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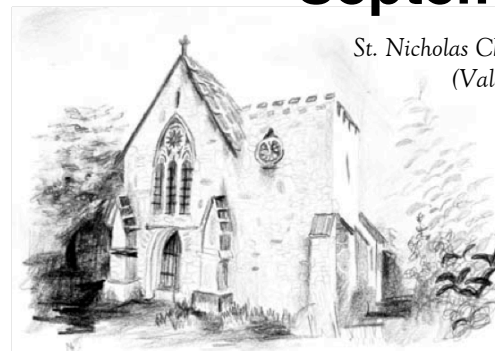


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Challow News

September 2020



St. Nicholas Church, East Challow.
(Vale Benefice)

Parish Eucharist

Sundays: 11.15am

Family Service

2nd Sunday 9.30am (Monthly)

Weekday Eucharist

Thursdays 10am

Vicar: Rev John Durant

The Vicarage, Main Street, Grove. OX12 7LQ

01235 766484

Email: vicar@valebenefice.org.uk

Associate Vicar: Rev Alec Gill

07739 563894

Email: vicaralec@valebenefice.org.uk

Curate: Rev Chris Ashton

Email: curatechris@valebenefice.org.uk

Licensed Lay Minister: Sue Powditch

Email: llm@valebenefice.org.uk

Benefice Office: Grove Parish Church, Main Street, Grove. OX12 7LQ

Open: Mon - Fri 10.00 - 12.00

Tel: 01235 771479

Email: office@valebenefice.org.uk

Churchwardens

Mrs Ruth Pepler: 01235 762197

Mrs Linda Hopkins: 01235 767121

PARISH COUNCIL

The Parish Council meeting takes place in the Village Hall at 7.30pm
on the 2nd Wednesday of the month.

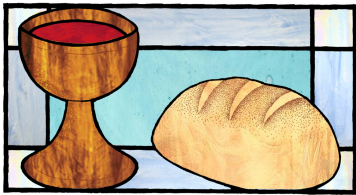
Clerk to the Parish Council - Sheryl Sanders: 01235 760394

Email: eastchallowpc@gmail.com

www.eastchallowpc.co.uk

Village Hall Booking Secretary

Denise Knight: 01235 766933



September 2020

14th September: Holy Cross Day

On Holy Cross Day the Church celebrates the Cross as a symbol of triumph, as the sign of Christ's victory over death. Holy Cross Day goes right back to 14 September 335, and we have the mother of a Roman Emperor to thank for it.

Helena was a devout Christian, and after her son, Constantine, was converted, they agreed that she should travel from Rome to Israel, to seek out the places of special significance to Christians.

Of course, much of Jerusalem had been destroyed by the Romans around 135 AD. But even so, Helena finally located what she believed to be the sites of the Crucifixion and of the Burial (and modern archaeologists think she may well be correct). The sites were so close together that she built one large church over them - the Church of the Holy Sepulchre.

That church, built in honour of the Cross, was dedicated on 14 September 335.

The sign of the Cross has been used by Christians since early times. Tertullian, writing his *De Corona* (3:2) around AD 211, noted that Christians seldom did anything significant without making the sign of the Cross.

What is its significance? Well, people often put their initials or some sort of personal mark on something to show that it belongs to them. The Cross is the personal mark of our Lord Jesus Christ, and we mark it on ourselves as a sign that we belong to him. Even in the book of Revelation, we read that the servants of God are 'sealed' or 'marked' on their foreheads as a sign that they are His.

A preacher once put it this way: if you were explaining to someone how to make a cross, you would say: "Draw an I." That is you, standing before the Lord, saying, 'here I am'. Then cancel that vertical stroke with a horizontal stroke - as if to say: "Lord, I abandon my self-will and make You the centre of my life instead. I abandon myself to Your love and service."

On Holy Cross Day, we recall Jesus' wonderful promise: "And when I am lifted up, I will draw all men unto me." (John 12:32)

Pastoral Support

To help our Vicars Revd John Durant and Revd Alec Gill in the pastoral support of the village, Liz Belcher will be acting as the local contact within the village for those who are in need of a home visit, home communion or other support that we as a church may be able to provide.

