



**Work, rest and play**



We are just approaching holiday season again: perhaps a time to go away to the beach somewhere, or trekking in the Lake District, or simply to holiday at home. We all need a break. A bit of physical or emotional distance from our routine, to help us reflect, to rejoice in all that is good and to recognise the changes that need to take place to give us more joy and energy. I've realised I have not spent enough time outside over the last few months so my summer holiday will include lots of walking in nature and sitting in the sun.



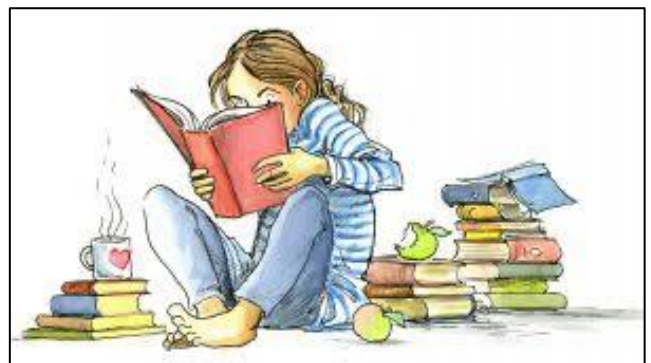
We all need a healthy work-life/busy-fun balance. Now, I wonder when you last had a Mars Bar. No, I haven't gone off topic, but in thinking about work-life balance – work and rest - I had a sudden flashback to the old TV adverts for Mars: 'A Mars a day helps you work, rest and play'. This was a fabulous slogan, first adopted for the chocolate bar in the 1960s, dropped in 1997 but re-introduced briefly ten years later with a video of monks bellringing! I'm



sure you must have seen that, but if you haven't it's available on YouTube! The premise of the video was that eating a Mars bar 'aided exercise', which the nutritionalists amongst us might dispute, but nevertheless the original slogan has remained memorable.

We all need work, rest and play and getting the balance right is important for our physical and mental health. None of us can go flat out at work without risking burn-out and none of us can just rest without

losing the ability to move and be productive. And if life was just play, I'm not sure what we might achieve in



life. Many of us, however, find it difficult to get the balance right.

And what about our spiritual wellbeing? How often do we wonder if we are achieving the right balance there, or ignoring our spiritual needs completely. Jesus knew how to withdraw and often did so to find space and time to 'just be', to pray and to connect with God. He knew the importance of getting the balance right and in doing so was better equipped and able to be there for others, to help them achieve inner peace and rest. He said:

*Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.*

Matthew 11:28-30



This month, why not re-evaluate your work, rest and pray balance and see if any adjustments need to be made. God is waiting to hear from you.

Blessings, Skye

## BENEFICE OF MARSTON & ELSFIELD



All the details can be found on our website - [stnicholasmarston.org.uk](http://stnicholasmarston.org.uk)  
Or call Alison on 01865 580354.

### **Wednesdays 9:30am Holy Communion at St Nicholas Church**

#### **Sunday 7th August**

9am Short *Taize* Communion Service at St Nicholas Church.

10:30am **Green Church**. *Litter pick*. Start with prayer at the Memorial Garden and end with tea and coffee in Marston Eco Hub (Vicarage)

6pm **EVENSONG at St Nicholas Church**

#### **Sunday 14th August**

8am **BCP** Communion Service at St Nicholas Church

10am Holy Communion at St Nicholas Church.

#### **Sunday 21st August**

8am **BCP** Communion Service at St Nicholas Church.

