- Understanding of the present of what should not be.
- Teaching that reveals truth about ourselves and God.
- Help to avoid temptation.
- Encouragement to develop structures of forgiveness and reconciliation.
- Practical, appropriate, support at times of need.
- A fellow pilgrim to journey with.
- Gathering together to celebrate and mourn.

And, strength from the sacraments Christ gives us.

As we journey through the coming weeks and a 'Time of remembering', let us keep our eyes on the prize – life in fullness. As God's people let us happily signpost the road to Jesus that helps us find that Goal.



Benson Cottage

CHILDREN'S CORNER

I suppose you expect me to want to talk about Halloween or Bonfire Night or something like that at this time of year but you see I don't know much about Halloween and although I enjoy fireworks and especially bonfires, Halloween didn't exist over this side of the Atlantic and we seldom had much pocket money available for much more than sparklers! But we did have fun. There is something common to both dates that I find a bit sad. Neither celebration is what I would call HAPPY and although Halloween is supposed to be a surprise, I usually find it scary and NOT happy. Both can cause you to spend an awful lot of money and the fun that lasts for a very short time. I think neither has the 'magic' that I want to tell you about.

For the same price as a small box of fireworks or a ghastly scary facemask and hat you can buy a bag of bulbs that will not only give joy to you and everyone who sees them, but is your own small contribution to the magic of life. What appears to be a bundle of scrappy small onions, with a marvellous picture of some flowers on its packaging, will grow over the winter period in the garden or in a bowl inside the house. All you have to do is get a small pack of compost from the hardware store, or ask your parents to let you have a little of their supplies. By planting the bulbs in a bowl or in a vacant part of your garden you will have flowers in the spring. But you have to be patient and leave the bulbs alone. There will be some sign of life after Christmas with slow growth until the flowers form from buds at the end of the stalk.

Or, if you want to be very grown up, ask your parents if you can try to grow some small plants yourself from cuttings in your garden that they will be pruning, like giving the plant a haircut. Then, replant those cuttings in a

vacant spot in the garden. Don't expect every cutting to 'root', but some will and later you will be able to swap spares with your friends. Later with the success, and hopefully encouragement that you now have 'green fingers' you will want to prepare your pots and trays for sowings seeds in the spring so that you can have even more flowers during other months of next year. You might even grow some plants for the summer sale.

Left alone on the shelves in the hardware store the bulbs and seeds will be just that, bulbs and seeds. They remain dead or sleeping. With a little help from you, a small addition of compost (or fine soil from the garden with no stones or weeds, AND a little patience), you will have your own bit of magic for all to see and enjoy. Try it yourself. You can ALL do this sort of magic. The first time it IS a surprise that I am sure you will find exciting, and so too will be the gift of a bowl of lovely flowering bulbs to your mum or dad. THAT'S MAGIC.

Uncle Ben

PERSONALLY SPEAKING

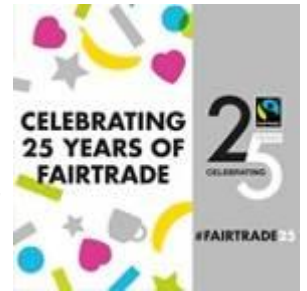
Connie Uren has recently moved to the Iffley Residential and Nursing Home, Anne Greenwood Close, Iffley, Oxford (Tel: 01865 718402). She is on the second floor, Room 73, and would welcome visitors.

Unfortunately, Audrey Smith, who was living at Iffley Residential and Nursing Home, died about the same time as Connie moved in. Audrey lived for many years in Crescent Road, and many people will remember her.



FAIRTRADE

This year, the Fairtrade mark celebrates its 25 year anniversary, with events being held mid-September to mid-October. 25 years of impact: fighting against poverty and inequality, making a real difference to the lives of farmers and workers, working with businesses and governments, teaching about Fairtrade in schools, campaigning and lobbying.



The Cowley PCC has declared its intention to become a Fairtrade Parish in order to demonstrate our Christian commitment to our worldwide brothers and sisters - but we are making very slow progress towards it as we STILL regularly receive gifts of non-fairtrade products when fairly traded equivalents are readily available.