If we can help, please contact Liz on 01235 763966



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"Looks like no one was available to fill
in for the vicar's annual holiday again."

PLAY AREA

The play area is now re-open. Thank you for your patience while the risk assessment and annual safety inspection from RoSPA was carried out.

Please follow the guidelines attached to the fence and use the separate entry and exit gates.

FOOTPATHS

Footpath 196/5 From Challow Village Hall to Wantage Road (A417) is closed for a further 12 months until 31/8/21 due to essential development work.

PARISH COUNCILLORS

Vanessa Bosley: (Chair) 01235 764068

Frances Webb: (Vice Chair) 01235 765176

Sarah Parker: 01235 762565

Iris Game: 01235 770412

Trevor Hayes: trevorhayes805@btinternet.com

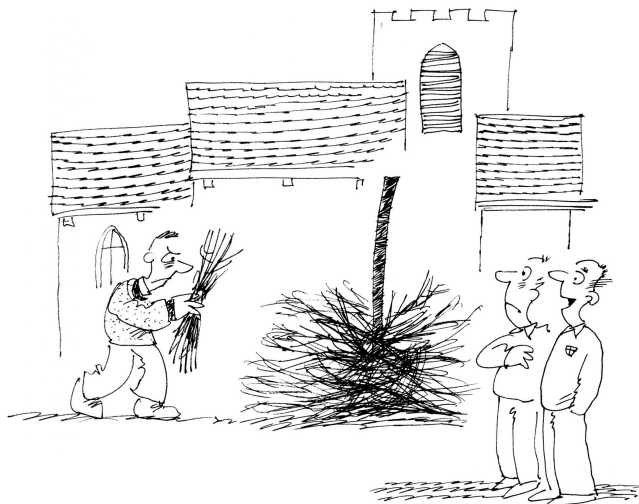
Paul Barrow: Paul.Barrow@whitehorsedc.gov.uk

Wende Blowfield:

Sheryl Sanders: Clerk to East Challow Parish Council. e-mail:

eastchallowpc@gmail.com.

Tel: 01235 760394



HELLO - LOOKS LIKE THE ORGANIST AND THE VICAR HAVE FALLEN OUT AGAIN!

Who have you looked to for inspiration?

There are many people that can inspire and influence us. They can be people that we know or someone who we have seen, listened to, watched or read about. We may share similarities with them, or it can be through our differences that they impact and affect us. We can be influenced by what they do, inspired by what they have achieved and challenged by how they live.

For over 2,000 years the Church has remembered and passed on stories and examples of other Christians who's lives add to our understanding of what it means to follow Jesus. We call them Saints and throughout the year the Church reflects on different ones on set dates.

I have found a new person who both intrigues and inspires me, when I was asked to lead a service on the day that the Church remembers Mary Magdalene, a woman who was known to be "over-friendly" and followed Jesus around. Except, that is not who she was. Mary was in fact healed by Jesus and she went on to support his work, underwriting his traveling ministry. She was part of the wider group of Jesus' followers. Rather than being just a hanger-on, Mary was the first person to see Jesus alive after his death and she was sent by Jesus, to tell the disciples that Jesus was back!

Over the years, the Church had mis-understood and mis-represented who Mary was and her significant role in the good news of Jesus. This was one of the things about Mary, that struck me.

It is clear from the Bible, who Mary was and what she did. Yet, that was not how people saw her. We can be easily pigeon-holed by others, who can only see us in a certain light. The way that they think about us can limit their expectations of us and this can eat away at our own self-esteem. Yet, we can so easily do the same to others. Not listening to what certain people say, because we know what they are like and we have heard it all before.

For me, Mary Magdalene is a reminder that who we truly are is not restricted by the limited view of others, but it is defined by what we do for God and how God sees us. Mary's actions live on and so will ours. Mary chose to say yes to what God was doing through Jesus. The challenge for us is what will we choose to do and how will that impact others, no matter how people view us.