**10am Matins at St Thomas Church in Elsfeld.**

**4pm CONTEMPORARY SERVICE in the Church Hall - with The Band**

#### **Monday 22nd - 7pm Celtic Evening Pray at St Nicholas Church**

#### **Sunday 28th August**

8am **BCP** Communion Service at St Nicholas Church

10am *Celtic* Holy Communion at St Nicholas Church

**During August we are not able to Live-stream or do Compline on Facebook.**

## What to quote in August?

### August by Dorothy Parker

When my eyes are weeds,  
And my lips are petals, spinning  
Down the wind that has beginning  
Where the crumpled beeches start  
In a fringe of salty reeds;  
When my arms are elder-bushes,  
And the rangy lilac pushes  
Upward, upward through my heart;

Summer, do your worst!  
Light your tinsel moon, and call on  
Your performing stars to fall on  
Headlong through your paper sky;  
Nevermore shall I be cursed  
By a flushed and amorous slattern,  
With her dusty laces' pattern  
Trailing, as she straggles by.

## Nature notes: What to see in August?



August is a good time to see dragonflies with numbers reaching their peak this month. The large hawkers frequent gardens and parks hunting for insect prey. In damp ditches look out for great hairy willowherb, a tall plant with pretty pink white-centred flowers, also known as Codlins & Cream. There's still time to do the Big Butterfly Count (until 7 Aug). <https://bigbutterflycount.butterfly-conservation.org/> It only takes 15 minutes and the data you provide will help Butterfly Conservation plan their future work. We say au revoir to the swifts this month, as they head to their winter home in southern Africa.

## Old Marston Library

New volunteers are always welcome to keep our library fully open: what could be more worthwhile than helping to encourage literacy? Please email [janlawrie@btinternet.com](mailto:janlawrie@btinternet.com) for more information.

## What to cook?

### No Bake Banana Pudding

#### Ingredients

1 mashed banana  
120g chocolate chips or smashed up chocolate  
Soft fruit to decorate

#### Method

Mash banana using a fork or potato masher. Do not use food processor, as this will make banana too liquid. Melt chocolate in a bowl over a pan of hot



water until just melted. Mix with banana and spoon into small ramekins or coffee cups. Decorate and chill for about an hour.

## WI

Our next meeting will be on Tue 9 Aug at 7.30pm, in the Church Hall. Please come and join us for A Shared Pudding and a Drink! Soft drinks also provided.

## Coffee Pot

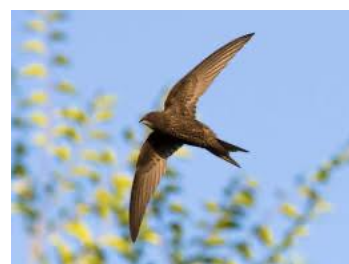
Coffee Pot will be held on Mon 15 Aug from 10.30am to 12 noon. We welcome all who would like to meet more people. For further details please contact Eileen Palayiwa on 01865 725423 or [eileenpalayiwa@yahoo.com](mailto:eileenpalayiwa@yahoo.com).

## Lunch Club in August

This month's Lunch Club will be held on **Fri 19 Aug at 12.30pm**. Suggested donation of £3 as usual. Please book through Alison at the Parish Office on 01865 580354.

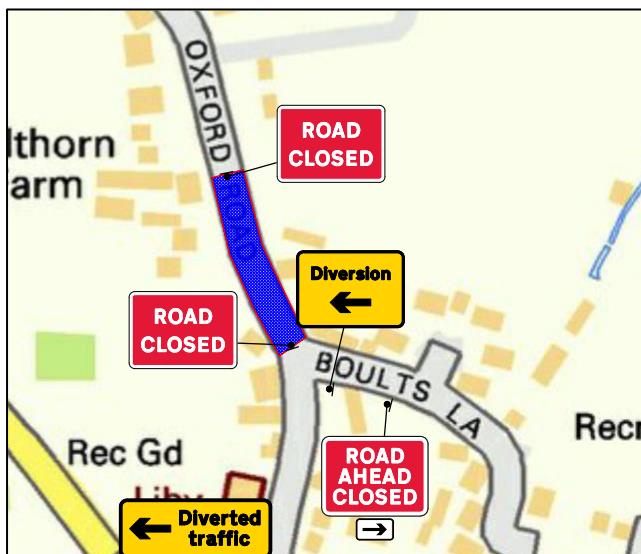
## Mindfulness in Elsfield

A Mindfulness course will be run over 6 weeks by Ginny Ross at Elsfield Church on Saturdays between 10.30 and 11.30am. Dates will be 10, 17 and 24 Sept and 15, 22, 29 Oct. Cost to be £20; book a place on the course via email to [justinemccool@fastmail.com](mailto:justinemccool@fastmail.com)



