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St Nicholas Church

News from the Pews

Pause for thought

Open the Book

Church Rotas

Parish Council **Council News**

Parish Councillors

Contact Details

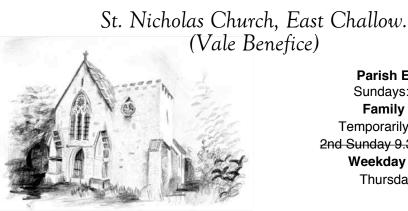


EDITION



Womens Institute **KA Patchwork & Quilters**

Letters **Topical Talk** Parish Pump **Puzzles & Cartoons Advertisements**



Parish Eucharist Sundays: 11.15am Family Service Temporarily Suspended 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: Ilm@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

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



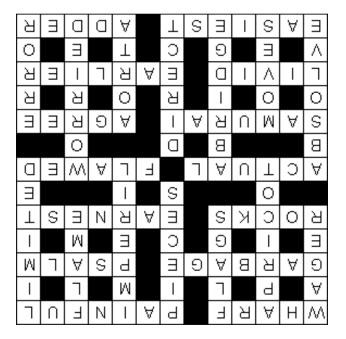
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PARISH COUNCIL

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

AUTUMN CLEAR UP

It's the time of year when we are all tidying up our gardens for the winter. Please could we remind villagers to cut back any vegetation overhanging public rights of way.

PARKING

Please can residents park responsibly around the village. Please avoid parking on corners as it impairs visibility. Parking on the pavement causes problems for wheelchair users and pushchairs. Parking on grass verges restricts the ground maintenance contractor from cutting the grass.

Please do not park at the village hall carpark – there is a parish council owned car park which is located in Canal Way (opposite the village hall carpark) where residents can park.

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: <u>eastchallowpc@gmail.com</u>. Tel: 01235 760394

East Challow Village Hall Management Committee

HELP - We are a charity run by volunteers. The Hall has always been a valued part of village life which will be intensified by the increased housing. We are looking for new members Can You Help? - We need your support now! Please contact: Mandy Perkins (Secretary) 01235 764374

VICAR'S LETTER - A PAUSE FOR THOUGHT

Dear Friends

We discovered the meaning of the phrase *"fully integrated"* last month. It was done through ordering a Dishwasher online. Having seen a picture of the machine which looked to us like a free standing one we naively thought "fully integrated" meant "everything works"!

It was only when the deliverers unpacked the machine and I asked *"Where is the top covering?"* and then noticed that the door also had no outside finish we realised our mistake.

Of course you probably knew that fully integrated means being fitted into the kitchen and blending in as part of the whole, covered by the decorated design. (It also meant for us spending more time phoning the Customer services – but that is another story and thankfully the provider was very helpful.)

As always understanding the context clarifies the definition. I began to wonder is this a phrase you can apply to other areas of life. Life at the moment by no means feels fully integrated. Rather it seems utterly disintegrated with riots, abuse, indecision and uncertainty.

During these past few months I have been studying St Paul's letter to the Ephesians which he wrote from a position of lockdown in prison to people who appeared to be living separated lives from each other.

He uses a phrase *in Christ Jesus* which occurs nearly 40 times. Fully integrated into Jesus paraphrases this idea nicely. For when followers of Jesus become part of Christ we find a resource that even in times of disintegration he helps us to be loving in our relationships, respectful to all but especially the vulnerable, honest at work, patient in affliction, grateful for the blessings which God lavishes upon us and have real hope that good will win.

In the meantime I have to go and do the washing up.....

God bless and stay alert.

John

NEWS FROM THE PEWS

We are all learning to adapt and work with restrictions as we move towards Christmas and into the Autumn.

As we plan the Rotas please could you let Ruth or myself know if you plan to be away between now and Christmas or unable to cover the duty you are down for.

We are always looking for volunteers to help in many ways, if you could spare some time please let us know .

We have had to suspend the Family Service for the time being until we work out how we manage this safety following the guidelines set out and the changing goal posts .

What is available is material from Roots. This is a story, activity, worksheet which we can send to you if you are interested or would like to take a look at it.