God bless,

Alec

NEWS FROM THE PEWS

Hello to All

Here we are almost in September as I write this . We hope you have been able to enjoy the good weather we have had, even though the temperatures have been a challenge some of the days.

We have now had two Church services at Challow and more within the Benefice since our last Challow News

Our services at Challow were well attended , with 20 plus and social Distancing was observed as well as all the other precautions as advised.

It was lovely to be together to see each other, and be able to worship together again.

We are continuing the Zoom worship meeting during the weeks we are not attending a Service at Challow for those who are feeling cautious or not able to attend. The on line Zoom services continue both on Wednesday evening and Sunday's.

We would like to thank the small army of helpers who have volunteered to help in making it possible to open our church up for private prayer . They have maintained Church with opening and closing , cleaning , checking and then the Holy mowers who have kept our Church yard tidy with grass cutting etc. plus those who kept us going with contact through telephone calls or E mails.

We would also like to Thank Mary for her work in the new alter frontals, they are lovely, take a look when you are next in Church.

Ride and Stride will go ahead and the date will be September 12th.

Other dates for services etc will be on the Church door as well as on line . We hope to gradually get back to some normality but will keep you posted as to the where, when and what is going on as the situation changes.

Linda Hopkins & Ruth Pepler

Church Wardens

P C C

Annual Parish Meeting

It has been proposed to hold the Annual Parish Meeting on

Sunday 11th October

After the Morning Service or if necessary as a virtual meeting on Zoom

Anyone is entitled to come, but only those on the electoral roll may vote.



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9-letter word - IMPARTIAL
Some other words of five letters or more containing the hub letter **A**:
alarm, altar, apart, atria, atrip, maria, matai, plait,
prima, raita, riat,
tiara, tapir, tiara, trail, tramp, trial, armpit, impair,
impala, impart, lariat,
primal, air-mail, martial, martial, partial.

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S	A	D		O	P	E	N
L	E	U		L	A	V	A
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All entries for the OCTOBER 2020

Issue of the Challow News

Must be submitted by 15th September 2020

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MASK TO THE CHIN**



Exposed
area

The inside of the
mask will be
contaminated

Mouth and nose will
be infected by
bacteria or virus or
germs

**When you want to eat, drink or do any activity where you have
to remove your mask, just remove it completely.**

EFT

Church Fellowship

We hope to be holding our 'socially distanced' meeting in church on Tuesday 15th September at 7.30pm. As planned it will be a 'Review of Angel making' so please bring your angels along. Please also come if you have not been able to knit any angels.

We hope to attach a little message (perhaps a short Bible quote) around the angel's neck, so please have a think beforehand and come along with your ideas.

In these strange times it may be best to have an idea of who will be attending so please send me an email on penfoldjm@gmail.com or ring me on 01235 763173 to let me know if you hope to come.

Jenny Penfold

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**Community
Help & Support
Page**

*Are you in need of
Voluntary
Help or Support*

Gardening Help Needed

Does anyone know of someone who could help me
with my garden?

We are both over 80 and my husband is no longer able to help in the
garden and I cannot manage all the work on my own.

Our garden is mature with fruit, vegetables, flowers, shrubs and
a greenhouse.

I would be grateful for any help.

Mrs J. Titchener

01235 767810

Send your requests for Community Help or Support to
nigel.langford@me.com



Update on East Challow WI August 2020

Above is our new logo taken from a mosaic that hangs in the Village Hall made by Carole Collins to celebrate our 75th Anniversary in 2007.

During lockdown our usual monthly meetings have been suspended but the Committee has ensured that we stayed in touch and produced a monthly Newsletter for members with quizzes, poems, photos and stories of lockdown and general information to keep safe.

Every Tuesday we have a Virtual Coffee Morning at 10.30 advertised on our Facebook page, anybody is welcome to join us and a Zoom meeting with our Twin Trevone Cornwall.

The committee decided to surprise members with a Afternoon Cream Tea delivered to their door on what would have been our Summer outing in August.