### Temporary Road Closure 22-25 August

Please note that there are plans to close Oxford Road 22-25 Aug while electricity supply to a property is being dealt with. Further information can be obtained by contacting Emma Owen on 03450 702322 or [emma.owen2@sse.com](mailto:emma.owen2@sse.com)



### St Nicholas Church Flowers



I hope you have all been enjoying the lovely geraniums and dahlias that Wendy has put on the windowsills, as well as the flowers on the altar, done by the Flower Team. If you would like a special flower

arrangement made to commemorate a loved one or a particular anniversary, email Wendy or Jennie on [wendymazey@aol.com](mailto:wendymazey@aol.com) or [jennie.burrow@gmail.com](mailto:jennie.burrow@gmail.com) You can either donate money or provide us with your flowers and we will do the rest.

### Who remembers Marston Village School?

This year we are celebrating the 900<sup>th</sup> anniversary of St Nicholas Church and later in the year there will be displays in the church looking back at Marston



through the centuries. If you have any memories of the school or even photographs you could share, please email Linda Prickett (Terri Prickett's daughter-in-law), as she would love to talk to you about days gone by: [lrprickett@gmail.com](mailto:lrprickett@gmail.com)

### 60 Years of Mortimer Hall and Old Marston Library

Mortimer Hall and Old Marston Library were opened on Thu 6 Sept 1962. Since the 1930s local residents had talked about having a village hall to serve the local community. When the Reading Room fell into disrepair in the 1950s more impetus was given to making this a reality. On 2 Feb 1959 a group of local residents and representatives of local organisations met at the church hall to form a management committee. This would be responsible for both raising



the funds and the running of the hall when built. Mr FH Rumbold was elected chairman.

The Hall was built on land leased from the parish council. The building and equipment, cost £7,000 with a third raised by local donations. "The idea was to make the village hall as flexible as possible," says Mr Philip del Nevo, of the Oxford Architects' Partnerships, who designed it. The Hall was named after Revd John Mortimer, who was the vicar of Old Marston for almost 50 years and who had bought from Brasenose College the land on which the Hall was built.

Many local organisations use the hall. When it first opened activities taking place there included a youth club, a boys club, Scottish dancing, the Marston Players, a whist drive, bingo, dancing, a nursery and other social events. The library, which is the smallest in Oxfordshire, replaced the mobile library.

Duncan Hatfield

You can find out more about Mortimer Hall, including pictures, history, users and how to book, on its website: <https://mortimerhall.co.uk>

The Parish Council does not meet in August: its next meeting will be on Mon 5 Sept. The Clerk can be contacted by phone (203139) Monday to Wednesday from 9am until 1pm. Otherwise a message can be left or emailed via: [clerk@oldmarston-pc.gov.uk](mailto:clerk@oldmarston-pc.gov.uk). For information, agendas etc. go to [www.oldmarston-pc.gov.uk](http://www.oldmarston-pc.gov.uk), Facebook or Twitter



# Loaves & Fishes



MARSTON COMMUNITY LARDER

Along with essential items from  
30th July - 3rd September  
there will be fresh produce  
(bread & veg, fruit etc) which will  
be left out in the SESI refill  
over the weekend

## THE GIVING GARAGE

Marston Eco Hub - OX3 0PR

OPEN EVERY SATURDAY

9-11am

Pick up or drop off FREE plant pots, vases, mugs,  
wellies and other garden/ household items,  
and BORROW garden equipment  
(rakes & spades, ladders, trimmers, wheelbarrows,  
lawn mowers, leaf blowers, bike rack etc),

Further details over summer holidays  
email Linda: [prickett@btinternet.com](mailto:prickett@btinternet.com)  
or call Jan: 07779006150