We of course THANK YOU for generous supplies to the Parish kitchens at St James and St Francis. *But PLEASE only buy/give FAIRTRADE PRODUCTS when those are available in supermarkets and the fairtrade shops in Headington, Cornmarket and elsewhere: tea, coffee, chocolate and sugar. Fairtrade biscuits, jam, kitchen roll and cleaning materials would also be appreciated.*



<https://www.fairtrade.org.uk/What-is-Fairtrade>

<https://www.fairtrade.org.uk/get%20involved/Current-campaigns/Fairtrade-at-25>

ADVENT BIG BREKKIE – 1 DECEMBER 2019

This is our absolutely last chance to top up our 2019 Christian Aid donations, currently standing at £1,442.

And it is my nostalgic chance to make a big pot of porridge (with salt – the Scottish way) as I used to do at Guide camp, but without the stress of first lighting the ‘kitchen’ fire!

Please come and enjoy a communal breakfast between our two Sunday morning services. As usual, there will be: porridge - bacon butties - scrambled egg - toast -



crumpets -
croissants - fruit -
tea - coffee - good
company - many
smiles.

Shaun Guard

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Course info

budget. save. spend.

CAP Money is a free course that teaches people budgeting skills and a simple cash-based money management system. The course is designed to help people get in control of their finances, so they can save, spend wisely and prevent debt.

With over 6,000 participants a year, CAP Money is the biggest

face-to-face adult money education course in the UK.

Thur 7/11/2019 7.30 pm 14/11/2019 7.30 pm 21/11/2019 7.30 pm	The Venue 242b Barns Road, Cowley, OX4 3RQ	Contact Jonathan Everett 07597 952381
Thur 14/11/2019 10 am 21/11/2019 10 am 28/11/2019 10 am	The Mish 57f St Clement's St, Oxford OX4 1AG	Contact Jill Ewbank 01865 249008

You should plan to attend all three sessions.

'I thought money will always be in charge of me! But I was wrong. Now I am in charge of my money. Through the CAP Money Course I am able to budget and pay my bills on time for the first time in years. Thank you, CAP.'

Verna, CAP Money Delegate

www.capmoneycourse.org

NEIGHBOURHOOD WATCH

Neighbourhood Watch is a free service available to help reduce crime in Oxford by promoting community spirit and maintaining links with the Police. The vision is a society where neighbours come together to create safer, stronger and active communities.

By supporting and enabling individuals and communities to be connected, active and safe, this will increase wellbeing and minimise crime. In a study in June 2019 by Nottingham University, roads that had Watch schemes had 11% lower crime rates.

Local information and crime reduction advice is shared within a Watch scheme.

Watch groups can be as small as five houses or as large as a couple of streets. A great deal can be done to prevent crime but the Police cannot do it alone.

You can be a member or Co-ordinator for your road. There are Neighbourhood Watch discounts for local and national shops.

If you are interested in finding out more please contact Maggie Lewis

I look forward to hearing from you. Please email: maggiejlewis@yahoo.co.uk

Top tips for savings and stress-free Christmas preparations

It's that time of year when Christmas adverts start appearing on our TVs. Constant images of festive flawlessness aimed at getting us all to feel inadequate, and thus part with our money and achieve the 'perfect' Christmas bother me. Bah humbug.

For Christians, preparing to celebrate the birth of Jesus is exciting, but there is a lot of pressure from our culture today about what Christmas should look like. This can cause family tensions and financial pressures ('If I invite my sister to lunch, I should invite my brother - who my sister doesn't get on with.' 'I've spent this much on Cousin John, so I must spend the same amount on Cousins Jack, Jane and Joe too.')

Here are a few small ideas to save on money and stress:

As members of a busy church family, we have lots of people who we will want to wish a Very Merry Christmas: our nearest and dearest, and of course our brothers and sisters we worship and meet with each week.

Last year this left me with a dilemma. Now I love sending and receiving Christmas cards. But I worked out that as a minister in the parish, I engage with over a thousand people each week. I don't have the time or the money to send everyone a card, and inevitably I'd miss someone out! So I ended up not sending any, and felt very Scrooge-like about it.

