



# Chronicle

October  
2022

Alpha:  
with the Cowley Team Ministry



explore  
life  
faith  
meaning



Alpha creates a space, where people can gather to have a conversation about faith, life and God.

Continues Wednesday  
9:30-11 am St James Centre  
OX4 3LF

Alpha @ Refresh

[www.colweyteamministry.co.uk](http://www.colweyteamministry.co.uk) Revd Geoff 01865 778596

## The Bible Course



Explore the BIG story

Join us on an adventure: An eight-session course helping you explore the BIG story of the Bible

Continues Monday  
7:00 pm Ranklin Room  
St James Centre OX4 3LF

[www.colweyteamministry.co.uk](http://www.colweyteamministry.co.uk) Revd Geoff 01865 778596



## Youth Emmaus Continues Sunday 3 pm (following the AALC Service) @ Cowley Rectory 11 Beauchamp Lane

The Youth Confirmation course for the  
Cowley Team Ministry



More details from Geoff: 01865 778596

# From the Editors

*Sally Hemsworth and Nicki Stevens*

We have been so sad over the last few weeks following the death of our beloved Queen. We think Joseph has expressed how a lot of us feel at what has been a very difficult time. It would be lovely to have a collection of the special memories we have of Queen Elizabeth II – please let us have them, however small or large.

We welcome King Charles III and look forward to a long and successful reign.

How has the seed planting gone? Will we expect a lot of small double orange poppies in the church flower arrangements in 2023? Look forward to feedback on your success with the planting – we know Uncle Ben would be interested in receiving them.

Many apologies for missing off the ends of two articles in last month's Chronicle – the full articles by Mark Oxbrow and Josh Hordern can be seen on the Parish website but if you are not able to look them up and would like to see the endings, contact us and we will do what we can to help. We are not certain what happened but will try to avoid this happening again.

Please look at dates to remember – there are lots of things happening including Messy Church, Remembrance Services, the Craft and Gift Fair at St James' Church Centre, a pop-up sales stall and refreshments at St Francis' Church, and a full programme for the Christmas Tree Festival.

Just remember, we really enjoy receiving your articles, ideas and comments on the Chronicle.

We do hope you enjoy this edition of the Chronicle.

Nicki and Sally

**Cowley Team Ministry:  
We are recruiting volunteers!**

**Our lovely treasurer Joan is moving to Bristol!!!!  
So, we are recruiting. We need help in the following  
5 areas:**

- **Banker(s)**
- **Donations and Gift Aid Secretary (DGAS)**
- **Bill payer**
- **Bank account reconciler and reporter**
- **Contracts Negotiator**

**Please prayerfully consider if you can help!**

## ***A word from the Rectory***

*"I shall endeavour to serve you with loyalty, respect and love": King Charles III*

'The Queen is dead...long live the King.' There has been a world of change since the last edition of the Chronicle. As a Church of England Vicar, the change seems perhaps more significant than in other walks of life. A change of Monarch brings a change in the temporal (earthly) head of the church. Our vows remain, but the focus of them is shifted. It is perhaps in singing the national anthem that this change from 'God save our gracious Queen' to 'God save our gracious King' has been most tangible.

Our prayers are very much for our new King and our hearts are behind him. Already the shift is being seen. All over the world wording of material is changing. A Common Worship collect for the sovereign (found in the adjacent box) is just one example.

Already his reign resonates with the 21<sup>st</sup> Century. For many, we are seeing retirement being pushed back. The national retirement age is increasing. Financial pressures mean we continue to work until we are much older. And our King takes up a new career at the age of 73. He will be busier than he has ever been before. The responsibilities he carries will be greater.

Much of our Church community is of senior years. We find we are in line with

### **A prayer for King Charles III**



Almighty and everlasting God, we are taught by thy holy Word, that the hearts of kings are in thy rule and governance, and that thou dost dispose and turn them as it seemeth best to thy godly wisdom:

We humbly beseech thee so to dispose and govern the heart of Charles thy Servant, our King and Governor, that, in all his thoughts, words, and works, he may ever seek thy honour and glory, and study to preserve thy people committed to his charge, in wealth, peace, and godliness: grant this, O merciful Father, for thy dear Son's sake, Jesus Christ our Lord. Amen

the times. Increased age is no barrier to service. As we build the kingdom of God together we might question "Am I too old to do this?" but that is not the real question we should ask. Just as for our new king, the question remains. Am I called to do this and am I able? May God bless us in the season of Charles Rex!