Let Ruth or myself know if this is something that you would like, it is available across the Benefice, the Church office also has details.

Well done to all the Ride and Striders who visited many Churches on Saturday September 12th including ours .We had walkers, riders ,dogs and even a horse.

APGM will take place, this is our annual meeting open to everyone who is involved or attends St Nicholas and October 11th after Church is the date set.

The plan is that this will take place in the Village Hall at 12:30, however further information will be made available nearer the date and also be on the Lychgate and on the Church door.

Please could you also remember to let us know if it is your intention to attend our Sunday Church Service

Keep safe and stay well.

Linda and Ruth

Church Wardens

Church Fellowship

Tuesday October 20th on Zoom at 7.30-9.00pm

Grins and Grouses

Share a few of your pet niggles and things that make you smile. eg. The ring pull that pings off and you have to resort to the can-opener, or starlings squabbling over a crust of bread.

If we think of two or three things of each and share them at the meeting, we might be surprised by how similar some of our grins and grouses are. Maybe even find a solution to a niggle or two.

Councillor for Ridgeway Ward Vale of White Horse District Council - Paul Barrow

District Councillor Report

Car parking

Free parking will continue in council car parks but towards the end of the year fees will increase for parking over 2hrs (by 40p) and for permit holders (by 10%). The district council faces a huge deficit as a result of the Covid crisis and needs to begin to address this.

Schools letter

To help parents and young people returning to school and college, the County Council is sharing the government's information and practical guidance, here: www.gov.uk/backtoschool

Leisure Centres

Abingdon Leisure Centre is now fully open with appropriate distancing and other measures in place so that it is necessary to book in advance. Wantage Leisure Centre is open but the pool is currently restricted to swimming clubs.

Neighbourhood Plan

We are making progress with this with the aim of managing any further development in the village – at any scale - and we hope to have a first draft by the end of the year. Thanks to those who returned the housing and business survey – greatly appreciated as it will help us direct any development in the village towards the wishes of the village. A Landscape Assessment is being carried out so you may see Sharon Brentnall from Lepus Consulting around the village taking some photos. Please make her welcome.

We have discussed the government white paper on relaxation of planning but we do not think it will adversely affect the Neighbourhood Plan. We shall be fighting hard any further attempts at development in the village and parish on the scale that has occurred in the last few years.

Covid-19

On behalf of VWHDC could I thank all those who have helped friends, relatives and neighbours during the last few difficult months. Some of you may have received help from the Vale which I understand has worked well. Let's hope that the coming winter is not as bad as the spring and summer just past!

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All entries for the November 2020 Issue of the Challow News

Must be submitted by <u>15th October 2020</u> Email: nigel.langford@me.com

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Church Rotas					
Date	Reader	Readings			
October 4th	P. Rumsey	Exodus 20. 1 - 4 7 - 9 12 - 20			
October 11th	M. Mann	Exodus 32. 1 - 14			
October 18th	R. Pepler	Exodus 33. 12 - 23			
October 25th	J. Penfold	Deuteronomy 34. 1 - 12			
Due to COVID 10 managing in place					

Due to COVID 19 measures in place

All Readers must bring their own Bible to read from.

Date	Sacristan	Sidesperson	Coffee	Cleaning	
4-Oct	J. Penfold	P. Rumsey T. Shand	~		
11-Oct	M. Mann	D. Mann V. Brewster	~	L. Belcher L. Hopkins	
18-Oct	P. Pepler	N. Langford J. Penfold	~		
25-Oct	L. Hopkins	F. Webb L. Belcher	2	J. Penfold	
1-Nov	J. Penfold	S. Giles T. Shand	~		
Date	Intercessions	Flowers	Thursday	Sacristan	
4-Oct	M. Mann	J. Penfold	1-Oct	M. Perkins	
11-Oct	J. Penfold	J. Teare	8 0ct	M. Perkins	
18-Oct	J. Teare	TBC	15-Oct	M. Mann	
25-Oct	P. Pepler	H. Smith	22-Oct	M. Mann	
1-Nov	M. Mann	M. Perkins	29-Oct	S. Swift	

If you are unable to take your turn, please arrange to swap or ask someone to step in. It would also be very helpful if you could also amend the copy on the church notice board

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Gardener Required

I would like to employ someone who could help us with our 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.

