

Stop going to church

Dale Carnegie knew quite a bit about, "how to win friends and influence people", after all he wrote the book. Carnegie, one of the most quoted people in the world didn't claim to have invented the rules of building friendships, but he did claim to have encountered some who did.

"The ideas I stand for are not mine. I borrowed them from Socrates. I swiped them from Chesterfield. I stole them from Jesus. And I put them in a book. If you don't like their rules, whose would you use?"

A couple of years ago I asked non church going people a series of questions. One was, "what thing would you most like to see changed in Cowley?" Almost 70% of the people surveyed spoke of an element missing in their lives: a sense of belonging, of knowing their neighbours and having friends who cared about them. One person I spoke with said, "I walk down the street and I don't really know anyone; no one says, "hello".

Friendship and belonging are key to living well, and yet in our post modern society, people feel more and more isolated. Being human is about sharing our lives with one another; having friendships, knowing we matter to someone. We need one another, we need to belong in twos and threes and in larger groupings as well. Friendships are the places where we feel we can share our deepest thoughts, where we can be strengthened and encouraged.

The church is not an organisation, an institution, or a building; it is a group

of people united by the love of Jesus. At one point Jesus says to his followers, "I no longer call you servants, but friends." And Jesus' life was about making friends. He made friends with all sorts of people, the poor, the powerless, the hungry, the sick, the beautiful and the not so beautiful, the socially acceptable and the outcasts.

And he called his followers to go out into the world and wherever they went to make friends and to influence people. That's where you and I come in. If you really are a friend of Jesus, you are called to make friends with people everywhere. And how do you do that? Well, its quite simple to learn, but sometimes difficult to practice.

Dale Carnegie put it this way: "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you." And that's what Jesus did. He listened to people. He got to know what was happening in their lives; the good, the bad and the ugly. When they asked for a bit of help, he did what he could. That's classic advice. Don't talk too much about yourself and your life. Listen to other people and be genuinely interested in them.

Jesus said, "where your treasure is, there your heart will be also." One of the keys to winning friends, and influencing people is to allow people to speak of what is most important to them and perhaps as you do, you

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might be able to share with them the treasure in your own heart.

How can you practice that? Well we have developed several ways that might help you. First, volunteer to help at our "Fun Day." We have invited people from all over Cowley to have some fun with us on Saturday 14 September from 10:00 am to 2:00 pm. There will be a bouncy castle, crafts, games, entertainment, good food and great people to get to know. There are many, many ways to get involved in the Fun Day. So sign up at the back of the church and get to know some new people. It could be the start of a beautiful friendship.

Invite someone to your home group. Home groups are a great way to get to know others and build friendships to support and encourage one another. Or if you are not yet a member of a home group, get involved in one right away. There are five home groups in our parish, and new ones are set to begin, including a new "young couples group." Again, sign up at the back of the church, or speak to a member of the ministry team.

Here's another way to begin to build friendships. Get involved in our "Experience Harvest" programme. We have invited over 300 students from St Christopher, St James and St Francis Schools to come to St James Church and to St Francis Church to explore the idea of Harvest and all the ways God blesses us with great abundance. It is also a way in which to build friendships between our churches and the students of our schools. Sign up at the back of the church or speak to a member of the ministry team.

What about "Friendship through a church service." If that's your style then invite someone who doesn't come to church to our Harvest Festival Services at St James Church and St Francis. See details in the Link.

Or, you could invite someone who doesn't come to church to our Alpha Evening beginning at the end of September. More information will be available throughout September.

Be a part of the Parish of Cowley's programme to make friends throughout Cowley this September.

HOWARD

OXFORD OPEN DOORS 14-15 SEPTEMBER 2013

This year Oxford Open Doors is looking at the car industry at Cowley and the Nuffield legacy through his gifts to education, medicine and the University on the 50th anniversary of the death of Lord Nuffield. Cowley Parish plays a significant part in this legacy – he went to school at the old school in Beauchamp Lane, he gave the land on which St Francis Church stands, and he gave the money to build St Luke's Church. A great proportion of the housing in the Cowley area was built to house the workers at his successful factory.

Both our churches are open under the Oxford Open Doors scheme on Saturday 14th September 2013 (the same day as the Ride and Stride). A Morris trail has been prepared between the two churches, pointing out significant landmarks relating to Lord Nuffield – many of which you will take for granted and not relate to this famous man.

14th September is a busy day in Cowley Parish – Ride and Stride, Oxford Open Doors and the Parish Family Fun Day. So plan your day carefully and hopefully you will be able to fit all the events in.

Editor's Letter

Dear Readers

September already, St Giles' Fair next week, how the year flies by! September is, of course, the month for Harvest Festival which this year promises to be a rather different experience. Further on in The Chronicle you will find more details of what is in store and how you can help if you'd like to.

It is "little hat" time again. Perhaps you remember how our amazing Cowley knitters toiled endlessly last year to produce nine hundred plus little hats for Sainsbury's smoothie drinks. The whole scheme is part of Age UK's charity to give support to the older generation. So I expect our ladies are already clicking their needles to make little hats. If they get tired of the same thing there is another very worthwhile scheme for which we have included the pattern this month. Those of us who do not knit can always contribute a few balls of wool. Ask around to find the names of our knitters if you would like to support them.

Isn't it nice when people make a promise and stick to it? A couple of years ago when the new plans for the John Allen Retail Centre were presented to the public several Cowley residents expressed concern about the Oxford Steam Plough façade which could be lost in the building process (Remember the Jubilee Lamp?). We were promised that the façade would be carefully removed when the landscaping in front of our three (!) new cafes was in progress. The façade would be preserved and placed in a prominent position! Well, the developers have stuck to their promise. The façade is now installed at the end of the new building at the top of Rymers Lane. Not exactly a prominent position, but at least highly visible for those who care about Cowley and its history.

Isn't it remarkable that one tiny part of our area has on its site some of the rarest and most endangered species of plants and insects in the whole of the British Isles? I am talking about the Lye Valley. On a very wet evening recently Sally and I attended on behalf of The Chronicle, a most interesting presentation and launch of the Friends of the Lye Valley. The main speaker was Dr Judy Webb, an ecologist, who was featured recently in an edition of "The Urban Jungle" on BBC TV. She met with Chris Packham to show him some of the rare species. Even more importantly she pointed out the little water springs that have bubbled through the limestone at the top of the valley for hundreds, nay thousands of years. It is these which provide the conditions for this unique site of scientific importance. The Lye Valley runs through part of our parish and we must value it. You will see a small map of the area in question, and if you are interested in looking into this in more detail, the website reference is <http://www.headington.org.uk/lyevalley/contact.html>, and email contact is friendsoflyevalley@yahoo.co.uk

Talking of valuing things, have you noticed the great job our churchyard volunteers are doing in clearing the ivy and brambles from the gravestones in St James churchyard? Some wonderful treasures are coming to light and we do appreciate their efforts.

Now that holidays are almost over we have a huge list of activities planned for both our churches in the coming months. Let's ask God to bless our efforts especially as we reach out to those people in our area who do not yet know us.

Welcome back everyone.

God Bless

Rosanne

NEWS FROM ST FRANCIS

We are continuing with our policy of promoting our All Age Services which take place regularly now. Our latest entitled 'The Marvellous Picnic' (The Feeding of the Five Thousand) went very well, and was enjoyed by young and old alike. This is beginning to pay dividends as more families are drawn into our congregation. We are now looking forward to our Patronal Festival and the Harvest Festival, both coming up soon.

Like the situation at St James most of our church organisations are taking a break during August, which is a chance to wind down a bit, recoup our energies, and make plans for the future. Skye is taking some time off with her family and visiting other parts.

We are still looking for a more permanent organist, but are covered by temps most weeks, and they have fitted in very well. Richard Chand still takes part in our services whenever he can.