A handwritten signature in black ink, appearing to read "Paul Taylor".



Benson Cottage

# COWLEY FESTIVAL OF CHRISTMAS TREES 2022

Theme : Peace of Earth

*Dates:*

*Friday 9 December – the opening reception – through to Sunday 18 December - the closing outdoor carol service*

Our next planning meeting, to which anyone who would like to be involved is invited: Thursday 6 October , 9:00, Ranklin Room

We now have the concerts fixed with Jubilee Brass and Rising Voices and a singing workshop with Emily Marshall but we hope for more music.

With just two months to go, we hope to have the invitation card designed very soon, ready for printing. We will be inviting tree creators to sign up to enter the festival – and to accept one of the small travelling peace trees for 48 hours in their setting: school, church, community facility, shop, business, home... with a song to sing, a book in which to record a prayer or peace thought and a peace declaration to make on handover to the next recipient.

We also now invite knitters/crocheters/crafters to create doves of peace to gift to the community, hanging them with a festival invitation card around Cowley on fences, hedges, park seats etc. Jill Ling is coordinating that : [jl562753@gmail.com](mailto:jl562753@gmail.com). There is a knitting pattern available, but you may want to make a 2-dimensional version from felt or fabric – a variety would be wonderful!

We would also love others to join the planning group – or maintain contact with ideas - just send them to [cft@cowleyteamministry.co.uk](mailto:cft@cowleyteamministry.co.uk)



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## FAIRTRADE - where are we with it as a Church and Parish?

The PCC has now agreed unanimously to confirm our determination to work harder at Fairtrade Parish Status, as we declare we are living by the Kingdom principles of caring for those who produce, process and transport our food. So we have now rebooted our fairtrade commitment!

We confirm that we will stock the kitchen only with those fairtrade products which are readily available in the shops so *all such donations to kitchen supplies should be Fairtrade, please*



Any non-Fairtrade donated items of goods which are readily available in the shops will be graciously received but passed on to the Community Emergency Foodbank

## CHILDREN'S CORNER

Hello there! Do you get told off because your room is untidy? I do. I don't put things away and then when I want them in a hurry, I can't find what I want and get annoyed with myself, especially if someone has tidied up for me and put things away in a different place. The answer of course is to get organised. You've probably said that you would tidy up .....later.

Last month we said goodbye to a very organised lady, an old lady who was also a grandma. Yes, that's right, our Queen Elizabeth. I am told that although she had a lot of helpers, she did quite a lot of office work herself. As well as directing the household, meeting many visitors from all over this country and from overseas, and travelling all over the world she loved horses and her family. Quite a busy lady, although she was even older than me and a grandma. She was head of the armed forces so when she died, it was only polite for them to remember her and to escort her to church to say goodbye. But that took some *real* organisation!

Some plans had been made as she grew older, 'just in case' but no one really knew when she would die so all the final arrangements had to be made within a few days of her dying. Some of the plans would be familiar to the organisers, but when it was decided that a full State Funeral would take place it meant selecting who would be on parade, who would be invited from other countries, and where the service would be held. She was very much respected by other governments. Although she did not rule the country and dictate what should be law, we know from past history many years ago, our representatives listened carefully to her thoughts through the Prime Ministers who visited her every week to keep her up to date with the latest news. She probably knew a few secrets that no one else knew. And she had her own family of three boys and a girl that kept her busy in many ways, even after they had

technically 'left home'.

This meant that she had to be organised. At least that is the way that history shows her to have been with the help of her advisers. So, when it came to organising her funeral, which is really a farewell service, it was only right and proper for things to be organised properly. I watched many of the happenings as reported on television and was very sad at times but also proud that there was so much love expressed by everyone, and that people came from all over the world. They came, not just because their country sent them officially, but also because they had a respect for a lady who worked hard, long after most people retired, going about her 'duties' trying to be helpful and giving service to her family and the community while at the same time trying to avoid disagreements that would upset. We can't always agree with everything that happens or the way in which some things are done. On the other hand, if we are organised, we may see the result of our labours quicker and more clearly than if we left them, making them more difficult to understand and more time consuming to do or complete.