If anyone can recommend someone who might be able to help

Please contact me on

01235 767810

Mrs J Titchener

East Challow Village Hall Booking Secretary: D Knight - 01235 766933

King Alfred Patchwork and Quilters Group East Challow WE ARE WILL BE BACK SOON

But with special measures in place.

We were hoping to be back again in October, but given the latest restrictions (Rule of 6) imposed by the government we have had to further delay our return. We have however identified all the relevant procedures and protocols and will be ensuring they are in place when we are able to get together again.

Provisional Programme for October 2020 - Obviously subject to change dependent on the current status of Government restrictions at the time

7th October Talk by Kate Findlay Textile Artist

21st Tentmakers of Cairo Talk by John Fisher

Meetings are planned to be held on the 1st and 3rd Wednesday of the month in East Challow Village Hall at 7.30pm Visitors and New Members are always welcome.

You do not have to be a member to come along to one of our talks and demonstrations, but we are sure once you have seen some of the lovely handmade items and been inspired you might want to join us to have a go.

If you would like to come along to see what we are about then please do, we are a friendly bunch and can offer help and advice, and welcome members of any level and our programme of events is varied throughout the year.

For any potential new members, please do not be put off by the current restrictions. Get in touch and let us know you are interested and perhaps we can let you have a few more details of what we do and what we are about.

Due to COVID 19 we are not offering refreshments at this time, so please bring your own.

We look forward to seeing you as soon as the restrictions have been lifted.

As you can no doubt all appreciate, this is an ever changing feast so please call closer to the planned dates for more information.

Please contact: Lesley Wilkins on 01235 762707 or Janice Miller 01235 771552

EAST CHALLOW WOMENS INSTITUTE

Unfortunately owing to the new Government Regulations we are unable to hold our face to face meetings and are awaiting further guidance from the NFWI.

The Committee will continue with a monthly newsletter and are hoping to trial a Zoom Meeting on 13th October at 07.30pm.

We are collecting old bras for Against Breast Cancer that raises money for research and any donations gratefully received please contact us as below.

At present the WI are supporting the two campaigns for 2020, an increase in stem cell donors and the fight against modern slavery.

East Challow WI have submitted a Resolution for 2021 and wait to see if it gets shortlisted. Take care everybody, stay safe and follow the rules, remember social distancing and hand washing.

If any non member ladies in East Challow would like a Newsletter let us know you are most welcome.

Avril Pile: 07790 568238 eastchallowwi@oxfordshirewi.co.uk

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The Open the Book Bible Story Reading Scheme for Primary School Children



The Open the Book team has been visiting St Nicholas School each Thursday morning for almost nine years to tell the children a bible story. Each week as we read the story we dress up, act and encourage the children to take part in the story.

We are part of the national, in fact international, Open the Book scheme which consists of many volunteers from local churches visiting their local primary schools to tell the children stories from the Bible. If you would like to know more about this scheme you may like to look at the YouTube video below explaining what is happening in many primary schools.

https://www.youtube.com/watch?v=iztzmoavyjk

Unfortunately, we are unable to visit school at the present time so we have recorded the stories for the children to listen to in their classrooms.

Our stories for Term 1 – September and October 2020

1. In the Beginning. Read by Jenny Penfold <u>https://youtu.be/ooQTGAdWhmY</u> <u>God Creates the Earth</u>

This story tells that God made the earth and all the beautiful things for us to enjoy. We should thank God for this and look after the Earth.

2. **A Sad Day**. Read by Peter Rumsey <u>https://youtu.be/z7v79IXHc3k</u>

Making the Right Choices

This story tells us that things can be very different if we do not make the right choices. When Adam and Eve disobeyed God they had to leave the garden and life became very difficult.

3. A Special Promise Read by Mary Mann https://youtu.be/n5gZh7K7EOE

We can always make a new start.

This story teaches us that when we make mistakes we can always make a fresh start. A rainbow reminds us of this.