This year Geoff has had an excellent idea for sending church Christmas cards. In St James and St Francis we will be installing large display boards for Christmas cards which are sent to the whole congregation. This means that we can send just a single card to send Christmas blessings and peace to all our fellow brothers and sisters, saving money, time and our planet! Keep this in mind as you do your Christmas shopping.



Another good tip is to wrap any gifts in brown paper. It is recyclable where gift wrapping paper is not. It's also much cheaper!

This year I have also come across a brilliant idea for giving gifts. There have been years past in our household with three daughters that ,come Christmas morning, we couldn't see the floor for presents. Sometimes it feels like it all gets a bit out of hand, financially and materially - do we really need this much

stuff?! Recently I saw a fantastic idea of using three boxes to give presents in - a large one for a big toy, a medium one for clothes, and a small one for sweets and chocolates. They can be decorated and stacked to look like snowmen, Father Christmas, etc, and if you're feeling extra generous can be holding an envelope containing money or vouchers.



When preparing for celebrating Emmanuel - God with us - I pray that we would remember that in the bible, the main characteristic of those preparing to meet the baby Jesus was obedience and a willingness to say Yes to God.

Gemma Beesley

LIVING IN COWLEY

This song, sung to the tune of Waltzing Matilda, was composed by Gemma as part of her entertainment for St James Patronal Tea-Party. I think it's too good to waste so I asked her permission to share it with Chronicle readers. She happily agreed: Rosanne Butler

I was a jolly ordinand praying to God above
When I'm curate where will you send me
And God thought and he watched and he spoke into my little ear
You'll be living in Cowley with me.

Living in Cowley, living in Cowley
You are a-living in Cowley with me!
Where I live and I reign and the people build my Kingdom here
You are a-living in Cowley with me!

So the ordination came, the change was ontological!
Now, not an ordinand but a curate you see.
And I moved with my dog, and my husband and my family
They all came to live in a-Cowley with me
And God said ... Chorus

When I tell all my friends that I had moved to Cowley
They say, Cowley Road, oh that's really lovely.
And I say no, Cowley Road is technically East Oxford
I'm in the real bit, here is actually real Cowley
And God says ... Chorus

It's a very big parish from the better side of Iffley Road
From Boundary Brook to the car factory
Then it's up to Wood Farm and the borders of Headington
29,000 people live in Cowley. Chorus

Cowley has shops, it's great to mooch round Templars Square
There's a TK Maxx, Asda Home, Halfords and Sainsbury
KFC, Dominoes, or treat yourself in Wetherspoons
And all the shops that support charity Chorus

The schools are great fun, Mrs Butler has taught everyone
And knows lots about Cowley's history
Over the years dynamic Cowley has changed and grown
Cowley is glorious in its diversity Chorus

I am glad I was sent to this place where God is living here
And together we are where he wants us to be
And we live and we love and we bring the gospel to this place
And God says You are living in Cowley with me Chorus



Citizens Advice launches energy advice drive

Your local Citizens Advice is launching its annual initiative to help people in financial need who find it hard to pay their energy bills.

The project, called the Energy Advice Programme (EAP), is going live throughout Oxfordshire South and Vale from October to March 2020. It includes comprehensive steps to help people who have to spend a significant proportion of their income on fuel bills.

At an EAP appointment our advisers, depending on your particular problem, can do one or more of the following:

- Help you understand energy companies' tariffs and bills.
- Provide information and support on switching tariff or supplier, identifying any savings you might make.
- Give advice on energy efficiency measures and list any grants available to pay for these.
- Carry out benefit entitlement checks and help you claim any benefits to which you might be entitled. We can help you apply for the Warm Home Discount and the Priority Services Register, if applicable.
- Assist with any customer service complaints you might have against your energy company.

The Citizens Advice website www.citizensadvice.org.uk will give you more information. You can also telephone our Adviceline on 03 444 111 444 or visit a local branch of Citizens Advice during opening hours. Details of office locations are on www.citizensadvice.org.uk/local/oxfordshire-south-vale

Film Club at the Centre

Despite the fact that the club was celebrating its 7th birthday in October – with birthday cakes, chocolates and even a balloon! – very few members turned up. Those that did saw a really delightful film, “The Lilies of the Field”, and declared it a “lovely evening” as they left.