A number of our congregation paid a visit to Christ Church, by special invitation. We had a guided tour, plus a special tea, and ended up by

joining the choir for a choral Evensong in the



Cathedral. This was a unique experience for all of us, and one which we very much enjoyed.

Our regular Sunday congregations come from very mixed ethnic backgrounds, yet it is this very diversity that makes our Christian unity more exciting and fulfilling.

We value our regular helpers who work hard to prepare our church for Sunday worship and transform a plain hall into a church at the weekends. Much physical work is involved and the same in reverse when our services are over. Some mid-week visitors find it hard to believe that this happens every week.

Thanks to Skye's hard work and planning we feel ourselves more united as a congregation and find that we are moving forward in a very positive way.

John Shreeve



HOW IS YOUR LOCAL KNOWLEDGE?

Each month we are going to challenge our readers to identify a Cowley landmark.

Our roving photographer, Les Hemsworth, will choose a local view to get you thinking.

Answer next month.

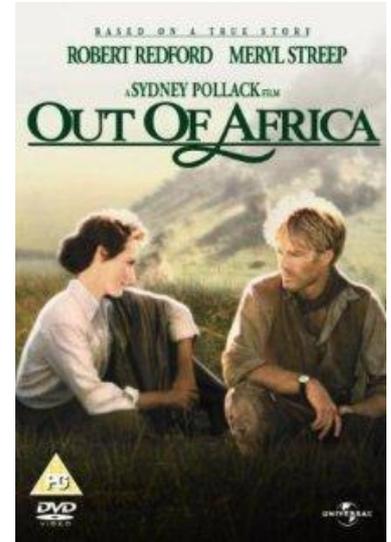
*Last month's answer:
Emmaus, Oxford Road*

Film Club

Though the attendance for our August club evening was not quite as full as usual it was well worth holding as members thoroughly enjoyed the showing of "My Fair Lady".

The film for September will be "Out of Africa", starring Meryl Streep and Robert Redford. First shown in 1985 the film won seven Oscars including Best Music, Best Cinematography and Best Picture awards. It is described as one of the screen's great epic romances based on the true story of Karen Blixen who is married to a philandering husband, running a coffee plantation in Kenya at the beginning of the twentieth century. Karen not only falls in love with the country and its people but also a mysterious game reservist.

It was agreed last month that we would try out a "DVD swap-shop". Those of us who have DVDs which we no longer need can bring them along on club nights and replace them with other members' redundant films. If you have any DVDs that you have watched till you know them off by heart maybe you would like to do a swap? We will see how it does.



MOTHERS' UNION NEWS

It is rather short notice but September seems to catch up with us so we are hoping that all those people who enjoy our Wine, Cheese and Poetry Evenings will come to the Church Centre on Friday, 6th to share supper and favourite poems. The evening begins at 7 pm but you can come along later if you wish. We send any profits we make to one of our excellent Mother Union charities, namely The Wheels Appeal. This helps to fund members, mainly in remote areas of Africa, who travel out to families in need of health advice as well as spiritual support. These ladies need vehicles of all kinds to reach such isolated members. The Wine, Cheese and Poetry evening asks for £5 per person if you bring along your poems, £6 if you just come to enjoy others.

The cost, of course, includes a good supper and several glasses of wine.

Our first branch meeting of the "new term" is on Monday, 9th September at 2.30 pm in the Church Centre. If you are thinking of joining our branch and wonder what we do, please come along. We would make you most welcome and there is no obligation to become a member. There is always a cuppa, a biscuit and friendly chat. Our speaker this month will be George Hedges, the chief administrator of the charity ROSY. Members will remember that this charity is one of the good causes to which we donated last year's Christmas Tree Festival takings. The volunteers do wonderful work with children and their families so it is very close to Mothers Union hearts.

The Origins of Cowley

Shops and Shopping

Before we finally put the lid on this long-running saga there are two more episodes that must be written – the shopkeepers of Cowley.

Let us briefly remind ourselves of the entrepreneurial skill of the early medieval residents of Hockmore Street who set out their stalls to sell refreshments to the men who used oxen to drag stone from the quarries of Headington to the Thames at Iffley. To break their journeys during a long hard day a snack of bread with cheese or fat bacon and a mug of beer would be very welcome. The tiny shacks of Hockmore Street became the first "shops" of Cowley.

During the Middle Ages, most people's requirements, food, clothing, firewood, forage for animals, building materials and so on would have been provided by individual families for themselves. With a surplus there would have been a barter system so shopping was not part of the villages' culture. However, Oxford market stalls and shops were flourishing with the growth of the University and again the business brains of Cowley saw this as an opportunity. Again we must remind ourselves of the amazing effort undertaken to build a causeway (the Cowley Road) across the marsh in the thirteenth century which gave the villagers access to the glories of shops in the city. With goods to sell at the Wednesday market they then had cash to spend on luxuries not otherwise available.

As the city spread eastwards over Magdalen Bridge our parish found itself filling up with homes along the Cowley Road and gradually cottagers set up their own small outlets. The arrival of imports from abroad such as sugar in

the seventeenth century meant that sweetmeats, though still very expensive, were flavoured, again with imported spices and herbs. Thus the first sweet shops were established, so too were shops to sell those very herbs and spices so prized either to mask the taste of meat, not quite fresh, in the hot weather or to enhance the flavour of fruit dishes for instance.

When you and your family are busy growing your own crops and tending your own livestock there is very little time left to make shoes, boots, cooking pots or to mend cartwheels or broken tools. These were the kind of shops which sprang up along the main road out of the city.

By early Victorian times consumer goods were in much demand and traders of all kinds could be found not just in the Cowley Road, but the Oxford Road, Between Towns Road and tucked into cottages in both Church Cowley and Temple Cowley too. Nan Davies, an interesting lady who told her memories of Cowley when she was a child remembered a little sweet shop in Temple Road at the turn of the 20th century. This is what she wrote:

"Mrs Smith had turned her front room into a little shop and we loved it. She had lollies, everlasting sticks, Blackman's coconuts, sherbet dabs, all around the halfpenny mark and we could get a farthings worth at a time." She also mentions a Mrs Homer who, also in Temple Road, kept the corner shop selling bread made on the premises: "but on a Sunday you could take your dinner and cook it in her oven for 2d."

Just before the first World War several shops had opened in the High Street (now Between Towns

Road). To begin with the landlord of The Swan opened a butchers shop at the back of the pub which saved people making a journey down to the Cowley Road for their meat. He more than likely procured his supplies from Hedges slaughter house at the top of Temple Road. A little further along the High Street was the village post office (about where the Cufa's Lea vet's surgery now stands). This, of course, became an important place for the postal service during World War One not just for sending cards and letters but sadly for receiving telegrams with bad news of men and boys at the front.

Right next to where the former Cowley Parish Hall was built was Gibbons' bakery. They also baked their own bread on the premises and cooked your Sunday roast for you and delivered bread around the parish in a small horse and cart. It is interesting to note that the grandson of the family continues to bake bread (though the business moved to Hertford Street, East Oxford) and continues to deliver his lovely fresh bread in Cowley to this day.

In 1910 the Coronation Lamp was erected to commemorate the coronation of George V. It was situated right in front of Bentley's shop. The official address of the shop was 25A Hockmore Street (a much more substantial road than the present day) and was an important landmark in Cowley as it also marked the terminus of the No. 1 bus from Oxford. The shop sold all manner of things

from newspapers and sweets to tobacco, toiletries and household necessities, even milk. The other side of the business was a gentleman's hairdressers. At 47 Hockmore Street there was another small shop kept by a lady named Mrs Dykes. Her shop also sold sweets and tobacco but also all kinds of fancy goods.