4. God's Friend Read by Rev. Alec Gill <u>https://youtu.be/Bv0aQuD5Ir0</u>

A Friend to be Trusted

We are all thankful for friends who we can trust. Abraham believed that God was a friend he could trust. God would like to be a trusted friend to each of us.

5. Joseph the Dreamer Read by Linda Hopkins <u>https://youtu.be/rhTT2VZCL68</u>

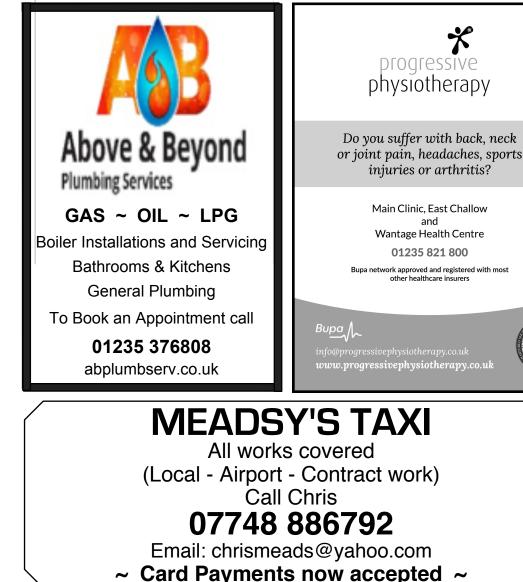
When Life seems Unfair.

Joseph's brothers are jealous and think life is unfair. We should try to be thankful for what we have and learn to share.

6. Joseph the Ruler Read by Nigel Langford <u>https://youtu.be/1k1y3MSqCZY</u> Forgiving those who are unkind to us.

Although Joseph's brothers were very cruel to him, he was able to help them and forgive him for what they had done to him.

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April Results 250 - Nº 37 - S Grainger	<i>May Results</i> £50 - № 8 - I Game	<i>June Results</i> £50 - Nº 148 - S Giles
20 - Nº 1 - R Bustany	£20 - Nº 165 - D McGill	£20 - N° 52 - J Prior
£10 - Nº 171 - T Evans	£10 - Nº 70 - D Crook	£10 - Nº 164 - D Alder
Co	ngratulations to all winn	ers
July Results	August Results	September Results
£50 - Nº 6 - S Green	£50 - Nº 147 - T Shand	£50 - Nº61 - M Butler
20 - Nº 166 - K Lindsey	£20 - Nº 41 - S Swift	£20 - Nº 77 - M Betteridge
210 - Nº 171 - T Evans	£10 - Nº 12 - Mr Preston	£10 - Nº 152 - K Burbige
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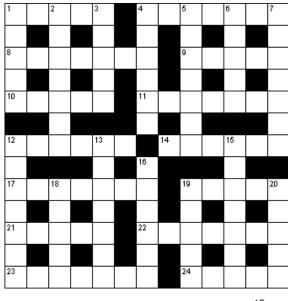
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Crossword Puzzle

Down
1 Bet (5)
2 Fruit (7)
3 Emblems (5)
4 Fragments (6)
5 Endanger (7)
6 Fire (5)
7 Restricted (7)
12 Relieve of blame (7)
13 Abbreviate (7)
15 Concerned (7)
16 Straightforward (6)
18 Relocates (5)
19 Main artery (5)
20 Mistake (5)

Solutions on Page 22



Cartoons



after all, and is still in quarantine.



a solar-powered radio microphone...



"It'll be interesting to see if anyone has the nerve to claim them."

TOPICAL TALK

Honey, honey!

If your grannie gave you honey when you had a cold, she was right. Research published in The British Medical Journal has found that honey is especially good for treating upper respiratory tract infections (URTIs) such as the common cold. Honey has anti-microbial and anti-inflammatory properties. These do better at

soothing your cough and sniffles than any of the over-the-counter remedies. In fact, URTI sufferers who were given honey suffered their symptoms for up to two days LESS than those who did not use honey.

All good news, especially as honey is cheap, readily available, and has virtually no side effects.