This month's film is one of many members favourites (or so they tell me) so we hope they will come along on the 8th and enjoy it. “Sleepless in Seattle” stars meg Ryan and Tom Hanks in a pre-Christmas story full of romance and (almost) magic with a wonderfully happy ending. For those who

have never seen it it is a must-see story.

Organising film club for all these years has been a great pleasure and we hope that the new programme for 2020 has enough in it to intrigue and entice members and their guests to come along. However, it isn't just a case of waving a wand to make it happen. There is a certain amount of planning, organisation and work involved so it is a little disappointing when members simply turn away. Please come along and make our little club a real success!

Rosanne Butler



STEPHEN COTTRELL • STEVEN CROFT
PAULA GODDER • ROBERT ATWELL

INTRODUCTION (an extract)

INTRODUCTION The first followers of Jesus often scrawled the symbol of a fish on the wall of their house. They were not just identifying themselves as Christians – albeit secretly – they were declaring the Christian faith itself. Five letters make up the Greek word for fish: ictus. Each is the first letter of one of the earliest creeds spelling the declaration: Jesus Christ, God's Son, Saviour. There are others scattered through the New Testament.

The first apostles handed on the heart of the faith in short, memorable ways often using a question-and-answer format. In the early Church this process of formation for baptism and for life long discipleship was called 'catechesis' (pronounced cat-eh-key-sis). The aim is to build a resounding inner echo of God's word, an image of Christ at the centre of each disciple's life through learning very simple core texts by heart.

From earliest times the Apostles' Creed and the Lord's Prayer formed the basis of what became known as a catechism: a simple and compelling way of forming disciples in the Christian faith and helping them to live out that faith with joy.

The Commandments and the Beatitudes were also used from earliest times. The catechism in the Book of Common Prayer is the best known example in the Anglican tradition.

This new Pilgrim catechism - The Pilgrim Way - stands in this great tradition, consciously drawing on all that has gone before. It also offers something new for today's generation of Christians, helping us to understand and live out our faith and identity as followers of Jesus Christ. It is offered as a resource to help Christian people understand and grow in their faith in the conviction that the renewal and revival of catechesis is urgently needed in today's Church. Like the very first Christians we too must know, and understand, and share and live out our faith each day.

the pilgrim way



In the Church liturgies and over the coming months the aim is to reproduce some of the Pilgrim way material to encourage our own discipleship (catechesis).
Revd Geoff Bayliss (Rector)

FLO'S – THE PLACE IN THE PARK

Rymers Lane, OX4 3JZ

Tel: 01865 587 611

<https://www.floxford.org.uk/>

Flo's – The Place in the Park is a genuine community initiative

FLO'S REFILL SHOP

Open every Wednesday and Saturday 12.30-5pm, Flo's Refill Shop is a great way to buy local, reduce plastic waste and support a great community cause!

It is selling unpackaged staple foods (from pasta to porridge), SESI Refills (for washing dishes, clothes and humans) and some environmentally sound baby products. The products are sold by weight or volume, which means you can buy exactly what you want, and bring back the empty container for more!

The aim is to help local people to reduce plastic waste at the same time as investing in local community initiatives. The money raised through Flo's Refill Shop goes straight back towards supporting Flo's wide range of community projects.

Have you dropped into the FLO CAFÉ yet? It offers great salads, sandwiches, cakes and it is so friendly. It is open: 10 am – 5 pm on weekends, 9am – 5pm on weekdays.

Regular groups, events and classes. See the website or drop in to pick up flyers – there are several just social and also support groups for mums/parents/carers; a term time environmental club for children

Occasional courses and events *various prices – see the website*

Mosaics course *with Safia Dahhan*

4 Wednesdays in November, 6, 13, 20 and 27 November 7pm-9pm

Join us to enjoy peaceful and therapeutic classes learning how to mosaic a beautiful tray. This could be a great addition to your house or a Christmas gift for someone special.

Needle-felting and Embroidery *with Emily Crane*

Saturday 9th November 9am-4pm Join us to needle felt your own brooch using natural wool, and embroider it with yarns and threads. A relaxing and cosy day to learn a new skill, get creative and make a festive gift for yourself or a friend.