What we saw recently was one of the largest and most organised parades that has happened, carried out by ordinary people to honour an old lady, loved by many people throughout the world. Even the expression of loyalty and love through a flower tribute was so great that the parks had to be used to display them – and of course even more organisation. It was truly amazing and done quietly and peacefully.

I leave you with two old expressions that may help. Don't leave things to get so untidy that 'you can't see the wood for the trees' but rather that you get a job done well so that you can say to yourself 'Well Done'. As we do in Remembrance of Queen Elizabeth.

# MOTHERS' UNION NEWS

Our September meeting was cancelled, as the date coincided with that of the State Funeral of our much-loved patron – Her Majesty Queen Elizabeth II.

However, our October meeting is one not to be missed, as our speaker will be the Reverend Mark Oxbrow. Despite the fact that his commitments send him all over the world, Mark always finds time to give a precious afternoon (sometimes two) each year to come and inspire us. Sometimes he brings visual aids, so our members won't want to miss our meeting this month, which is held on 17<sup>th</sup> October.

The programme for the coming months has been finalised and printed, so copies are now available for members (and potential members) to collect.

Also this month, is the opportunity to order diaries and calendars for 2023. Christine Woodman is the person to call (if you haven't already) on 778078.

She is also ordering MU Christmas cards, which are always good value and have lovely designs. You don't need to order these, as she will have plenty in stock.

Our forthcoming programme looks good – with a couple of trips out having been planned, so please do join us at our meeting this month to learn more.

Rosanne Butler

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## SUPPORT PHONE NUMBERS

NEEDING ADVICE OR HELP? or just want to talk?

SOME USEFUL LOCAL NUMBERS:

Citizens Advice:	08082 787 909
Oxford City Council:	01865 249 811
Oxfordshire Mind:	01865 247788
Red Cross <i>coronavirus support line</i> :	08081 963 651
Samaritans <i>available 24/7</i> :	116 123
The Archway Foundation:	01865 790 552
Mental Health helpline <i>available 24/7</i> - NHS Oxford Health:	
Adults:	01865 904 997
Children/young people:	01865 904 988
Age UK—new telephone service for older people	01865 411288

Have you been receiving a lot of scam calls on your phone, some of them quite scary? If you are concerned about them, you can obtain help by:

- phoning 03450 700 707 – that's a special department set up by the police *OR*
- Silver Lines, open 24 hrs for assistance on 08004 708 090 - this is a charity set up by Esther Rantzen, primarily to assist those elderly people in need of assistance and who live alone and are in fear of being abused.

**OPEN THE BOOK** telling scripted Bible stories in assemblies for our three Parish schools – an essential part of our mission to the children of Cowley

**URGENT RECRUITMENT** for the Open the Book team!

Our teams are depleted! You will know now that Joan Coleman, a core team member, who with Lesley Williams has been a director and story teller in all three schools and also crucially been creator and coordinator of our costumes and props, is leaving Oxford for Bristol very soon. Also Chris Lee, who has not been able to help us for some time and who, sadly, died suddenly last weekend. We have been most grateful for their involvement.

So, while we are delighted that curate Liam Cartwright is joining us when he can, more team members are urgently needed in each school NOW. Jill Ling has taken on the sourcing, creating and storing of props but would welcome a co-creator.

Our commitment is for alternate weeks in each school but you can do as little or as much as you wish – only Lesley Williams is now in all three teams; all others are in just one. The roles are assigned a fortnight ahead; we meet at the school half an hour before the assembly to rehearse, usually with some children taking some of the parts. It's fun and much appreciated by the schools and the children and of course shares The Word with the next generation.

- alternate Mondays at 8:45 – arriving at 8:20 – St Christopher's School, Temple Road
- alternate Tuesdays 2:45 – arriving at 2:15 – Church Cowley St James School, Bartholomew Road
- alternate Thursdays 10:30 – arriving at 10:00 – St Francis School, Horspath Road

We are also now supporting the development of a team for St Frideswide School, Cricket Road, with the Parish of St John - SS Mary and John church – and hope to welcome a trainer from The Bible Society's Open the Book national team for a session open to all Oxford churches in November.