At present it is unclear when we will resume a normal meeting but we are still an active WI and welcome new members. If you are not a member but would like to receive a newsletter please contact either:

Avril Pile 07790568238 or Barbara Lovegrove 01235 762421

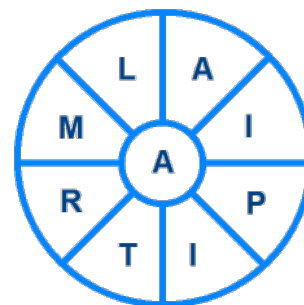
email eastchallow@oxfordshirewi.co.uk

Take care, stay safe.



Of course, Vicar, you are most welcome to some harvest milk. Would you like 4% fat, 3.5% fat, 1% fat, pre-treated, post-treated, homogenised, whole, skimmed, semi-skimmed or flavoured...?

Can you work out the names of musical instruments from the following anagrams? Word lengths are shown in brackets.	
RING LATE (8)	
COCOA RIND (9)	
ROAM CHINA (9)	
PORCH RADISH (11)	
NIL TRACE (8)	
NICER CANTO (10)	
MILAN DON (8)	
GROAN (5)	
NO AXE SHOP (9)	
TUBA IN ROME (10)	
TENOR MOB (8)	



How many words can you make from the letters in the wheel? Each word must contain the hub letter **A**. Can you find a 9-letter word and at least 20 other words of five letters or more avoiding proper nouns?

--	--	--	--	--	--	--	--	--	--

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Solutions on Page 20

St. Nicholas Church 200 Club - Monthly Draw

April / May / June / July / August / September

These draws will be drawn when we are able to meet up again.

We are looking for more members ~ Would you like to join?

Subscriptions to the 200 Club contribute towards the £20,000 which is required annually to keep our village Church open, in good repair and available for all who wish to use it.

The 200 Club is a monthly draw with 3 prizes each month - £50, £20 and £10

There is an additional prize of £100 in December.

The draw takes place on the first Sunday of every month, during coffee after morning service. The cost is £2 per number per month, which can be paid monthly, 6 monthly or annually, and can be paid for by Cash or Standing Order.

If you would like to join the 200 Club, please contact Tricia Shand

Email: the.shandies@btinternet.com

Telephone: 01235 764222

St Nicholas Church, East Challow.

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Services for September

Thursday 3rd - 10am Eucharist

Thursday 10th - 10am Eucharist

Sunday 13th - 11.15 Parish Eucharist

Thursday 17th - 10am Eucharist

Thursday 24th - 10am Eucharist

We plan to resume weekly Sunday services in October



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Your face mask and your dog

Face masks have been a big adjustment for all of us, but dogs especially may be struggling, warns the animal charity, Dogs Trust.

Dogs use our facial expressions to tell how we are feeling, so if they suddenly encounter people whose faces are covered, they could become confused, stressed, and even feel threatened. Their confusion may lead to a loss of obedience and cooperation with you.

Here is how to get your dog used to you wearing a face mask:

- Hold your hand over your face for a moment, speak reassuringly to your dog, and then reward him.
- Introduce your dog to your face mask, let him sniff it and let him see you put it up to your face, and then down again. Reward him.
- Put it on for a moment. Reassure and reward him.
- Put it on and move about the room, while reassuring him. Reward him.
- Gradually build up the length of time that you wear the face mask around him. Keep reassuring him. Reward him.

Expect that he may not be so quick to understand and obey you when you are wearing the mask – be patient.

Don't take him into public places where many people are wearing masks, unless you absolutely have to do so. It could be very stressful for him.

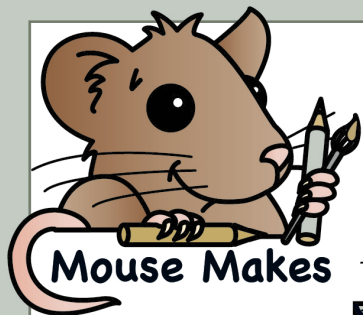
Louis Pasteur – 'father' of microbiology

A tiny invisible thing that brings disease and death where have we heard that before?! But Louis Pasteur, who died 125 years ago this month, on 28th September 1895, was not interested in a virus from China, but in tiny living organisms that brought disease and death in other ways.