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for women

Oct: 23
Nov: 6, 13, 20, 27
Dec: 4, 11, 18

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- This 8 week course is FREE, but booking is essential. Please call or email us.

Tel: 01235 849 403
gg@ageukoxfordshire.org.uk
www.generationgames.org.uk

Registered Charity No. 1091529

RECIPES

We are sure you are busy preparing Christmas cakes and Christmas puddings, so only one recipe this month!



The following recipe is from *Cakes, Bakes, Puddings and Prayers* by Susan Over:

Coventry God Cakes (makes 12)

Ingredients:

- 500g (1lb 2oz) ready-made puff pastry
- 50g (2oz) butter
- 275g (10oz) mixed dried fruit
- 1 heaped teaspoon mixed spice
- ½ teaspoon ground cinnamon
- 50g (2oz) demerara sugar
- 1 tablespoon brandy
- Egg white and caster sugar for glaze

Method:

1. Preheat oven to gas mark 3/220° C/425° F
2. Roll pastry to approximate thickness of a 2p piece. Cut into 12 squares.
3. Melt butter and add fruit, spices, sugar and brandy, mix well.
4. Place a dessertspoonful of mixture on

5. each pastry shape and fold to make triangles, damping edges with water to seal. Place on lightly greased baking tray, flattening slightly, and make short cut in top of each to allow steam to escape.
6. Brush with lightly beaten egg white and sprinkle with sugar.
7. Bake for about 10 minutes until golden.
- 8., Cool on tray for a few minutes then finish on wire rack.

As soon as Jesus was baptised, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and lighting on him. And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased.

Matthew 3:16-17 (NIV)

Lord, we may never fully understand the mystery of you this side of eternity but thank you for for those who teach and encourage us in your ways. May we always be willing to point others to you and encourage them to learn more and more about you. Amen

An advertisement for Computer Assistance. The background is a photograph of a person's feet wearing black and white sneakers, walking on a paved surface. The text is overlaid on the right side of the image.

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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.

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

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

Role descriptions: Because we are starting from scratch on this, everyone who is a volunteer in the life of the Parish will, in the next couple of weeks, receive, by hand or e-mail, a role description pro forma asking you to please write in all that you believe your role involves and return it to Lesley Williams to formalise, type up and sign. It's not bureaucracy gone mad; it's responding to the need to clarify everyone's responsibilities and their 'supervisor' or point of contact.

Safeguarding is everyone's responsibility.

Lesley Williams 01865 779 562 07982 439 828

safeguarding@cowleyteamministry.co.uk

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From the Archives

NOVEMBER 1962

DEDICATION WEEK UP AT ST. FRANCIS'

The first week in October was a very happy and busy one for people at St. Francis'. The Bishop of Oxford came to Dedicate the Church on Monday. This was a very joyful occasion. We managed to squeeze in two hundred and sixty people and what a thrill to hear the trumpets in the Church! These were provided by the Oxford & Bucks Light Infantry and really added to the occasion. They seem to bring out the primitive in man.

The Bishop went round the Church and dedicated the various parts of the Church and then re-consecrated the Altar. After the Bishop's Sermon we all went round to the Hall and there the Bishop cut the 'Dedication' cake. The refreshments were excellent and a happy time was had by all. On St. Francis' Day over twenty people came to the 6.00am Sung Eucharist and gathered for Breakfast afterwards.

At Evensong on St. Francis' Day over sixty people came and heard Father Malton, Priest-Missioner of Blackbird Leys, preach on Poverty. The great joy of this service came out in the singing.



All at St. Francis' wish to thank all those who helped to make our Festival such a joyful and happy occasion. Also, our thanks to all at St. Francis' who worked so hard to make this such a memorable occasion.

C. E. W.

NOVEMBER 1981

On St Francis' Day the Parish combined for the Sung Eucharist at St. Francis' Church. This bus transported members of St. James' and St. Luke's Congregations to the service.