*To learn more about what's involved, talk to Geoff – Lesley Williams – Jill Ling*

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[kate@nurturefootcare.co.uk](mailto:kate@nurturefootcare.co.uk)

# A WARTIME CHILDHOOD

(Part 23)

From time-to-time during those war years, a visitor or strangers would turn up to add spice to the humdrum life of our little isolated village.

Firstly, the gypsies would arrive regularly twice a year in their Romany-Gypsy caravans pulled by big, strong horses. With many of the village men away in the forces, the local farmers always had work for them on the land. In the spring they were mainly employed hoeing the sugar beet. This was necessary because when the beet seeds were planted in rows, some of the seedlings would come up big and strong whereas some were too tiny and needed to be removed. The plants which were left in those rows would develop into a strong crop in the autumn.

Later in the year, the gypsies would help with the harvest, not just the grain but root crops and, of course, the much-prized sugar beet. The gypsies would stay for about a month and as they had a clutch of children, the older ones would join us in the village school. My teacher would place one of these children in a seat next to me and being a nosey little girl, I would quiz him or her about their lifestyle.

One day I asked the boy next to me if he had been baptised. He hadn't a clue what I was talking about! I explained and discovered that none of the five children nor their mum and dad had been baptised. So I had a word with the vicar (I was about seven years old at the time). To his credit, he found time to visit the gypsy encampment and persuaded the whole family to come to a christening service on a particular Sunday afternoon. I was delighted and turned up at church for the ceremony. Five children and their parents stood round the font and the only other people in church were the vicar's wife and me.

The gypsy women were very clever with their

hands and made wonderful clothes pegs. My mum always bought her pegs from their baskets. They also produced very clever wooden artificial flowers with very finely cut 'petals' from the wood they found in the hedgerows. These 'flowers' were then dyed with natural dyes also gathered from wild plants and roots.

Towards the end of the war, once a month, a gentleman would book the village hut for a film evening. How exciting was that! Of course, the films were in black and white and flickered a bit as they spun off their reels, but what did we care as long as the cowboys in their white hats put the baddies to rout, or Laurel and Hardy made us laugh.

One film I do remember, which didn't go down well with most of the villagers was a performance by the world-famous pianist Dame Myra Hess. She used to give free lunchtime recitals in the National Gallery in London, playing beautiful pieces by Chopin, Liszt and other great composers. She had been filmed and that film was brought to our little village. My mum (who knew a good thing when she saw it) loved it and so did I, but we were very much in the minority that evening!

One day after school I ran home to tell my mum that at the weekend there was going to be a circus on the village green. We children were beyond excitement, but it could hardly have been called a circus, I promise you. On the grass, an elderly chap in a frock coat (which was green with age) and a battered top hat, had marked out a 'circus ring' with a length of thick rope. We sat on the grass on a sunny summer day and watched. He had a little pony which trotted round the ring and did pretty turning movements when he cracked his whip. There was also a little



monkey which rode on the pony's back, turned somersaults and then jumped across onto the old fella's shoulders – and that was about it! Still, I think as he only asked about 2d from each of his audience, and as we hadn't seen a pony or monkey doing tricks before, we went home for tea quite happy.

But my very favourite visitor to the village was a lovely elderly man called 'Thatcher James'. He lived about six miles away in another village and travelled around the area on his bicycle and thatched hayricks, barns and houses for a living. He was very skilled and much in demand. Across the field from our cottage stood a fine old barn and one year, when I was about six years old, Thatcher James came to do a completely new thatched roof on it. I was entranced with the whole process and persuaded my parents to let me go over and watch him.

I think he took a shine to this funny little girl who asked so many questions. He turned one of his water-buckets upside down to make a seat for me and used to talk me through the finer skills of thatching. I learnt how to make withy staples by splitting willow wands, dipping them into a bucket of water, bending them into a U shape, then sharpening each end to hold the trusses of straw in place. I also learnt how big a truss would need to be for it to be manageable up on the roof, and how you finished off the top ridge to make the whole thing waterproof. I can't remember how long it took to thatch that big barn, but I spent hours watching and chatting to that lovely elderly man. I can only thank my parents for trusting that all would be well for their little daughter – and it was.