By the beginning of the 1920s many little independent shops were springing up in our area. Along Hollow Way there was again a small sweet shop but also Church's cycle shop. On the corners of Oxford Road and Littlehay Road were two businesses, a milliners and a grocers. So thus it was until Cowley changed in the 20's and 30's from small rural villages to a huge suburban development. The area mushroomed as did the population and the demand for consumer goods was huge. Next month we shall learn about whole shopping parades in the areas, such as the newly built Wilkins Road and Florence Park developments, and then the massive demolition of the buildings round Hockmore Street which became Cowley Shopping Centre.

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SIGNIFICANT DATES IN SEPTEMBER

At 2 am on 2nd September 1666 a fire broke out when the oven door was left open in Farriner's bake house in Pudding Lane, London. The smoke awoke the baker's servant who raised the alarm. It was already too late. The Great Fire of London had begun. By 3 am the Lord Mayor was woken up to be told the news. The fire raged for the next five days. Amazingly only five people were reported dead.

The Gregorian Calendar came into use in Britain on 14th September 1752. The old calendar (named Julian Calendar after Julius Caesar) had been inaccurate which meant that the dates were out of step with the seasons. Switching to the new calendar meant losing 11 days so the date before 14th September that year was 2nd September! If you can sort that out – well done!

The first Post Office Savings Banks were introduced into Britain on 16th September 1861.

On 21st September 1915 Stonehenge was sold to a Mr C H Chubb together with 30 acres of land. The price paid was £6,600.

We have two events for 28th September. On this day in 1923 "The Radio Times" went on sale for the first time. This month marks its 90th birthday.

Also on 28th September "God Save the King" was sung for the first time at Drury Lane Theatre, London, in 1745. England was threatened by a Scottish invasion at the time so patriotism was running high. Of course, it was later adopted as our National Anthem.

The fore-runner of "Strictly", on 29th September 1950 the first broadcast of "Come Dancing" was screened.

YOU ARE INVITED TO THE COWLEY PARISH UNITY DAY (THE PCC AWAY DAY)

One of the most important days of the year for our Parish is the day we set aside for thinking about how we are going to continue to work toward fulfilling our parish vision and purposes. Do you remember what they are? Our vision is to "live out God's ___(fill in the blank)___" and our purposes are: W_____, D_____, F_____, E_____ and M_____.

Our Away Day provides us with an opportunity to look back at some of the great things we have accomplished as a church over the past year or two and then to look forward to shape our future.

This meeting is for members of the PCC, the St Francis Church Committee, the St James Church Committee and to all those on the Electoral Roll.

It is going to be held on Saturday, 7th September 2013 from 9.30 to 2.30 pm

To aid catering please let Sally Hemsworth know if you are able to attend. Also, if you would like to attend and need transport, please let her know.

Howard Thornton

Sally Hemsworth can be contacted:

Tel: 01865 774776

Email: sallyhemsworth@supanet.com

FLOWER OF THE MONTH – HYDRANGEA

This is a mysterious flower in that it has the ability to change from pink to blue and vice-versa. This is due to the property of the soil in which it is grown. Way back in Roman times the writer Pliny, much devoted to the property of plants, suggested soaking the seeds of various species in wine to achieve changes in colour. However, this does not work with hydrangeas and other methods can be adopted. If the soil is acid and if aluminium is available to the roots the magical change from pink to blue flowers will occur. Nowadays garden centres will sell you special preparations to effect this change in pot-grown plants.

When the plants were first introduced to this country in about 1788 it was thought that the surroundings of where they grew influenced the "magic", especially as cuttings from a plant might well turn out to produce flowers of an alternative colour when propagated. The Victorian botanical writer, John Loudon, claimed in 1832 that rather than adding iron or alum to the soil a mixture of sandy loam and fresh sheep's dung "produces the same effect". One thing which all horticulturists agree upon is the fact that hydrangeas need lots and lots of water.

The early botanists who studied plants in the eighteenth century had another problem when the species was introduced. The large showy flower head, consisting mostly of sterile flowers with only a few fertile ones, made it hard to classify what were petals, what were sepals and what were actually flowers. The name hydrangea comes from the Greek for water (hydro) and the word for a vessel (ageion) and

is said to refer more to its cup-shaped fruits than to its need for water.

There is an intriguing story connected to the name Hortensia which is how the garden version is labelled. Some say that the name is to honour Mlle Hortense, daughter of the Prince of Nassau. He had joined the plant hunting expedition led by M. Bourgainville in order to escape his creditors. However, another version tells that a woman, Jeanne Baret who had sailed on the same voyage had disguised herself as a boy (called Jean). When the whole group returned to France she changed her name to Hortense and claimed that the new plant had been named after her.

It was the great plantsman Sir Joseph Banks who greeted the first hydrangeas to England. He took with him a special delegation from Kew Gardens to meet the ship with the prized plants on board as it sailed into the London docks. Then he hosted a grand breakfast reception to celebrate. Clearly the hydrangea is a flower not to be ignored.



DIARY DATES TO REMEMBER

Women's Institute

Monthly Meeting on 3rd Wednesday of month
from 2 – 4.30 pm

Cowley Parish Church Centre

Mothers' Union

Monthly Meeting on 3rd Monday of month
from 2.30pm.

Cowley Parish Church Centre

Women's Group

Monday, 4th September 2013:

McMillan coffee evening

Monday, 18th September 2013:

Wash My Pink Jumper

7.30 – 9 pm

Cowley Parish Church Centre

Mothers' Union

Poetry, Wine and cheese Evening

Friday, 6th September 2013, at 6.30pm

Cowley Parish Church Centre

Cowley Unity Day (PCC Away Day)

Saturday, 7th September 2013, commencing at
9.30 am and ending with lunch

Cowley Parish Church Centre

Film Club

Friday, 13th September 2013, commencing
at 6.30 pm with coffee and cake

"Out of Africa"

Cowley Parish Church Centre

Parish Fun Day

Saturday, 14th September 2013, 10 – 2 pm

Cowley Parish Church Centre

Oxford Open Doors and Ride and Stride

Saturday, 14th September 2013

10 – 5 pm

At both St Francis and St James Churches

PCC Meeting

Tuesday, 17th September 2013, at 7.30 pm

Cowley Parish Church Centre

Christmas Gift and Craft Sale

Saturday, 16th November 2013



Why did you not come to church? I said you were to practise abstinence in Lent, not absence.

Please note Additional Dates throughout the year:

To help raise funds for essential repairs to St. James' Church a home-made cakes and puds stall is planned. These will take place on the 3rd Tuesday of the month to carry over into Wednesday and will be held in the Church Centre.

If you enjoy baking and would like to help by baking a cake 2 or 3 times a year on a rota basis Chris Woodman or Margaret Weller would be pleased to hear from you.

Rosanne interviews Rita West

I wonder how many of my readers especially those who have lived close to Oxford for several decades, remember the photographers Will R Rose. I wonder if you had studio photos taken, baby and small children's studies done or wedding groups taken. If you did about 40 or 50 years ago the chances are that your negatives were developed with great care by this month's interviewee. I also wonder if you had an x-ray taken at the old Radcliffe Infirmary in, say, the nineteen sixties, then you, too, had your image developed by Rita, herself, for on leaving school at fifteen she chose to learn the skills required to become a photographic developer. However, there is more to learn about her before this.

Rita is a local Oxford lady, born in St Clements but taken by her parents at the age of nine months to her childhood home at Rose Hill. She speaks with real affection of those early years enhanced by her close friendship with a little girl of exactly the same age who lived next door. Although she does not see Valerie much these days as she lives some distance away they are still in touch and I am sure will remain so for the rest of their lives.

As a small child growing up during the war years Rita recalls her mum boarding two young evacuee girls from London. Being the youngest of a very

happy family of five (2 older sisters and two older brothers) it was little wonder that her mother taught her to cook from an early age. She told me that from the age of ten she was able to cook and serve a full Sunday roast dinner. Her father was one of those great Cowley men who worked long hours in the factory during the war.