31st October - All Hallows Eve

Modern Halloween celebrations have their roots with the Celtic peoples of pre-Christian times.

In those long-ago days, on the last night of October, the Celts celebrated the Festival of Samhain, or 'Summer's End'. The priests, or Druids, performed ceremonies to thank and honour the sun. For there was a very dark side to all this: Samhain also signalled the onset of winter, a time when it was feared that unfriendly ghosts, nature-spirits, and witches roamed the earth, creating mischief. So the Druid priests lit great bonfires and performed magic rites to ward off or appease these dark supernatural powers.

Then the Romans arrived, and brought their Harvest Festival which honoured the Goddess Pomona with gifts of apples and nuts. The two festivals slowly merged. When Christianity arrived still later, it began to replace the Roman and Druid religions. 1st November – All Saints' Day – was dedicated to all Christian Martyrs and Saints who had died. It was called 'All Hallows' Day'. The evening before became an evening of prayer and preparation and was called 'All Hallows' Eve', The Holy Evening, later shortened to 'Halloween'.

For many centuries, however, fear of the supernatural remained strong. During the Middle Ages, animal costumes and frightening masks were worn to ward off the evil spirits of darkness on Halloween. Magic words and charms were used to keep away bad luck, and everybody believed that witches ride about on broomsticks. Fortune telling was popular, and predicting the future by the use of nuts and apples was so popular that Halloween is still sometimes known as Nutcrack Night or Snap-Apple Night.

Today, Christians have learned to turn to prayer instead of charms to overcome the powers of darkness. And the deeper, true meaning of All Hallows' Eve, should not be forgotten. As Christians, we all draw closer to Christ when we remember and give thanks for our loved ones and for others who have gone before us through the gates of death.

Is your face mask making your skin break out?

Face masks are giving us skin complaints. In fact, so many of us are now suffering that the complaint has been given its own name: 'maskne'.

The causes are obvious. Our breath is warm and moist, and every time we exhale into our masks this humid air gets trapped. Masks move, and so we have friction. Added to that is the unpleasant fact that our salvia is actually teeming with bacteria (with more bugs per square inch than even a loo seat!).

Acne mechanica is the medical term for 'maskne'. With all that bacteria being trapped and rubbed against our nose and chin, no wonder 'mask breakouts' are rising dramatically.

Stress is another cause for skin complaints, and the pandemic has given many of us huge stress this year. We may face crippling anxiety over job security, finances, the health of loved ones, social isolation, or even being trapped in an abusive household. No wonder our faces are breaking out in a rash!

We love milk, but from where?

Dairy cows have serious competition these days: a third of young people are now opting for vegan milk instead. Recent data from the global market research firm, Mintel, has found that 23 per cent of Britons now use plant-based milk. It has become most popular among the 16 to 24-year-olds.

Many millennials have switched to soya milk because of environmental concerns, but the Sustainable Food Trust has recently warned that vegan milk could actually be far more harmful to the environment. They say that grass-fed dairy milk poses less of a threat to the Amazon and other rainforests than many soya products do.

When Oxford accepted women

A century ago, on 7th October 1920, Oxford University allowed women to become full members and study for full degrees for the first time, and the first 100 women were admitted.

Women had been attending lectures, taking examinations and gaining honours since the 1870s. Four women's colleges were established in those years – but no woman had been allowed to graduate and receive a degree although between 1904 and 1907 the so-called "steamboat ladies" travelled to the more liberal University of Dublin to graduate.

The 1920 decision was retrospective, and so at the first ceremony at which women were able to graduate more than 40 women did so. The first was Annie Rogers, who had achieved first class honours in Latin and Greek in 1877, and first class honours in Ancient History in 1879. She graduated on 26th October 1920.

Despite this leap forward, a quota limiting the number of female Oxford students to fewer than a quarter of the men was not removed until 1957, when the Warden of Wadham College, Sir Maurice Bowra, described it as "foolish and finicky" and declared that women were a "civilising influence".

Cambridge University did not give women equal status until 1947.



- 14 -

Parish Pump



One in five of us suffer depression

The pandemic has doubled our rates of depression. Now one in five adults are struggling with the symptoms. And yet the peak of the Covid-19 mental health crisis is 'yet to come', according to NHS bosses.