Messy Church at St Nicholas, Marston  
Church Hall, Elsfield Road, 10 – 11.30am

Autumn 2022  
Sunday

4<sup>th</sup> September, 2<sup>nd</sup> October  
13<sup>th</sup> November, 11<sup>th</sup> December

Crafts, Bible Stories, Singing,  
Prayer, Breakfast

All ages welcome  
(children need to bring an adult with them)



**Bees, Bugs & Broccoli Day**  
Saturday 13 August, 10:30am-2:30pm

Open to community and plot holders

**On Court Place Farm Allotments,**  
Marston, Oxford OX3 0PW.

- ❖ Refreshments & soft drinks
- ❖ Free insect friendly plants & seeds

**10.30 am onwards** – Walks and Talks with Wild  
Oxfordshire on Best planting for pollinators

**12.00 noon** – Children's activities  
A bee or not a bee? Make your own bee

**1.30 pm approx.** – The wild world of grasses



“This is the day”

Come and join us at our Dementia  
Inclusive Service on  
Wednesday  
10<sup>th</sup> August 2022  
2.30 - 4pm  
at

**Marston United Reformed Church**  
352 Marston Road OX3 0JB

All Welcome

This short Ecumenical service is for all  
those who are feeling lonely, have  
physical or psychological difficulties or  
would just enjoy companionship at a  
short service, followed by refreshments  
and activities. Family members, friends  
and carers will be equally welcome.

All facilities in the building are disabled friendly.

For further information or offers of help please  
contact:

Val Stolton 01865 246157/07712495406  
[valstolton@aol.com](mailto:valstolton@aol.com)



Summer Reading Challenge 2022

**GADGETEERS**

Presented by The Reading Agency.  
Delivered in partnership with libraries.

Get curious and inventive this summer with a  
**FREE children's reading challenge at your local  
Oxfordshire library!**

**9<sup>th</sup> July to 10<sup>th</sup> September 2022**

Read library books to discover the Gadgeteers' amazing inventions  
as they plan an epic summer party.

Finish the challenge and get your own medal and certificate  
AND be entered into the countywide prize draw!



Illustrations by Julian Beresford and © The Reading Agency 2022

Look out for fantastic new books and activities at your library

[www.oxfordshire.gov.uk/summer-reading-challenge](http://www.oxfordshire.gov.uk/summer-reading-challenge)

Go to [summerreadingchallenge.org.uk](http://summerreadingchallenge.org.uk) for more fun!



IGNITING  
IMAGINATION  
INSPIRING  
INNOVATORS

THE  
20  
READING  
AGENCY



Summer Reading Challenge 2022

# GADGETEERS STORY TIME & CRAFT

**TUESDAY 30th AUGUST  
OLD MARSTON LIBRARY  
2:30 - 3:30**

**NUMBERS ARE  
LIMITED SO BOOKING  
IS ESSENTIAL.**

**5-8  
YEARS**

**ALL CHILDREN MUST BE  
ACCOMPANIED BY AN  
ADULT.**




Illustration by Adam Bennett and © The Reading Agency 2022

summerreadingchallenge.org.uk

SCIENCE MUSEUM GROUP | CENTRE FOR INNOVATION | READING | INNOVATION | THE READING AGENCY | SUMMER READING CHALLENGE

© The Reading Agency. Registered charity number 1055443 (England & Wales)

# Blessing Boxes

St. Nicholas Marston In partnership with St Nicholas' Primary School




We need shoe boxes and gift bags which we will fill with toiletry items such as:

- Toothpaste
- Toothbrushes
- Deodorants
- Shampoos
- Shower gel
- Bubble bath
- Pull up nappies
- Sanitary towels
- Washing detergent



These boxes and bags will then be distributed to local families

Please drop off donations at the front in St Nicholas church (OX3 0PR)






# PULSE

**Restarts:  
Sept 10th**

**A welcoming Youth Group for 11+  
2nd & 4th Sats 7-9pm  
If you want to know more contact  
Skype: joskso@yahoo.co.uk**