Pasteur made some outstanding breakthroughs. He discovered the principles of vaccination, and then created the first vaccines for anthrax and rabies. His medical discoveries provided support for the germ theory of disease and nullified the theory of spontaneous generation.

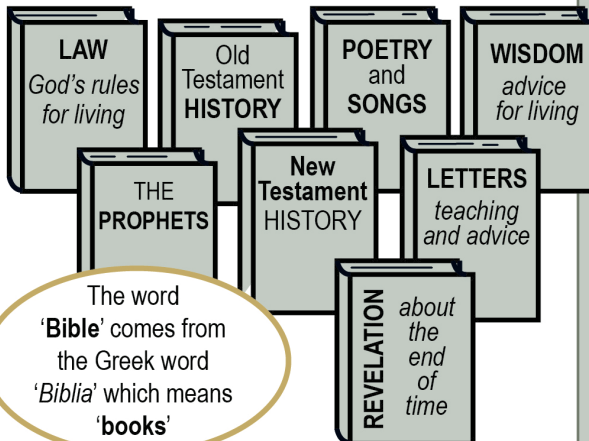
But Louis Pasteur is best known for his invention of the technique of treating milk and wine to stop bacterial contamination, a process that was named after him: pasteurisation. In doing so, he saved the French beer, wine and silk industries.

All in all, this gifted French biologist, microbiologist, and chemist well deserves his title as the 'father of microbiology,' and to be seen as one of the three main founders of bacteriology.



The **Bible** is a collection of **books** that took over 2,000 years to write! The books were written by many different people, all helped and inspired by God. The Bible has books about:

There are **66** books in the Bible. How many can you name?



The word '**Bible**' comes from the Greek word '*Biblia*' which means '**books**'

God speaks to us today as we read the Bible. The Bible encourages us, corrects us and shows us how to live, it also describes itself as:



Mirror
James 1:23



Food
Hebrews 5:12- 6:1



Honey and Gold
Psalm 19:10



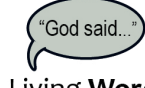
Light
Psalm 119:105



Rain
Isaiah 55:10-12



Seed
Mark 4:14



Living Word
Hebrews 4:12



Hammer
Jeremiah 23:29



Fire
Jeremiah 20:9



Sword
Ephesians 6:17

...but most of all The Bible teaches us about **God** and how we can be friends with Him.

Mental health and Covid-19

It is important to be as kind and patient as possible with other people this autumn. Covid-19 has turned many millions of lives upside-down, and the resulting distress, anxiety, fear, grief and economic meltdown means that now widespread mental illness is inevitable. So says the new president of the Royal College of Psychiatrists.

Dr Adrian James warns of ‘multiple layers’ to the fallout from the pandemic, both for people with pre-existing mental health conditions and also for those who have never suffered before. NHS front-line staff will need support, while those who have had a serious case of Covid-19 may suffer anything from post-traumatic stress disorder to a full-blown psychosis.

Dr James says: “There will be very significant mental illness consequences of Covid, and we need to be ready.”

Meanwhile, up to one in five Britons may have contemplated self-harming during lockdown, according to some separate research by University College London.

Has lockdown damaged your eyesight?

Are you suffering from ‘coronavisio’? It is perfectly possible.

Lockdown led to many of us staring at our television or computer screens for long periods of time. And that could have strained our eyes, warns the College of Optometrists.

By this summer one in five adults in Britain had reported a deterioration in their eyesight. Symptoms include blurred vision, difficulty in focussing, and red or painful eyes.

As one optometrist explained: “Working from home, video calls with friends and family, watching more TV, time spent looking at your phone – all that screen time adds up. The good news is that this is unlikely to cause any permanent harm to your vision.”

Nevertheless, the College urges people to get their eyes checked if they feel on-going discomfort. They also advise that when you are looking at a screen, you rest your eyes every 20 minutes, blink regularly, use eye drops, position your screen below eye level and increase the size of the text.