Rosanne Butler

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## CHRISTIAN AID

Every gift. Every action. Every prayer. Every one of us can change lives.



**BIG BRUNCH** Saturday 17 September, 10.30-11.30

A small, select group of us enjoyed bacon baps – scrambled egg with smoked salmon (with the verdict that it was the best yet) – crumpets – toast – croissants – yogurt – fruit – tea – coffee – and had a really good chat!

Donations are gratefully acknowledged from  
Co-op, Littlemore Road – fresh fruit  
Co-op, Rose Hill – bacon, jam  
Co-op, Templars Square – eggs, coffee  
Sainsbury's – croissants, crumpets, blueberries

Thank you to those who helped us raise £110 for Christian Aid but we will rethink the best day, time and venue for the next.

*contact : Lesley Williams : 01865 779 562 07982 439 828*

*[link@cowleyteamministry.co.uk](mailto:link@cowleyteamministry.co.uk)*

## Moving on...

I am writing on the day of the Autumn equinox when the length of daylight is the same as the night's darkness. The beginning of Autumn. We have seen plenty of signs already with carpets of leaves under trees and fruits and berries showing their bright colours. We have had some light rain overnight, though barely enough to even wet the ground, after a week of none. We are still wanting some steady continuous downpours to fill our rivers, reservoirs and water butts. We are still under a hosepipe ban but at least we now have some cool temperatures.

Number 93, aka our shed, there being no house between us at 95 and 91 next door, is now the large space to move around in after many, many pots, trays and other gardening paraphernalia have been removed. I love gardening and twelve years ago, after I retired, I initiated a Plant Sale in the parish. I put out a plea for pots to grow things in and people have been so kind as to pass them on to me. Over the years, my stock has multiplied many times.

We are now in the process of selling the house and moving away to be closer to family. In our drive is the largest domestic skip you can get. It seemed huge when it arrived but it is now full and awaiting collection. Much of the space contains the contents of the shed as well as the collection of stuff you accumulate after 36 years in the same place. So I am afraid you have missed the boat if you were wanting a supply of pots.

I do hope that the tradition of a Plant Sale in May will carry on. We shall be in Bristol starting a new and much smaller garden from scratch. It will be a wrench to move away from what we have here but we feel that is the right thing to do while we are still healthy enough. We need to be strong enough to go through this really heavy work of sorting out the things we really want to move with us, what to throw out, what to give away and what to grace the doors of local charity shops.

One of my sisters, Lindsay, came last weekend to help us with the loading of the skip. She went away with a car full of greenhouse staging, electric propagator, battery hedge trimmer and many other items too good for the skip – and a few pots! – for her garden and allotment in Yorkshire.

We have had an allotment plot most of our married life and we will be sad to leave Elder Stubbs. We have apologised for the spreading horseradish, large jostaberry colony and couch-grass-infested raspberry row but it needs someone with the energy of youth to sort those bits out! Though my Other Half has problems with his hands, he does hope to find a nearby allotment site and cultivate, perhaps, a smaller plot. We do know though, that there are long waiting lists.

Knowing how slow house sales and purchase go, I may be writing more for the Chronicle yet! So it probably is not Goodbye.

Joan Coleman

## CHURCH WARDEN'S REPORT

September has been a very busy month. On 4 September Bishop Steven came to St James for our 11am service. We had a well-attended congregation with coffee and refreshments in church afterwards. The Bishop commented on how busy we were as a Parish as he had looked on our website and was very complimentary.

Ride and Stride and Open Doors took place on 10 September with a good number of people calling in to register their visit to church, with cakes and drinks available of course.

14 September was the day we remembered our friend Sheila Collett and a group of us attended her funeral at Oxford Crematorium. The Eulogy was given by her son, Gordon, who spoke about her struggle in her early years but spoke of the success she made of her life from her mid-twenties onwards finishing her career as the first woman Steward of Magdalen College, a position which she held for twenty years.

On 17 September a Christian Aid brunch was held which Lesley Williams masterminded. It was a lovely time together with delicious food and we all left feeling very well fed.