St. Nicholas Marston

## Pause for prayer 2022

Throughout the year there have been times for us to meet with others to pray. Here are the remaining dates...

|           |  |
|-----------|--|
| June      | Wed 13th - 6:30-7:30pm<br>- An hour of silent prayer   |
| July      | Sat 30th - 12:30pm Picnic Lunch & Prayer<br>At the Vicarage with a time of Open Prayer                           |
| August    | Mon 22nd - 7pm Celtic Evening Prayer   |
| September | Thurs 13th - 6:30-7:30pm<br>- An hour of silent prayer   |
| October   | Sat 13th - 8-9:30am Breakfast Prayer<br>Please let Alison know in advance if you would like to attend.           |
| November  | Wed 9th - 7:30-9pm. Guided Prayer.<br>Reflective prayer with music, readings & poems ending with Compline at 9pm |
| December  | Thurs 8th - Celtic Advent Quiet Day with David Cole  |

## Parish Organisations

### Allotments Associations

- Court Place Farm, Boults Lane. Chair: Jane Wilson  
membership@cpf-allotments.org.uk
- Sunday mornings 8.30 am – 11.00 am .....07530 068977  
Mill Lane Chairman: Dr. M. Unkovskaya .....07771 702548  
Treasurer Dana Vlad .....07919 493580  
Secretary Christine Mitchell .....07789 991051
- Baby and Toddler Club Weds 10-11.30 term time in Parish Hall  
Gill Hale, 64 Arlington Drive .....01865 248260
- Bellringers:  
Practice Friday 7.30pm Learners welcome  
Anthony Hughes, 2, Oxford Road .....01865 244570
- Choirs and Musicians at St Nicholas  
Junior Choir, SATB Choir, Music Group  
Practices at various times.  
Neil Barker .....musicdirector@stnicholasmarston.org.uk
- Coffee Pot  
Coffee morning, monthly, Monday  
Eileen Palayiwa, 27 Ouseley Close .....01865 725423
- Rainbow, Brownie, Guide and Ranger Units  
Evenings throughout the week. ....Adult volunteers as well as girls welcomed!  
District Commissioner, Lesley Dentry, .....07765 418067
- Leisure:  
OXSRAD Sports and Leisure Centre,  
Court Place Farm, Marsh Lane. ....01865 741336
- Library (next to Mortimer Hall) Currently Click & Collect ONLY  
Tuesday 2.00 pm to 5.00 pm  
Thursday 2.00 pm to 5.00 pm  
Friday 10.00 am to 12.00 noon  
Saturday 9.30 am to 12.30 pm .....01865 726823
- Hedena Health Medical Centre ..... 01865 227788
- Marston Community Gardening  
Alistair Morris ..... 01865 724081  
Kate Robinson ..... 01865 766620
- Marston Saints Football Club  
John Page. .... www.msfc.org.uk
- Mortimer Hall (Village Hall)  
Chris Crane, 2 Raymund Road .....01865 727995
- Oxford City Council (Marston Representatives)  
Mary Clarkon, 8 Dunstan Road, Oxford OX3 9BY .....01865 751493  
Alistair Morris, 55 Arlington Drive, Oxford OX3 OSJ .....07804 847285
- Oxfordshire County Council (Marston Representative)  
Mark Lygo ..... 07765 665 726
- Oxford Preservation Trust, Marston Area  
Lucy Hughes, Cross Farm. ....01865 244570
- Parentline  
Confidential helpline for parents .....01865 726600
- Parish Council  
Parish Clerk: Tim Cann, 8 Nicholas Avenue .....01865 203139  
(Monday, Tuesday & Wednesday 9.00 am – 1.00 pm)  
Chairman: Duncan Hatfield .....07706 998224
- Pre-school at Mortimer Hall  
open 9 sessions a week .....07818 236348
- Royal British Legion Club Hall:  
Steward .....01865 243991
- Schools  
Friends of St Nicholas School .....01865 242838
- Scouts — 43rd Oxford (St. Nicholas) Scout Group, Boults Lane  
Group Scout Leader, Tim Greaves ..... tim.greaves@keble.oxon.org  
Beaver Scout Leader, Sue Springett .....01865 251515  
Cub Scout Leader, Rachel Vallance .....vallance.whanau@gmail.com  
Scouts Leader, Linda Phillips .....07804 925705
- St. Nicholas Church Hall and Committee Room  
Alison Gray, Parish Office .....01865 580354
- Women's Institute  
Meetings at 7.30 second Tue of each month - new members welcome!  
President, Sue Hawes ..... 01865 247106  
Secretary.....