Music and memory

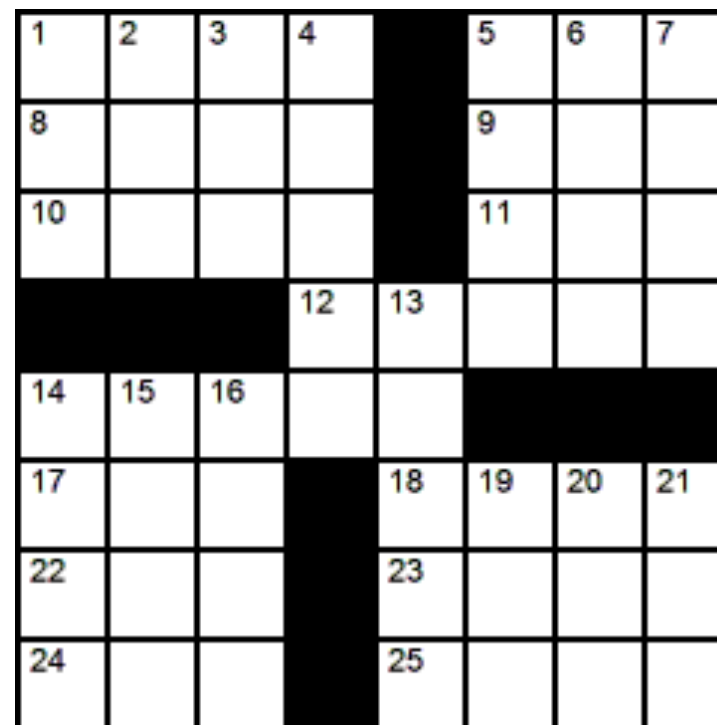
Have you ever heard a certain song or tune that immediately takes you back to your youth? It can be a very poignant moment.

When researchers at the University of Westminster examined the choices of 80 different guests on the BBC radio show *Desert Island Discs*, they found that most guests had chosen music which dated back to when they had been between 10 to 30 years old. This time span was identified as a ‘self-defining period’ in their lives.

The research concluded: “The music we know and love between the ages of 10 to 30 will play a significant role throughout our lives, connecting us as individuals to other people, places and times that become central to our identity.”

What songs trigger the big memories for you?

Crossword Puzzle



Down

1. Biblical boat
2. Neckwear
3. Lyric poem
4. Noisy fight
5. Bound
6. Exclude
7. Entomb
13. Fruit
14. In addition
15. Cogwheel
16. Ill-mannered
19. Simian
20. Irritate
21. Insect

Across

1. Particle
5. Tennis stroke
8. Travel by horse
9. Large flightless bird
10. Part of a hull
11. Atmosphere
12. Vacant
14. Concur
17. Romanian currency
18. Molten rock
22. Lamentable
23. Overt
24. Metal-bearing mineral
25. Adjacent

Solutions on Page 20

Watch out for this predator

If you like bees, then keep an eye out this summer for a dangerous invader from the Continent – the Asian hornet. A single Asian hornet can consume 50 honeybees in one day.

In recent years the Asian hornet has spread across Europe, devouring honeybees by the tens of thousands. They are most likely to be found in southern England after crossing the Channel from France, or in imported soil, plants and fruit.

An Asian hornet is mostly black, with thin yellow stripes, an orange face and yellow legs. Measuring 1.2 inches, it is slightly smaller than the European hornet, and is of about the same threat to humans. But they are deadly when it comes to honeybees. Asian hornets wait outside of honeybee hives and pounce on emerging workers, chopping them up alive and taking back the thorax to their own young.

If you think you have spotted an Asian hornet, report it through the 'Asian Hornet Watch' app:

[Asian Hornet Watch app for iPhone](#)

[Asian Hornet Watch app for android](#)

If you find a nest, don't try to remove it yourself – it can be dangerous and should only be done by experts.

What is lurking in your garden?

Is there something alien in your garden which is beginning to worry you? Something that is growing too fast, spreading too fast, for you to keep up with?