We had a very colourful end to September at our Harvest Festival service with a bring-and-share lunch in the Church Centre. The amount of produce donated by our faithful church friends was amazing and will fill many bags for our Community Food Bank. Thank you to all who contributed for your generosity and kindness.

Geoff received a very sad message late last week saying Chris Lee had passed away. Chris had been attending her granddaughter's birthday party and was with her family when she died. I'm sure this would have been her wish to be with her family at the end of her earthly life. She is now at peace with our Heavenly Father in his Eternal Kingdom which we know will be a joy to her as she had such a strong Christian faith and joined in our Christian worship so regularly. May she rest in peace.

Love and blessings to you all.

Chris Woodman

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## A Good Read

The Upstart by Catherine Cookson

Suddenly risen from shoemaker to a position of power and influence, Samuel Fairbrother decides that his new status in life deserves a more imposing residence. So he moves his family into a mansion. With the house comes Maitland, a hostile butler who views Samuel as nothing more than an upstart.

As the century turns, Samuel's children grow up and move away - all except his eldest daughter, Janet. And when the scattered family seems increasingly irreconcilable, it is Janet who holds the key to her father's ultimate happiness.

Chris Woodman

# JOHN SHREEVE'S ARTICLES FROM PAST CHRONICLES

## THE SALVATION ARMY

October 2009

One of the most interesting books I ever came across had a strange title. It was called, "In Darkest England and the Way Out"! In appearance it wasn't very attractive, with a plain black cover and old-fashioned print, and it had a very unusual map at the back. However, as my later research showed, it was a real bombshell of a book, for it marked the appearance of a new religious movement and also helped to change England for the better.

It was written at a time when our empire was in the ascendant. We were a prosperous nation and leading the world in the industrial revolution with huge new developments in engineering – railways, mills, and so on. Yet underneath all this there were dark currents of very serious problems – disease, hunger, destitution, unemployment, crime, slum housing, and cruel treatment of workers, many of whom were children. Charles Dickens had highlighted some of these things in his famous novels. Yet still in spite of that, little was being done by the government, the local authorities or even the churches to remedy the situation. Then there appeared from the ranks of our church a small body of very committed Christians who saw things as they really were and pledged themselves to face these problems and try to change things.

Being wise people, they decided to get some facts and figures in front of them before

deciding upon what action they would take. Researchers were sent out to all corners of the country to find out how things were at ground level. When they returned with the facts and statistics, and a social map had been drawn up of the worst areas they were horrified! Someone looked at the map and said, "This is terrible – it looks like a battlefield."

Someone else replied, "Well, if it looks like a battlefield, why don't we handle it like an army?" And that's how the idea of the Salvation Army came into being.

Headed by the great General Booth, it became a real force for good in very difficult areas. When members first appeared on the streets in their strange uniforms, people jeered and threw mud at them. However, they soon changed their tune when they realised that the Salvationists were made of sterner stuff and were doing some real good and changing things. Young Salvation Army lassies would go out in pairs to the very worst slum areas – to places where even the police wouldn't go. The only weapons they had were the bibles in their pockets and a great faith and compassion in their hearts. They tackled crime and destitution, poverty and hunger head on, and with the help of the Lord, came out triumphant. We owe them a huge debt.

John Shreeve

UN OXFORD OLDER PEOPLE'S DAY  
Wednesday 5 October 10:00-3:00  
Oxford Town Hall  
From the Oxford 50+ network

Meet friends & celebrate your leisure time.

Have your say when you meet the City Regeneration Team as they launch the plans for the redesigned Covered Market.

Join a City Walk leaving the Town Hall at 10.30am - no need to book led by 2 City Council walk leaders.

Internet Workshop - bring your device to learn on or for help & advice

Have fun finding NEW interests, hobbies & leisure time activities become a volunteer

Lunchtime talk by Mark Godsland, Police Cyber Security Officer in the Council Chamber 12.30pm – learn about the latest scams & IT safety

Visit the refurbished Museum of Oxford

Play Table Tennis during your visit – remember your trainers!!