In June the Office for National Statistics released data showing that 19.2 percent of adults were experiencing some form of depression. This figure had almost doubled, from around one in 10 (9.7 per cent), before the pandemic. But NHS bosses warn that up to half a million more patients are expected to enter the system in coming months.

Those most vulnerable to depression are women aged 16 to 29 who are unable to afford an unexpected expense, or who are disabled.

A spokeswoman for Mind, the mental health charity, says, "It's crucial that mental health is put at the centre of the government's ongoing recovery plans."

A report from the NHS Confederation echoes this, saying that mental health bodies will need "intensive support and investment."

Moral questions from the pandemic

You may have missed it at the time. The movie 'Contagion' didn't make much of an impact when it was released for public viewing in 2011. Perhaps it was thought to be unrealistic. It was about a highly contagious, unknown virus, transmitted by an infected bat to a pig in a Chinese marketplace. From there it spread like wildfire round the world.

It was fiction then of course, but not so far-fetched as to be distant from reality, as we now know. Deadly viruses, and the plagues they cause, have been part of world history since time began. In the early days, when travel between continents was infrequent, their spread was slower and usually confined to local regions.

The way the film's imaginary plot develops bears an uncanny resemblance to what we have experienced this year. Panic buying empties supermarkets, whole populations adopt social distancing, scientists work flat out to identify the virus and then search for a means to combat it. Meanwhile, millions are infected, and guarantines are imposed.

The story progresses far beyond the reality which is familiar to us. The irresponsible use of social media and false rumours of a cure lead to the looting of pharmacies. Emergency food supplies are ransacked, law and order break down. Troops police the streets. Then there's a breakthrough: a vaccine is discovered. But that raises a new moral problem: who will get it first and what would be a fair distribution system?

The movie is still available via Netflix, or you can buy a DVD online. Despite the inevitable carnage of the pandemic and the suffering it portrays, it contrives to have a relatively happy ending.

In real life, we haven't got that far vet. But, please God, we will. After all, most deadly diseases are now under control and both vaccination and immunisation are part and parcel of everyday life; old 'uns take it for granted that their GP will summon them for an anti-flu jab each winter.

But we may face an ethical dilemma when it comes to a vaccine for Covid-19. If there's an initial shortage, who should get it first? Should money come into it? Are Christian principles applicable? - 10 -

Letters to the Editor

To The Editor,

Please could this be put in the Challow News and on the website. We live at the bottom of the village and EVERY TIME it pours with rain we get sewage bursting out onto our lawn.

Thames Water come and clear it and

EVERY TIME they come it is due to the Fat, Sanitary Towels, Wipes, Pill packets, Nappies and numerous other things that have been flushed down toilets!

All of which should not, only loo paper should be.





Please, please do not flush other items down the toilet. As you can see, this is a children's Wendy House behind the sewage, not so nice to play in, behind this there is a ditch leading to the main water course into which all of your sewage is currently flowing. Thames Water and ourselves would really appreciate this ending.

DON'T FLUSH IT, BIN IT!

Thank you for your help in this matter. *Judy Smith* To The Editor,

Thank you

During lockdown my husband and I were walking near Reynold's Way when we saw some face masks hanging on the tree which someone had kindly made. I helped myself to one and put a donation in the box.

Please accept my grateful thanks and I hope you managed to raise a lot of money. My mask has been admired by a number of people and I use it every time I need one.

Jenny Penfold

To the Editor,

The Ride and Stride, which raises money for the Oxfordshire Historic Churches Trust and the Church of your choice, took place in beautiful weather on Saturday 12th September. Janet Parker cycled, visiting fourteen churches in the Vale. This organisation contributed to the project which added the toilet and servery area to St Nicholas Church.

Fifty per cent of the money raised will be returned to St. Nicholas. Janet would like to thank all those who have sponsored her so far and those who kindly waited to welcome other riders to the Church.

St Nicholas Church

Please send any " Letters to the Editor " to be considered for publication

to the following email address

nigel.langford@me.com