At five years of age she and Valerie set off on a pretty long walk from Rose Hill to Littlemore for Speedwell Infant and Junior School. She liked school but described herself as "a good average" at most things. She was never at the top of the class but never at the bottom either. Her biggest nightmare, though, was being left-handed. At "big school", the Central School for Girls in St Ebbe's they were keen on practical subjects – cooking, no problem, sewing – fine but knitting (left handed?) – tricky. Rita, however, developed an amazing skill where she could interpret a knitting pattern in reverse so that she and her friend would make a cardigan together. She could knit one side of the front, or one sleeve, in reverse thus completing the garment in double quick time! Again at secondary school she told me she plodded along but valued her good common sense as much as anything.

As I told you earlier on leaving school she joined the

photographic firm of Will R Rose where she was taught to become a skilled developer. After three years she moved to the X-ray Department at the Radcliffe Infirmary where she worked for a further three years.

During those growing-up years Rita and Valerie enjoyed lots of happy times together. They joined the Rose Hill Girl Guide Company and later on The Oxford Dancing School. It was there whilst learning her ballroom steps that she met Ricky West, a stunningly handsome young man. I know this to be so as I was shown a photo taken on Ricky and Rita's wedding day which happened at the Rose Hill Methodist Church after a courtship of two years. A more good-looking couple it would be hard to find.

By this time Rita and her parents had moved from Rose Hill into a house on the corner of Iffley Road and Freeland's Road where they came into contact with Maggie Giles and her family. While they were saving up for a mortgage on a house Rita and her husband, like many young couples, lived with her parents. By way of some social contact Maggie took Rita along to the Ladies Fellowship in Townsend Square where she made some very good friends. Having changed her job she was now working at British Leyland in their Factory Liaison Department. Ricky was

part of the BL maintenance staff and also on their fire brigade team. He pretty soon became a full-time fireman eventually reaching the position of fire chief. This elevated post led to the couple being offered the chance of some exciting experiences.

The experience Rita most happily remembered was attending a Buckingham Palace Garden Party. Resplendent in a new outfit and a best hat borrowed from Lyn Lord she enjoyed the dainty tea provided. Ricky, though, remarked that it was a good job they had a good breakfast because the cakes were tiny and the sandwiches even more minute. The other occasion she told me about was the lovely time they spent in Bonn, in Germany (part of the Oxford exchange) when she, her husband and, by then, their children were met and feted by the city's fire chief. They were entertained beautifully and made to feel very welcome.

Her daughter, Sue, was born in 1968 and her son, Nigel, in 1971. By this time they had moved into their home in Fern Hill Road where Rita still lives. Bringing up the children was quite hard for her as her husband was often away on fire training courses and visits abroad. He was offered the chance to transfer to Hong Kong but she persuaded him to turn it down as it would have meant sending the children to boarding school and Rita did not

want that to happen.

Once the children were old enough for school she went back to work choosing to work in school catering. This, of course, meant working hours which co-incided nicely with school days and terms. Sadly Ricky became seriously ill at a fairly early age and after three anxious months of struggling to restore his health he died. Rita told me she coped by keeping busy for her children. She is still a busy lady with Sue's two boys, her grandsons, to entertain. She recently had her home overflowing with young lads (twice) as she organised birthday parties for each of them.

Rita has lots of friends, especially at St Francis church, where she acts as a sidesperson but also amongst the folk at Tuesday lunch club at The Centre. Her abiding pleasure is playing bingo, not for what she wins but for the laughs it provides. She also enjoys other occasional treats when her son invites her up to London where he works. She recalls how much she is looking forward to riding on the London Eye and now has her sights set on the amazing Shard.

How would you describe yourself as a young child?

Quiet, shy. I did not push myself forward. I was quite happy in my own little play world.

Have you any memories of childhood you would like to share?

Dad made me a whip and top and I whipped the top from one end of the street to the other. I had a little old bike and Valerie and I used to ride our bikes round our corner. We used to go up to the top of Ashhurst Way where there was a lovely field. We could pick buttercups and make daisy-chains.

Was your faith with you since childhood?

Yes, all the time. My first visit to church was when I was little. I went to Iffley with Valerie where we would get our stamps (Rita still has her books of Sunday School stamps). Then we went to Rose Hill Methodists where we joined the Guides. With our captain, Mrs Elderfield, we attended church parades. Church has been a lovely part of my life.

Has there been a person who has had a strong influence on you?

My mum, she was very kind, clever and never bossy.

Do you have a treasured possession?

Here Rita produced a little book of The New Testament and Psalms interleaved with lots of notes and special prayers – a present from her mum.

What is your opinion of present-day society?

This country is spoilt because it is too full of people.

Overcrowding is a problem, it causes trouble.

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

When I got married to Ricky. We were happy all the way through. We never went to bed on an argument.

How do you like to spend your leisure time?

I keep in touch with one of Ricky's friends and his wife in America. I watch what I like on TV, otherwise I turn it off (I enjoy "Judge Judy"). I go to bingo two, sometimes three, times a week for company.

What plans do you have for the future?

My kids seem to programme me now. I am planning to ride on the London Eye and ride on a river boat from Westminster to Greenwich. I am also looking forward to seeing my grandchildren, David and Jamie, grow up.

RECIPES

Apple growers this year are looking forward to an exceptional harvest. With that in mind we are offering you a delicious savoury dish and a traditional English country recipe. By the way, the latter also works well with other fruits such as gooseberries, apricots or blackberries mixed in with the apples.



Pork with apples and cider
(serves 4 people)

4 thick lean belly pork strips or spare rib chops
6 rashers unsmoked streaky bacon
1 large cooking apple, peeled, cored and sliced
2 medium-sized onions, chopped small
¼ pint dry cider
2 cloves garlic, finely chopped
6 juniper berries, crushed with the back of a spoon
1 ½ lb potatoes, peeled and thickly sliced
Olive oil
A little butter
Salt and freshly-milled black pepper
Pre-heat the oven to gas mark 1 or equivalent

Trim excess fat from pork

Heat some oil in a frying pan and brown the pork on both sides, then transfer to a wide shallow casserole.

Next, fry the bacon rashers a little until the fat starts to run. Using a draining spoon, place the bacon on top of the pork and season

Sprinkle over the juniper berries and garlic

Spread the slices of apple and onion on top

Add the cider and cover with a layer of overlapping potatoes

Finally, put a few dabs of butter on top, cover the dish first with greaseproof paper or foil and then with a close-fitting lid.

Transfer to the oven and cook for 3 hours.

Towards the end of the cooking time, pre-heat the grill to its highest setting. When the oven time is completed, place the dish, uncovered, under the grill so the potatoes become brown and crispy.

THE HARVEST AND THE HARVESTERS

Once again we approach Harvest Festival in our churches, though I think that we tend to run it a bit late nowadays.

What is clear from all reports or from using our eyes looking at the fields around us, is that we have much to thank the good Lord for this year; for the harvest is going to be a good one. What is more the fruit and vegetable crops look like being excellent too, though may be a bit late. A disastrous harvest such as we had last year, would have caused us serious problems.

We also need to remember the farmers' part in all this, something many people tend to forget. As long as the food appears on the Supermarket shelves they are not bothered. The hard work in planning, nurturing and harvesting the grain is down to the farming community. They work very long hours at this time of year for small rewards. Many of them simply went out of business last year, as did a large number of dairy farmers. Faced

with the current increased demand we simply cannot afford to lose many more of these worthy people. We all need to adopt a better attitude towards them. In centuries gone by a bad harvest meant the difference between life and death to many people. Nowadays we can shop around and buy from abroad if necessary, but freak weather worldwide has meant that some of those resources have dried up.