Gardeners across the country are being asked by the Botanical Society of Britain and Ireland (BSBI) and the University of Coventry to find – and report – the next Japanese knotweed before it 'jumps the garden fence' and causes havoc.

Japanese knotweed and Himalayan balsam both began innocently, as pretty ornamental garden plants. Then they escaped and have since marched across the UK like something out of War of the Worlds, causing immense damage to homes and waterways.

So now the question is: can you help a citizen science project to identify the *next* plant which could become a similar menace? The project is called Plant Alert. It offers you an easy way to report any ornamental plants in your garden that you suspect are becoming aggressive. Just go to: <https://bsbi.org/plant-alert>

Scientists say to look out for: vigorous growth, prolific self-seeding, longer flowering periods. Plants which are logged on the Plant Alert app will be studied by botanists, and potentially restricted from sale.

Kevin Walker, head of science at BSBI, says: "Bitter experience has shown that species that are invasive in gardens are also the ones that are likely to 'jump the fence' and cause problems in the wild."

The stately Rosebay Willowherb

If wildflowers were to compete in terms of height, Rosebay Willowherb would have to be one of the contenders for first prize. By mid- to late-summer its height can reach four feet or so [120cm] with pyramids of pinkish-purple flowers cheering up the most unlikely places, for it is happy to grow on railway cuttings and embankments and amongst ruined buildings and disturbed ground. Indeed, during the Second World War, Rosebay Willowherb was often one of the very first plants to cheer up London's bomb-sites, and even ground that had been cleared by fire, resulting in it having another, but far less attractive name – Fireweed.

Spring flowers tend to have white or yellow petals – snowdrops, primroses, daffodils, wood anemones and celandines. This trend is abruptly changed when bluebells make an appearance. By midsummer however, warmer colours have made an appearance, and Rosebay Willowherb is no exception. The flowers, with deep pink petals intercepted by purple sepals account for the first word of the name, while the leaves, which grow in spirals around them, are responsible for 'Willowherb' being added, as they become narrow at each end, and therefore resemble [loosely!] those of a willow tree.

In the times of Queen Victoria this wonderful plant was a treasured addition to many gardens and it was not nearly as abundant in the countryside. However, Mother Nature soon dealt with that! Once the flower is pollinated, seed capsules form. When ripe, they split to release many, many billows of seed, all ready to be blown far and wide by autumn winds.

So, we now have a plant loved by many, often from a car or train. But while the size and vibrant colour mean it cannot hide, the fluffy seeds tell us that autumn will not be far away.

Whatever happened to Christopher Robin?

One hundred years ago on 21st August 1920, Christopher Robin Milne was born. He was the only son of the author A. A. Milne and appeared as a character in his father's Winnie-the-Pooh stories and verses – a role he enjoyed at first but later found difficult to handle.

The characters in Winnie the Pooh were based on his own soft toys or items purchased later. The setting was inspired by Ashdown Forest in East Sussex: his family owned nearby Cotchford Farm and spent weekends and holidays there.

His relationship with his nanny, Olive 'Nou' Brockwell, was close and continued into adult life, but when he went to boarding school near Guildford in 1930 he was bullied because his father's work was well known: one poem, *Vespers*, brought him "toe-curling, fist-clenching, lip-biting embarrassment".

He married a cousin, Lesley de Sélincourt, in 1948 and opened a bookshop in Dartmouth. He was close to his father but not to his mother, Daphne, who did not see him during the last 15 years of her life.

Milne had one child, Clare, who had cerebral palsy. He himself had myasthenia gravis in his later years and died in 1996; he was described by one newspaper as a 'dedicated atheist'.

The parable of the Fish and the Nets

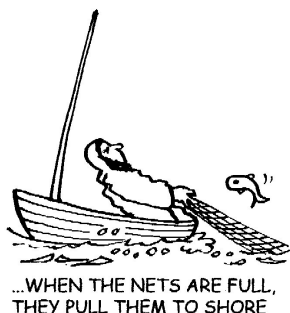
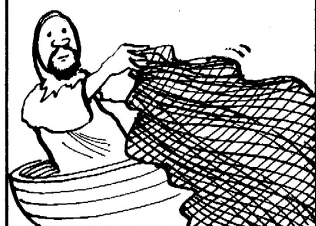
JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS



ONCE JESUS SAID THE KINGDOM OF HEAVEN WAS A BIT LIKE CATCHING FISH!