Throughout the day free advice & information from many organisations for many visitors

<https://www.oxford.gov.uk/news/article/2269/>

[oxford celebrates un older people s day with full of life event at the town hall](#)



**OXFORD'S OLDER PEOPLE'S DAY 2022 on**  
**Wednesday 5<sup>th</sup> October 10am – 3pm**  
**in Oxford Town Hall**

**meet friends & celebrate your leisure time**

have your say when you meet the City Regeneration Team as they launch the plans for the redesigned Covered Market

join a City Walk leaving the Town Hall at 10.30am - no need to book led by 2 City Council walk leaders

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have fun finding NEW interests, hobbies & leisure time activities become a volunteer

lunchtime talk by Mark Godsland, Police Cyber Security Officer Council Chamber 12.30pm - latest scams & learn about IT safety

visit the refurbished Museum of Oxford or play Table Tennis during your visit – remember your trainers!!

throughout the day free advice & information from many organisations for many visitors

Oxford Brookes, on Wednesday 12<sup>th</sup> October, 6 – 7.30pm.  
Talk by - Professor Roy Sandbach OBE FRSC  
"A National Independent Living Strategy for our ageing population."  
Why don't we have one?  
How can we work together to create one, with technology as a key enabler?

## CHRONICLE

Editorial Team- Sally Hemsworth, Nicki Stevens

Deadline for the next edition: Monday 24 October 2022

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.

## RECIPES

Slow-cooked pork, cider & sage hotpot (serves 6)  
(from BBC Good Food)



### Ingredients

4 tbsp olive oil, plus a little extra  
1kg diced pork shoulder  
20g butter, cubed, plus a little extra  
4 leeks, trimmed and thickly sliced  
4 garlic cloves, crushed  
3 tbsp plain flour  
500ml dry cider  
400ml chicken stock  
2 bay leaves  
½ small bunch parsley, finely chopped  
small bunch sage, leaves picked, 5 left whole, the rest chopped  
200ml single cream  
400g Maris Piper or King Edward potatoes  
400g sweet potatoes

### Method

1. Heat half of the oil in a deep ovenproof frying pan, or flameproof casserole dish and fry the pork pieces over a medium high heat in batches until seared all over, then transfer to a plate. Add another 1 tbsp oil to the pan, if you need to, while you're cooking the batches. Once all the pork is seared, transfer to a plate and set aside.
2. Add another 1 tbsp oil to the pan with a little butter and fry half the leeks with a pinch of salt for 10 mins until tender. Add the garlic, fry for a minute, then stir in the flour.
3. Pour in the cider, a little at a time, stirring to pick up any bits stuck to the bottom of the pan and to combine everything. Add the stock, bay leaves and seared pork, then simmer, half-covered with a lid for 1-1½ hrs until the meat is just tender (it will later cook to the point of falling apart in the oven). *Can be prepared a day ahead.*

4. Heat the oven to 200C/180C fan/gas 6. Simmer uncovered for a few minutes to reduce the sauce, if you need to – it shouldn't be too liquid or the potatoes will sink into the sauce. Stir in the parsley, chopped sage, remaining leeks, and the cream, then season well.
5. Peel both types of potatoes and cut into slices 2mm thick, by hand or using a mandolin. Alternate layers of potato and sweet potato in circles over the pie, or randomly, if you prefer. Dot the cubed butter over the top and bake for 1-1½ hrs until the potato is tender. Nestle in the whole sage leaves, brushed in a little oil, for the last 10 mins. Leave to rest for 10 mins before serving.

### Flibbertigibbets

(from Cakes, Bakes, Puddings and Prayers by Susan Over)

### Ingredients:

110g (4oz) margarine  
150g (5oz) soft brown sugar  
1 tablespoon golden syrup  
110g (4oz) self-raising flour  
350g (12oz) porridge oats  
1 teaspoon bicarbonate of soda  
1 medium egg  
Milk chocolate, melted, for coating (optional)

### Method:

1. Preheat oven to gas mark 4/180°C/350°F
2. Melt margarine, sugar and syrup in a medium-sized pan.
3. Add dry ingredients and the egg, then mix well.
4. Form into about 24 walnut-sized balls and space out on two greased baking trays, pressing down with a fork to flatten.
5. Bake for 10-15 minutes until golden.
6. Cool on a wire rack.
7. The biscuits can be half-dipped in melted chocolate, if liked. Lay on baking parchment or greaseproof paper to set.