As a nation too we waste huge amounts of food which are thrown away quite casually all the time. We have to adopt a more responsible way of handling our consumption. As Christians too we need to look at the way we respond to those poor people in underdeveloped countries, who really do face starvation in their lives. May God Bless us and make us more thankful for what we have, and more considerate of other's needs.

John Shreeve

Apple Brown Betty

2 oz plus one teaspoon butter
6 oz fresh white breadcrumbs
2 lbs apples peeled, cored and thinly sliced
4 oz brown sugar
¼ teaspoon grated nutmeg
2 tablespoons lemon juice and grated lemon rind
4 oz raisins
3 fluid ozs sherry

Grease a medium-sized oven-proof dish with the teaspoon of butter
Put one-third of breadcrumbs in a layer at bottom of the dish and dot with butter.
Put half the apples on top sprinkled with half the sugar, nutmeg, grated lemon rind and raisins.
Sprinkle half the lemon juice over.
Next layer another third of the breadcrumbs and dot with butter
Make another layer with the apples etc as before and cover with remaining breadcrumbs
Dot with butter and bake in fairly hot oven (Gas Mark 5 or equivalent) for about 40 minutes.
When the top is golden brown pour the sherry over the top and return the dish to the oven for a further 5 minutes.
Serve with custard or cream



RICHER BUT HUNGRY

During the month of August I save £5 per week but do not eat properly on Tuesdays. I miss lunch club for two reasons, the good food and the good companionship.

I am very much in favour of the catering team having a break, they deserve it, they work hard all year. All the same I am glad it is September and we are back to normal. I would like to express my sincere thanks to the catering team, led by Christine, and say how much I admire them and their cooking skills. That is not all - much thought goes into it as well - the meals have to be planned, the shopping accomplished, the food cooked and the kitchen cleared up and left in perfect condition.

I know that I am not the only one to feel this way so three cheers for the catering team and our sincere appreciation for all that you do.

Una

THE CORONATION CELEBRATIONS

I don't suppose Her Majesty will ever know how we in our Parish celebrated the fact that she was crowned sixty years ago. She won't know about the lovely children's party that was held on 29th June at the Church Centre or about what fun they had in the garden beforehand making cloaks and crowns to wear at the party.

The Queen will probably never be told about the delicious home-made cakes and tea so beautifully served to the adults as they sat and enjoyed the showing of the Coronation film. She won't know about the Coronation Hat Parade after tea or the huge fun provided by the Headington Quarry Morris Dancers. No-one will tell her about the lovely atmosphere of friendship that spread through the Centre as fifty people ate a barbecue supper fit for any royal occasion.

It will never reach her royal ears that on 30th June St James Church was packed with musicians representing the four countries of the British

Isles playing and singing in a concert which everyone who heard it will never forget.

She probably will spend the rest of her long and amazing reign unaware of the great teamwork which went into our celebrations, the people who helped hang flags and bunting, those who moved furniture, those who baked cakes, cooked delicious barbecue food, all who helped with serving food, the child-friendly folk who made crowns and cloaks, in fact everyone who took on their tasks so willingly and with such good humour.

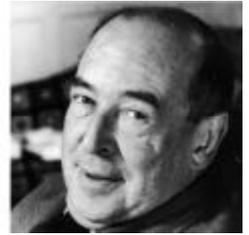
Her Majesty won't know, but we will and although this all seems a whole summer ago (and it is) we don't want to let that happy weekend pass without saying a big "thank you" to everyone. Occasions like that are what makes our Parish such a great one to live in. Perhaps (just perhaps) someone, someday might tell her?



The C S Lewis Jubilee Festival 19 - 22 September 2013

Commemorating the 50th anniversary of the death of C S Lewis

Holy Trinity Church, Headington Quarry, Oxford



Members of Holy Trinity, Headington Quarry are finalising the details of a Jubilee Festival to commemorate their most famous former parishioner. C S Lewis was a member of the congregation at Holy Trinity for over 30 years from the time of his conversion to Christianity until his death in November 1963. He is buried in the churchyard. The 'C S Lewis Jubilee Festival' will take place from 19 – 22 September 2013 and tickets for the various events are now on sale.

C S Lewis is well known for his children's books 'The Chronicles of Narnia' which have sold over 100 million copies and been translated into 47 languages. In addition he was a prolific author of books explaining the essence of the Christian faith for older readers, a noted authority on aspects of English poetry, a don at Magdalen College, Oxford and a professor at Magdalene College, Cambridge. The story of how he met and married his wife Joy was the subject of the play and major film 'Shadowlands'.

Susie Stead, who is chairing the festival planning group said, "50 years on, interest in C S Lewis and his writings continues unabated. Many people come from all over the world to Holy Trinity to see where he worshipped and to visit his grave. This 50th anniversary is an opportunity for us to celebrate his life and the remarkable breadth of his writing. Whether you have an interest in Narnia or poetry, medieval literature or Christian apologetics, or simply the man himself and stories about his life there will be something for you. Whatever your age, whatever your interest, we look forward to welcoming you to our festival."

The Festival launches with a talk by Professor Alister McGrath who has published a new biography of Lewis to coincide with this 50th anniversary. There will also be guided walks around C S Lewis's Headington where he lived for over 40 years, tours of the church and the churchyard, family activities with a Narnia theme and the premiere of a new play "Through the Wardrobe Door – the life of C S Lewis" which intertwines extracts from the Narnia tales with stories from his life and letters. On Sunday 22 September both main church services at Holy Trinity will have a Lewis theme, with the evening service being a final celebration when the Bishop of Oxford, the Rt Rev John Pritchard, will preach.

The Rev Tim Stead, Vicar of Holy Trinity, said, "I'm delighted with the range of activities that are planned for the Festival. C S Lewis was a faithful worshipper at Holy Trinity for many years and we're proud to be able to honour his memory in this way. We've already had expressions of interest in the Festival from across the world and we look forward to welcoming many people and sharing with them in the many facets of Lewis's life and work"

The C S Lewis Jubilee Festival runs from Thursday 19 September to Sunday 22 September 2013. Full details of the programme are on the dedicated website www.cslewisjubileefestival.org where tickets may also be purchased. Alternatively, phone Oxford 454353 for more information or to book tickets.

HAPPY NEW YEAR (to all Ethiopians)

No, I have not got ahead of myself, what is 11th September for us here in Cowley will be 1st Maskarram 2006 in Ethiopia, their New Year's Day. Ethiopia became well known in Britain in the 1980s when Bob Geldof organised LiveAid to raise funds for the tens of thousands of people dying of hunger in that nation. It is true, Ethiopia has been hit by a whole series of famines and a cruel civil war, but that's not the whole story. Ethiopia is also a nation blessed with spectacular scenery, a rich history, an ancient church and wonderful friendly people. As part of their pride, as an African country that has never been colonised, they continue to use their ancient calendar with 13 months every year and New Year's Day in early September. As this is the day when harvest is complete and the land is prepared for new planting perhaps it is a more obvious 'new year' date than our own 1 January (which is not even the shortest day or mid-winter day!)

I have a particular reason for wanting to wish Ethiopians a 'happy new year' because this is a very special new year for them. Not only is their economy doing much better than ours these days but their churches are growing very fast and this year one of their largest denominations, the Mekane Yesus (Lutheran) church, has launched its own missionary society. Now Ethiopian Christians are supporting their own members, Ethiopian missionaries, to go to other countries to witness the transforming power of God's message there. One of the first couples they sent out went to the troubled nation of Pakistan to work with minority Christian groups there and to offer medical services to the poor. There are also young women from Ethiopia who go to serve as house maids in rich homes in Saudi Arabia who take time to share the story of Jesus with the Muslim families they work for.

Each year in Britain, as our churches shrink, we send fewer and fewer long-term missionaries. Instead countries like Ethiopia are stepping into our place and taking responsibility for being God's hands serving His world. So "Happy New Year, Ethiopia ... and thank you for doing what we can no longer do."