## Trade Directory

- Airport transfers  
Colin Dobson (taxi to anywhere) .....07429 349187  
MJM Airport transfers .....07983 225474
- Architectural services for Planning Permissions/ Building Regulations  
Digby Architectural: 4 Broughton Close .....07979 756918
- Building/Builders Services  
Colin Simpson: High Class painting, decorating and coving etc:  
10 Dent's Close OX3 ONP .....01865 742842  
Trevor Dines: No job too small - plumbing, complete bathrooms  
from fitting a door to building an extension. Free estimates.  
8, Raymund Road .....01865 452851, 07889 263140  
Daniel Kelly: Painting and decorating services: .....07917 607949
- Cleaning Carpets & Upholstery  
Grimebusters: Quality carpet, rug & upholstery cleaning at competitive  
rates. Free estimates .....01865 726983
- Complementary Medicine  
Oxford Therapies: Pain relief, stress management & more  
www.oxford-therapies.com .....07913 503257  
Frances Valentine: Reflexologist – massage to reflex points in feet  
for relaxation, stress-relief and re-balance ..... 07726 312719
- Electricians  
Brian Turner: Registered NICEIC domestic installer .....01865 728729  
All work guaranteed. 33, Salford Road .....07538 382683  
..... brian.r.turner@ntlworld.com  
Craig Holloway Electrical Ltd: ..... 07868 706392  
12 Arlington Dr, Marston OX3 OSH .....enquiries@craigholloway.co.uk
- Elderly wellbeing  
Foot Clinic  
Oxfordshire Foot Clinic: We provide fast & efficient foot treatments,  
including nail cutting and corn/callus removal. We visit you at home.  
Appointments ..... 07742 964282
- Funeral Directors  
C S Boswell Independent funeral services .....01865 553737  
D L Hancock Ltd (Independent family-run firm)  
Personal 24 hour service 7 days a week .....01865 767780  
126 London Road, Headington OX3 9ED ..... www.dlhancock.co.uk  
Homewood Funerals (Family-owned and managed)  
14 Cherwell Drive, Marston OX3 4LY .....01865 570000
- Hair and Beauty  
Fiona's Hair Salon:  
Salford Road, Old Marston OX3 ORX .....01865 241632
- Monumental Mason  
Reeves Memorials: New memorials, removal for burials, added  
inscriptions & renovations.  
147A Magdalen Rd, Oxford. OX4 1RL .....01865 251231
- Pharmacy  
Marston Pharmacy: 11 Old Marston Road .....01865 243824
- Plumbing, Heating & Gas  
Lemarsh Building Services – plumbing and heating  
22 Marsh Lane .....01865 761896, 07484 274331  
S. J. Moore: Installation and servicing for all gas appliances.  
Gas Safe Reg. 146337.  
76, Arlington Drive. .... 01865 724037, 07970 470176
- Andrew Job Plumbing & Heating Ltd:  
Gas Safe Registered Engineer 125206 .. 01865 761896, 07710 390980
- Tree Surgery, Fruit Tree Pruning  
R. Timms: 80 Oxford Road .....01865 244608
- Window Cleaning - MRF Window Cleaning Services  
Mick Fry: 37, Green Hill Oxford OX4 7UD. Fully insured member of the  
Federation of Master Window Cleaners... 01865 777889, 07887 515168