Researched by Les Hemsworth

BIBLE SOCIETY 'MORE THAN A BOOK' REGISTRATION

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

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

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



St Christopher's News



It's been a busy eight weeks since the start of this term. One of the first exciting events was when we were delighted to welcome a visitor from India to school. Mrs Sangeeta Kadam is the Principal of the Epiphany School, Pune in India. Epiphany School is a High School aimed at supporting disadvantaged students with approximately 600 students on the roll from 5-16 years of age. Sangeeta spoke to the children in assembly about her school and spent some time observing learning in our

classrooms. We discussed the possibility of both our schools building a link with each other, through 'pen pals' and communication with staff. This would be very exciting for us to build a global link like this with another school. We also discussed how it would be lovely to sponsor one or two children in her school. The cost for this would be £130 for each child we sponsor, which we could raise through cake sales, and other fund-raising activities. We would get regular updates and photos of the children we sponsor, which we think our children would enjoy, and help them to understand about education in another country.

The children have already been busy thinking about others this term and supporting some charities. We raised £220 for Macmillan Cancer with a cake sale after school. For our Harvest assembly we collected a load of food items for the foodbank at St Francis' Church. Also, thanks to everyone who donated on the World Mental Health Awareness day for the charity Young Minds. We raised just under £100 and everyone in the school accessorised their uniform for the day with a yellow item to help raise awareness of mental health issues. Next term we will be supporting BBC Children In Need.

We have already been involved in local school sports' events. Over 30 children took part in the level 2 City Cross-Country races at Oxford Spire Academy, and both of our Year 5 classes took part in the tag rugby festival, also at Oxford Spire. Two of our Year 6 boys have now been selected to play football for the District U11 team – well done Ahmed and Ivan!

Sheenagh Broadbent
Headteacher

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Colourful trees and parrots!

Ruth and I meet once a year. This year I was hosting in Oxford and in alternate years, it is me going north to Nottingham where Ruth lives. We met on our first day at University long ago in the mists of time! We were placed in a Victorian house which was part of the Hall of Residence. I shared a room on the ground floor and Ruth had her own room two floors up. Here we would play the only record she had, which was the Paul Simon Songbook, on her Dansette record player. (Remember them?) She studied social sciences and went on to the Civil Service and then to train as a Primary School teacher.

We are both keen on gardens and gardening so we usually arrange our visits around gardens that are open or attached to a National Trust property. Ruth volunteers at National Trust Calke Abbey garden in Derbyshire. We usually meet sometime in summer but this year it was a late October date because it was the only Open Day at Thenford that fitted with our schedules.

I had been to Thenford three or four years ago when I went on a visit organised by the Friends of the Oxford Botanical Garden. I was bowled over with how wonderful it was so I thought Ruth would love it too. Classically-Georgian Thenford House, built in 1760, is owned by Lord Michael Heseltine and his wife Anne. Purchased in 1975, they have worked on the near derelict woodland and neglected walled garden to produce the elegant 70 acres of garden and arboretum there today. They produced a book describing this in 2016 and I went to a talk by them about it at the Oxford Literary Festival the following year.

The weather forecast was rain and we had

had some heavy rain leading up to the visit, so both Ruth and I had brought our wellies. Happily the rain stayed off but our wellies were very useful on some muddy ground. The sun didn't shine but the autumn colours certainly did. There are over 3,500 different trees and shrubs and the Japanese maples were spectacular.

The walled garden is divided from corner to corner into quarters and not one is the same. In one, an aviary contains strikingly-coloured parrots! We couldn't help but stand and watch them. There were even some vegetables as well as a fruit cage and step-over apples marking the boundaries. In another sector were black square pools and in another, crisply manicured box-hedging parterres.

A sculpture garden, created with yew hedges, contains modern pieces. The largest is a huge bronze bust of Lenin that apparently was taken down at the end of communism in Latvia and made its way to the UK where Anne Heseltine bought it for £20,000! Other statuary is placed all over the garden both classical and modern. I loved the graceful swans in the front lawn and the half life-sized fallen soldiers in medieval-type armour.

Water plays a big role in that there is a formal rill edged with an avenue of conical yew trees which leads down to a natural valley and then onto several lakes.

The garden is only open a few days in the year for which you need to apply to visit. I would love to go again in February when the snowdrops are out and for which this garden is renowned, but we do our best in Cowley, don't we?

Joan Coleman