Faith2Share (www.faith2share.net) is working with the Mekane Yesu church in Ethiopia to support their new missionary society. In October 2014 (or 2007 by Ethiopia counting!) Faith2Share will hold its International Leadership Consultation in Addis Ababa, Ethiopia.

Mark Oxbrow

Faith2Share



Experience Harvest

Experience Harvest is an interactive way to explore the rich harvest of our land and the spiritual harvest of our lives. This year as a gift to the Children of our Schools, the Parish of Cowley is offering these students an opportunity to discover the significance of our bountiful earth.

Would you help us?

To create colourful imaginative harvest displays – would you lend us any of the items listed below?

And would you consider volunteering at the church to help children discover the bounty of God's creation?

Experience Harvest

Can you please lend us any of the following items:

Sheepskin	Unspun raw wool
Fishermen's nets	Lobster pot
Buoys	Rope and anchor
Starfish	

We will need volunteers during the week commencing 15th September.

For each session 5 people will be needed to assist with the groups of children.

On Thursday, 19th the church will be open from 12.00-2.00 for members of the public and the congregation.

The sessions are:

Monday 16 th September	9.30 – 11.00
Monday 16 th September	1.45 – 2.45
Tuesday 17 th September	9.30 – 11.00
Tuesday 17 th September	1.45 – 2.45
Thursday 19 th September	12 till 2 pm

FROM THE ARCHIVES

Extract from the Cowley Chronicle August 1961

As a tribute to the late Gwen Fancutt we are including a small selection of her poems formerly published in The Chronicle:

May morning on Magdalen Bridge
Save the children make and sell posies
I've heard people say "wish they were roses"
instead of gilly flowers that last for hours
and from the bridge foolish lads would leap
Just as did their dads
Then all mud and wet will creep
On May morning on Magdalen bridge
Choir sings from the tower
at six o'clock on the hour
Madrigals are sung
Church bells ring
Morris men dance
While gargoyles glance
Foolish lads from the bridge will leap
As did their dads
From Magdalen bridge on May morning

An Englishman in Exile
By the light of memory he wanders once again,
Following the pilgrims down a Canterbury Lane.
And through a golden mist of dreams
The spires of Oxford rise
Beautiful against the cloudy blue of summer
skies.
From Somerset to Windermere, from Thames
to Severnside,
In freedom of his thought he ranges far and
wide.
Birdsong in a Surrey wood and the boom of
Devon foam.
Mingle in a single voice to all the Exile home.

On the Phone
"Sorry dear, must dash, I'm awfully late!"
"Why? Where are you going? Have you got a
date?"
"Not me. It's the church Table-Top, you
know."
(Gosh, feeling tired, but I'd better go.)
Arrived at the centre with lots to do.
Home-made preserves and all things new.

With laughter and smiles, many things sold.
My weariness left me. I felt young, not old.
Travelling home, we discussed as we went
The work of the morning and the joy it had
meant.
Old friends to greet, new ones too –
It had been a pleasure all the way through.
My friend phoned to ask, "How has it done?"
I happily told her, "We went like a bomb!"
She said, "Bet you're tired – go early to bed."
"Not me," I laughed. "I'll watch a film
instead."