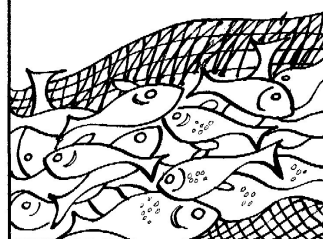


WHEN PEOPLE GO FISHING THEY THROW THEIR NETS INTO THE LAKE...

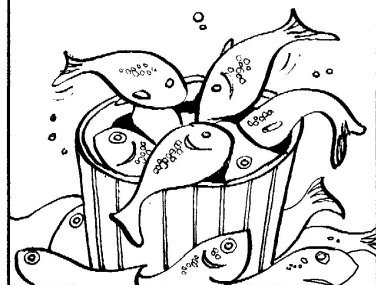


...WHEN THE NETS ARE FULL, THEY PULL THEM TO SHORE

ONCE ON SHORE THE FISH HAVE TO BE SORTED OUT.

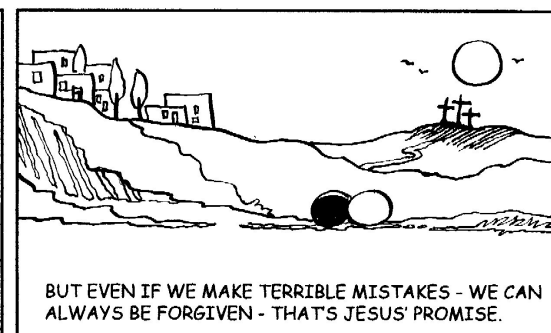


THE GOOD FISH GO INTO BUCKETS



THE BAD FISH GET THROWN AWAY!

JESUS EXPLAINED THAT WE TOO WILL BE SORTED LIKE THE FISH. WE CAN CHOOSE TO DO GOOD OR BAD THINGS WITH OUR LIVES.



BUT EVEN IF WE MAKE TERRIBLE MISTAKES - WE CAN ALWAYS BE FORGIVEN - THAT'S JESUS' PROMISE.

Bible Bite

A short story from the Bible

It can be read in the Bible in Matthew 12:1-14, Luke 6:1-11

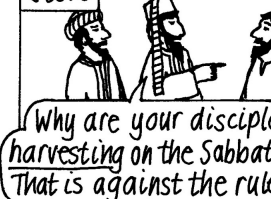
The Pharisees watched Jesus to see if he broke any of God's laws, or the rules they had made up to stop the laws being broken.

Jesus' disciples were hungry so they picked some wheat from a field as they walked.



This was allowed (Deut 23:25), but it was the Sabbath.

The Pharisees said to Jesus



Why are your disciples harvesting on the Sabbath? That is against the rules!

But King David broke the rules when he ate the bread that was only for the priests*



*1 Sam 21:4-6

And priests are allowed to work in the temple on the Sabbath*



*Num 28:9

Don't you understand when God says 'Keeping rules' doesn't make up for not having kindness' ?*

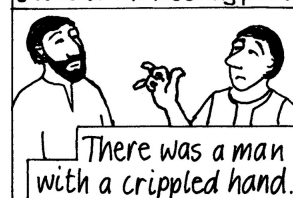


*Hos 6:6

If you understood, you would know my disciples did nothing wrong.



The Pharisees followed Jesus to the meeting place



There was a man with a crippled hand.

The Pharisees wanted to accuse Jesus of breaking rules, so they asked him a trick question.



Is it right to heal someone on the Sabbath?

If your sheep fell into a ditch on the Sabbath you would lift it out.



People are worth far more than sheep, so it is right to do good on the Sabbath



Hold out your hand.



.. and it was healed!

The Pharisees left and made plans.



We will kill him.