Dawn
Ev'ry day is a miracle
God makes the world anew
The grey light breaks
And brings another day
Ev'ry morning is wonderful
The dark skies turn to blue
As moon and stars
Grow faint and fade away
Ev'ry day is a mystery
Our portion of the earth
Swings once more across
The sun's bright track
Ev'ry dawn we are born again
Ev'ry day a strange rebirth
As consciousness returns
And life comes back.

~~~~~

In memory of the recent deceased Rev Patrick Parry-Okeden we have chosen the following articles from the archives:

## The Cowley Chronicle, July 1966 - Cowley's New Vicar Named

The Bishop of Oxford has appointed the Rev. Patrick Parry Okeden to be the new Vicar of Cowley. Fr. Okeden hopes to move into St Luke's House sometime in September with his wife and their three children, Peter (aged 11), Jill (7) and Kate (2). Fr. Okeden, who grew up in Sussex and went to school at Eastbourne College, is no

stranger to Oxford for he was an undergraduate at Keble College and was trained for the Ministry at Cuddesden Theological College. His wife, who was a physiotherapist, worked for a time at Cowley Road Hospital and also at the military hospital at Wheatley.

After his ordination, Fr. Okeden was assistant curate of Bladon-cum-Woodstock, and he writes, "We became very attached to the people of Bladon and Woodstock and are looking forward to being back among Oxfordshire people again."

In 1958, Fr. and Mrs Okeden moved to Wakefield where Fr. Okeden was assistant priest at Wakefield Cathedral. Then, three years later, the family moved to Potgietersrus Mission District in the North Transvaal in the Diocese of Pretoria. Here, at first, Fr. Okeden was priest-in-charge of the Mission district and in 1964 he was Rector. It was a vast parish by English standards, 150 miles from end-to-end, with 29 African congregations and one European congregation in the town. Every Sunday, the clergy used to visit six congregations and travel 380 miles. They used to have ten "Sundays" a month, so that each congregation could have Baptism and the Eucharist each month. One of the greatest problems was malnutrition, which is always present amongst Africans because of poverty and ignorance, but which was especially aggravated while Fr. Okeden was at Potgietersrus by four years of drought.

Mrs Okeden spent a great deal of time organising relief schemes and self-help schemes and was always busy ordering more food or getting it taken to the right places.

Fr Okeden says in his letter to "The Chronicle", South Africa is not an easy place to live, but we made many friends among people of all races and it was a sad day when we said goodbye. We are looking forward very much to coming to Cowley; but I realise that this is a very challenging job and that I have a lot to learn.

The Cowley Chronicle, October 1966 -  
New Vicar's First Letter

Dear People of Cowley

Writing on the morning after my institution as

your Vicar, I must thank you all for a wonderful welcome. From the moment we set foot in Cowley you made us feel at home. We were welcomed by new paint, polished floors, flowers in the rooms and a perfectly-kept garden. As we moved in people put their heads round the door to say "Welcome". Finally last night in church and in the hall afterwards, you made the whole family feel we were among friends. My wife and I and the children all thank you.

When I went to my last parish in Africa, my first task was to learn the language of the people. I had to do a lot of listening and learning before I could speak. I had to do a lot of listening and learning before I could begin to speak. Though English is the language of Cowley, there is still a great deal of listening and learning to do.

I have come from a parish in rural South Africa to a great industrial centre. I compare a country trading store in Africa with donkey carts outside and people sitting in the shade to gossip, with the Cowley shopping centre and I am vividly aware of the contrast between that parish and this one.

I have come to a parish which has made great strides in thinking out and working out new patterns of ministry. You have had in John Betton a most able leader with great gifts and long experience of Cowley. My first task will be to listen and to learn. In a real sense, I have got to learn the language of Cowley. You can all help me, and I am sure you will be patient with me while I am learning.

As I face my new job I feel desperately inadequate. Two things give me courage. First, the work is not mine, nor yours, but the work of Jesus Christ. We are working with Him, and the work is His, and the power is His. That is why the work begins at the Eucharist, where we receive the love we need for the building up of His Kingdom. Secondly, Jesus always wants His friends to work together. My first contacts with you have shown me that this is a parish where people do work together and bear one another's burdens.

May God give us all his grace to continue his work in Cowley.

Yours very sincerely, Patrick Parry Okeden

# Notes from the Allotment

The weather forecast was not good, predicting rain for the afternoon. In the end, though we had a short shower at about 1pm, the annual Elder Stubbs Festival on Saturday 17th August was not spoiled. There were some excellent music sets, lots of stalls and a great selection of food including a mobile pizza oven. The festival raises money for Restore who help people who are struggling with their mental health, by gardening on the allotment site. Over the years, this has involved putting up buildings on the site so work also goes on in the kitchen to provide lunches, in a shop that sells vegetables, plants, flowers and their pickles and jams and in a woodwork room.

The shop though has moved and the room that used to be the shop will soon become a café! However, the room was taken over on Festival day by the allotment holders who hold an annual produce show. I always like to enter something. It is always an upward struggle to get allotmentees to enter their produce and it is always a select few who do. Sadly I was the only one to offer any baking this year. It has been a tough growing year but we put on a reasonable show.

I have a straggly jostaberry bush on our plot. It came as a free gift when I bought some raspberry

canes by mail order at least 20 years ago. It is an American cross between blackcurrants and a gooseberry. It probably is not popular because it is so straggly, but it produces lots of large blackcurrant-type clusters of berries that taste milder and slightly of gooseberries. The bush is also spine-free. I put a jar of jostaberry jelly in the show, which not only won a first prize but the judge loved it and took it away with him!

Autumn is looming and there is plenty to do in the garden. I must trim hedges and generally have a tidy up. One job that does need to be done is to wash all the pots that have accumulated over recent months when plants have been moved on. Once they are stacked away, I can have a clear out of the shed and finish painting the outside. I started just before the July heat wave and then it was just too hot to continue.

I have just had an e-mail to say that 2014 seed catalogues have arrived at Elder Stubbs. So I have 3 weeks to decide what I want to grow next year. I am thinking especially of the Plant Sale next year on May 17th. Put it in your diaries!

Enjoy your gardening!

Joan Coleman



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# Coming Soon Our Parish Fun Day



Invite your neighbours to our Family Fun Day in the Parish Centre on Beauchamp Lane, Saturday 14<sup>th</sup> September from 10 'til 2.

There will be fun and games for everyone, including a Bouncy Castle, Connect 4, Jenga, children's entertainer, face painting, arts and crafts and lots more. Try our barbeque, or enjoy ice cream, cake, tea, coffee, and fizzy drinks in our Fun Day cafeteria.

To make this day a success we need you to:

Invite your neighbours to share in our joyful and caring community

And

Volunteer to help; print your name on the sheet at the back of the church

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## A MOTHER'S DICTIONARY

|                      |                                                                                                                     |
|----------------------|---------------------------------------------------------------------------------------------------------------------|
| Prenatal:            | When your life was still somewhat your own.                                                                         |
| Prepared childbirth: | A contradiction in terms.                                                                                           |
| Puddle:              | A small body of water that draws other small bodies wearing dry shoes into it.                                      |
| Show off:            | A child who is more talented than yours.                                                                            |
| Sterilise:           | What you do to your first baby's pacifier by boiling it and to your last baby's pacifier by blowing on it.          |
| Storeroom:           | The distance required between the supermarket aisles so that children in shopping carts can't quite reach anything. |
| Temper tantrums:     | What you should keep to a minimum so as to not upset the children.                                                  |
| Top bunk:            | Where you should never put a child wearing Superman jammies.                                                        |
| Two-minute warning:  | When the baby's face turns red and she begins to make those familiar grunting noises.                               |
| Verbal:              | Able to whine in words                                                                                              |
| Whodunit:            | None of the kids that live in your house.                                                                           |
| Whoops:              | An exclamation that translates roughly into "get a sponge".                                                         |

# Women's Group

The Women's Group continues to meet fortnightly, and has had a lot of interesting speakers. The programme for the next few months is as follows:

- 4th September: McMillan coffee evening
- 18th September: Wash My Pink Jumper  
This is a code to remind us that we have a responsibility to teach the next generation to love who they are.  
Come along and learn more.
- 16th October: Talk by the Rev. Skye Denno.
- 30th October: ROSY – A talk by George Hedges, the chief administrator of the charity.
- 13th November: SEESAW – A talk on this charity.
- 27th November: Flower arranging
- 11th December: Decorating the tree for the Christmas Festival of Trees

The group then has a break until 8th January, and further details will be given in The Chronicle of the programme for 2014.

New members will be made very welcome. Do contact me for information.

Vicki Hall

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## CHRONICLE

Editorial Team- Rosanne Butler, Sally Hemsworth, May Morgan, Nicki Stevens

Deadline for the June edition:

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

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# BOOK OF THE MONTH

## THE KING'S SPEECH

by Mark Logue and Peter Cowadi

I should emphasise at once that this is not simply the book of the film, but a much fuller biography written by the grandson (Mark Logue) of the King's Speech therapist, Lionel Logue. As a member of the family he had access to diaries and archives that were not available to the producers of the film, who actually consulted him on several points. Those of us who have seen the film found it very moving in places. If you read the book you will be even more moved, as I was, for it covers a much wider span of years than the cinema production. Beginning right back in the early years when George was simply the Duke of York, with no expectation of ever becoming King, it was only the unexpected abdication of his elder brother that thrust him into the kingship, to his utter dismay. He had not been groomed for it. However, it was in this role as Duke of York that he came to consult

Lionel for the first time, desperately seeking help for his serious speech impediment, a violent stuttering. Neither the King (his father) nor his tutor had any sympathy with him over this, which only made things worse. It is clear from the case notes of their first meeting that Lionel detected a deal of tension in his character that directly resulted from this shabby treatment. What is very clear is that Lionel asserted from the start that a cure was possible, but would involve a good deal of hard work by the Duke. The confidence that this assurance gave just grew and grew as the therapy went on and he realized for himself that it really did work. People around him saw the great improvement and commented on it. Out of all this a wonderful relationship grew up between the King and his therapist and the King expressed his gratitude on a number of occasions. This is stirring stuff, and I have no hesitation in commending it to you.

John Shreeve

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## Come and have your say...

For the third year running, the Parish Church Council (PCC) has agreed that an amount equivalent to 5% of all donations from standing orders and envelopes in the previous year, be given to mission and charities. We therefore have £2,581 to distribute. There will be a meeting to finalise this in the Ranklin Room in the Church Centre, Beauchamp Lane at 7pm on Wednesday 2<sup>nd</sup> October.

If you have any ideas of where this money should go, please come to the meeting or give me information about a deserving cause beforehand.

Also, if you need transport to get to the meeting, please let me know.

Joan Coleman (Parish Treasurer)

(01865 770865 8 [ojcoleman@btinternet.com](mailto:ojcoleman@btinternet.com))



**Two middle-aged ladies were talking about how long they had each been married. “I wonder” said the first “if my husband will love me when my hair is grey.” “Oh, I expect so,” answered her friend “after all he’s stuck by you through three shades already.”**

# SAINT OF THE MONTH – St Jerome

Saint Jerome is often depicted, especially in stained-glass windows, with a lion resting on his feet. There is a legend which tells that he was befriended by the creature after the saint removed a thorn from its paw. There seems to be no historical evidence for the truth of this tale but it does remain an endearing story.

However, there is much evidence of the life of Jerome and the holy life he led. He was born in Dalmatia around 341 AD to wealthy parents who wanted him to become a lawyer. He was, therefore, very well educated especially in the study of several languages. In his study of Hebrew he wrote "What labours did I undertake in learning that alphabet and those harsh words! What difficulties I underwent! How often I despaired!" Fortunately he stuck to his task and in later years became a great translator of early Christian writings.

In order to pursue his studies he was sent to Rome and lived there for several years. It would seem that he led the life of a wayward young man which later on he regretted. Whilst in Rome he was baptised and visited the catacombs, the hideouts for a large number of persecuted Christians at the time. He then travelled throughout Italy. On reaching Trier he decided to become a monk joining a group of friends in a monastic life. A quarrel caused him to leave so he made his way to Palestine. He reached Antioch where he and some of his companions became ill. Two of them died and Jerome was seriously ill too. Whilst in Rome he had read a great many works by notable writers including Cicero. At his lowest ebb, in sickness, he dreamt that before God's judgment seat he had been accused of believing the writings of Cicero and not being a true Christian. He took the vision

very seriously and took himself off into the desert to become a hermit for five years. He spent his time constantly studying the scriptures in their original language. He returned to Antioch and was ordained as a priest. He arrived back in Rome in 382 where Pope Damasus made him his secretary. He then set about revising the Latin versions of the New Testament and the Psalms. He made himself unpopular as he spoke out against the behaviour of the Roman clergy and advocated the monastic life. Many ladies in the Christian community agreed with him but he brought such unpopularity upon himself that he left Rome in disgust.

Whilst in Rome he did produce what is now known as the Vulgate version of the Bible, a monumental work, together with scholarly commentaries on particular books such as the Prophets and the Epistles.

Naturally his association with the group of Christian ladies led to a certain amount of gossip. He did not help his cause by being aggressive and heavily sarcastic so he travelled to Constantinople under a cloud. From there he went to Bethlehem accompanied by Paula, a friend he had made in Rome, determined to make a new start. She established an order of nuns where some of her Roman friends joined her.

Jerome was a brilliant scholar and his writings are deemed to be some of the greatest Christian works of all time. He died in Bethlehem and was buried very near to The Church of the Holy Nativity. Later his body was taken to Rome and rests in The Church of St Maria Maggiore there. He is commemorated on 30th September, his saint day.

# Churchyard Project

Hurray, we have now finished the very physical task of recording the gravestones. It will all now be passed to Alan Simpson of the Oxfordshire Family History Society to be checked and then created into a CD. A big thank you to all my team for their support and help. We have all enjoyed the work and now feel very attached to "our churchyard". Some of the stones are very old, even one chest tomb dated 1617 (over four hundred years old!) Thanks again for all the support and encouragement and await the CD with impatience.

Sheila Tree

**An official from the Highways Department stopped at a farm asking to speak to the farmer. "I need to inspect your land with a view to building a new road. "Very well" said the farmer, "but don't go into that field". The official replied loftily, "I have governmental authority to go wherever I want. I have a card here to say I can go on any farmland I choose." Seeing that there was no point in arguing the farmer went off to deal with other work. A few minutes later he heard screams and saw the official running across the field pursued by his prize bull. "Should have shown him your card, clever clogs" he shouted with a laugh.**

*KFA Moves KFA Moves KFA Moves KFA Moves*

## **Dance Based Keep Fit Class with Barbara**

St Francis of Assisi Church  
Hollow Way, Cowley, Oxford OX3 7JP  
Wednesdays 10.30 – 11.45 am

Improve your energy levels, muscle tone and flexibility  
Come and enjoy the friendly, fun atmosphere

This class most suited to active 50+  
Please bring a mat/towel **First class ½ price**

**Dance Based Fitness Class, Lean Machine, Cowley –  
Tuesdays 7.30-8.45pm**

For further details of both classes phone Barbara  
07752626642  
KFA Fitness through movement, dance and exercise  
[www.keepfit.org.uk](http://www.keepfit.org.uk)

## SEASHELLS

Seashells resumes on Tuesday 3rd September after our summer break.

Can anyone help? We need assistance in helping to lay out the toys and prepare the room in the morning for when the children come in. It would be from 9.30 to 10.00. (About 30 minutes). We would be very grateful to anyone who feels that they would be able to help. It would not involve any heavy lifting.

If you can help please speak to May Morgan. Many thanks.

## LITTLE STARS

Little Stars are back on Monday, 9th September.

# SUNDAY SERVICES

## ST JAMES CHURCH, BEAUCHAMP LANE

|                        |                      |
|------------------------|----------------------|
| 8.00am                 | Holy Communion       |
| 10.00am                | Sung Eucharist       |
| Every 2nd & 4th Sunday | Church at the Centre |
| Every third Sunday     | Sunday Lunch         |

## ST FRANCIS CHURCH, HOLLOW WAY

|         |                  |
|---------|------------------|
| 10.30am | Parish Eucharist |
|---------|------------------|

## MID-WEEK SERVICES & MEETINGS

|           |                  |                                                            |
|-----------|------------------|------------------------------------------------------------|
| Monday    | 8.30am           | Morning Prayer—St James                                    |
|           | 10.00-11.30am    | Little Stars Playgroup—<br>St Francis                      |
|           | 2.30pm           | Parish Mothers' Union—<br>St James (3rd Monday)            |
| Tuesday   | 8.30am           | Morning Prayer—St Francis                                  |
|           | 10.00am          | Seashells Toddler Group—<br>St James                       |
|           | 12.00pm          | Eucharist—St James                                         |
|           | 12.30pm          | Tuesday Lunch Club—<br>St James                            |
| Wednesday | 8.30am           | Morning Prayer—St James                                    |
|           | 7.30pm (alt wks) | Women's Group—St James                                     |
| Thursday  | 8.30am           | Morning Prayer—St Francis                                  |
|           | 7.00pm           | Cowley Parish Healing Service<br>St Francis (1st Thursday) |
| Friday    | 2.00pm           | Bingo—St James                                             |
| Saturday  | 10.00am-12pm     | Coffee Morning, St Francis (2nd<br>Saturday)               |

## HOME GROUPS

| Leader                                                 | Time/Venue                                                                     |
|--------------------------------------------------------|--------------------------------------------------------------------------------|
| Skye Denno                                             | 1st Monday of month, 7.30pm at Skye's home                                     |
| Connie Uren                                            | Alternate Tuesday afternoons at 2.30pm<br>St James Church Centre, Ranklin Room |
| Friends of St Francis<br>(John Shreeve/<br>Skye Denno) | 2nd & 4th Tuesday afternoons at 2.30pm<br>St Francis Church                    |
| Mark Oxbrow                                            | Alternate Wednesday evenings at 7.30pm<br>Mark's home                          |
| Rosanne Butler                                         | Alternate Thursday mornings at 10.00am<br>St James Church Centre, Ranklin Room |
| Helen Beetham                                          | Alternate Friday mornings at 10am                                              |

The Parish Office in St James Church  
Centre is open:

Tuesday, 2—5pm  
Wednesday, 10—1pm  
Friday, 9—2pm

The Parish Office is currently staffed by  
volunteers and members of the ministry  
team, and is open most office hours.

Contact details: Tel: 01865 747680  
Email: [office@cowleyteamministry.co.uk](mailto:office@cowleyteamministry.co.uk)  
Out of hours tel: 07501 908378  
Website: [www.cowleyteamministry.co.uk](http://www.cowleyteamministry.co.uk)

### Team Rector:

Revd Howard Thornton  
Howard has Friday as his day off

### Team Vicar:

Revd Skye Denno  
Tel: 01865 434160 Mobile: 07720 768684  
Email: [skye@cowleyteamministry.co.uk](mailto:skye@cowleyteamministry.co.uk)  
Skye has Friday as her day off.

### Associate Priest

Revd Richard Chand  
01865 701948  
Email: [richard@cowleyteamministry.co.uk](mailto:richard@cowleyteamministry.co.uk)

### Non-stipendiary Ministers

Revd Canon Mark Oxbrow  
01865 461953  
Email: [markoxbrow@aol.com](mailto:markoxbrow@aol.com)

Revd Amanda Bloor  
Tel: 01865 208221

Revd Gordon Hickson  
Tel: 07713 688079

Revd Tony Beetham  
Tel: 01865 770923  
Email: [tonybeetham1@supanet.com](mailto:tonybeetham1@supanet.com)

### Churchwardens:

David Stanley Tel: 776602  
Norah Shallow Tel: 765199

Deputy Wardens  
Margaret Martin Tel: 718532  
John Shreeve Tel: 717987

### St James Church Centre Manager:

Chris Woodman Tel: 778078

### Hall Bookings:

Church Centre: Pat Sansom Tel: 778516  
St Francis Church/St James Church:  
through Parish Office

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