

St Nicholas, Marston and St Thomas of Canterbury, Elsfield

MARSTON TIMES

October 2023 stnicholasmarston.org.uk Donations welcome

Dear Friends,

Last week, I was surprised with the gift of a beautiful bouquet of flowers, which rivalled every



bunch I have ever been given for colour and complexity. This made me wonder...

We assume people are like flowers - that we grow up from bud to bloom, then fade. But what if some of us are more like the leaves on a tree, living useful, but less flamboyant lives, blending in and seeming unremarkable

or maybe even feeling unfulfilled, before flaming into unique and glorious colour nearer to the end of our journeys?

Is the beautiful colour of autumn leaves a waste because it comes right at the end? Do we look at them and think, "All that vibrant loveliness kept hidden and waiting: if only it had been unleashed sooner. ..."? No. But do we think that about older people who seem to suddenly come into their own? We accept that for leaves, the glory comes at the end, after the

budding and greening, after their part in the canopy of the tree and its flourishing is done. You cannot rush or



disorder the process. So, as we celebrate the reds and yellows of this season, so the flourishing of an older person should be greeted with unalloyed joy and celebration.

At St. Nicholas we try to do as much as we can for those of all ages, and I hope we continue to make space for the flourishing of our older people. In the

church generally there seems to be a mindset of not teaching old dogs new tricks: perhaps a reflection of the world of employment that does not 'waste' training on those with only a few working years left. Yet perhaps those with more years behind them and the extra knowledge this brings are best placed to make connections between the new and the old. All churches would love to have a range of different ages across their congregations. The challenge is to see the potential

of people in all the different stages of life and to encourage their flourishing. When we achieve this, we gain so much as a community.



What is so wonderful about a well-chosen bouquet of flowers is that colours and shapes are all different and yet contribute to the whole. The variety of shades complement one another in a picture of what it is like to be part of the kingdom of God. When we look out of the window at an autumn scene, the whole vista is enriched by the beautiful, late-flourishing leaves. I have to say, that, for me, there is a similar feeling of enrichment that comes from being part of a church that is home to older and more mature people.



As for me, I'd like to believe my best years still lie ahead. I'd like to be a leaf. I wonder what colour I

will burnish to when the sun is almost finished with me.... Let's grow older together: the best may be yet to come.

Blessings, Skye x

BENEFICE OF MARSTON & ELSFIELD



Welcome to St Nicholas & St Thomas.

Further details can be found on our website stnicholasmarston.org.uk
Or call the office on 01865 580354 and speak to Debbie.

On Wednesdays at 9:30am we have Holy Communion & Thursdays at 5pm Evening Prayer at St Nicholas Church.

Sunday 1st - Harvest Festival

10am - Community Celebration Service with Holy Communion with Jr choirs/choir & Worship band at St Nicholas Church. Shared Lunch to follow after the service at 12noon.

6pm - BCP Evensong at St Nicholas Church

Sunday 8th - Trinity 18

8am BCP Communion Service at St Nicholas Church

10am Holy Communion Service at St Nicholas Church
LIVE streamed straight onto YouTube

Sunday 15th - Trinity 19

8am BCP Communion Service at St Nicholas Church.

10am Messy Church in St Nicholas Church Hall
- please note the road will be closed because of the Oxford Half Marathon!
10am Matins at St Thomas Church in Elsfeld

6pm - BCP Evening Prayer at St Nicholas Church

Sunday 22nd - Trinity 20

8am BCP Communion Service at St Nicholas Church

10am Holy Communion Service at St Nicholas Church
LIVE streamed straight onto YouTube

Sunday 29th - Trinity 21

8am BCP Communion Service at St Nicholas Church

10am Green Church - starting in the church for simple celtic worship.
10:30am Community Green activity ending with refreshments at the Eco Hub

6pm - All Souls Service - a reflective service where we remember our loved ones.

**A Church For
Everyone
St Nicholas
Church has
joined
Inclusive
Church**



Vicar: Skye Denno 01865 202988
Administrator: Debbie Bailey 01865 580354

Churchwardens:
Judith Piggott 01865 764693
Jan Lawrie 01865 250862
James Plunkett 07507 885169
Justine McCool 07426 463119

What to quote in October?

Alcaic by Peter Levi

Out in the deep wood, silence and darkness fall,
down through the wet leaves comes the October
mist;

no sound, but only a blackbird scolding,
making the mist and the darkness listen.

Nature notes: What to see and hear in October?

October provides a palette of colours to cheer the soul. Look out for the bright pink and orange berries (pictured) of the spindle tree in hedgerows, parks and gardens this month. They provide food for small mammals, birds and even foxes but are poisonous to humans. Tawny owls are vocal on clear autumn nights establishing their breeding territories. The male tawny "hoo-huhuhu" call contrasts with the sharp "kee-wick" of the female. If you have a garden, why not leave seed heads from flowering summer plants? The goldfinches will enjoy the seeds and over-wintering insects will benefit too.



What to cook in October?

Thyme Poor Salmon

Ingredients

- 2 salmon fillets
- 1 large lemon cut into quarters lengthwise
- 100 gm butter
- 1 tsp fresh or dried thyme
- Parsley - optional
- 1 packet of microwave rice

Method.

Find a dish with a lid that can be microwaved, into which the salmon will fit snugly. Put 3 tblsp of water into the dish. Cut the butter into pieces and add to the dish. Add the herbs. Place the salmon into the dish skin side up and tuck the lemon pieces around it, squeezing a bit of the juice into the dish. Cook in the microwave on high for 3 minutes. Check the salmon is cooked through. If it is still a bit too bright, cook it for another 30 seconds. Microwave your rice as per the instructions. Place the salmon on plates and spoon the lemony sauce over the rice. Serve with green veg. You can use an ordinary oven: preheat to 180C/gas mark 4



and cook for about 10 to 12 minutes or until done and use rice cooked in the usual way.

Bereavement Support Group

The Bereavement Support Group will meet in the Church Hall from 10 - 11.15am on Fri 13 October. This group is most likely to benefit those who have been bereaved in the last two years but may be suitable for others. If you are interested please contact Eileen on 01865 725423

WI

Marston Women's Institute meets every second Tuesday of the month at 7.30pm in the Church Hall, Elsfield Road, Old Marston. Our next meeting will be on Tue 10 October, when Catherine Paxton will be giving a talk entitled "Setting up a Micro Bakery". Do come along as our guest for an initial visit. Tea, cakes and some of Catherine's bread samples will be enjoyed afterwards.

Coffee Pot

Coffee Pot will meet in the Church Hall on Mon 16 October from 10.30am to 12 noon. We welcome all who have been bereaved as well as any who would like to meet more people. Please contact Eileen Palayiwa on 01865 725423 or via eileen.palaiyiwa@yahoo.com for details.

Lunch Club

Our next lunch will be on Fri 27 October at 12.30 in the Church Hall: all welcome. A £4 donation is requested. To book ring Debbie (our administrator) on 01865 580354.

Choral Evensong

All welcome to join us for these contemplative renewing services with well-loved words and worshipful music.

With the Combined Choirs of Holy Trinity and St Nicholas



Time: 6pm
Sunday 1st October 2023
(at Old Marston)

Sunday in 2024 tbc
(at Headington Quarry)

For more information email:
music@hthg.uk musicdirector@stnicholasmarston.org.uk

St Nicholas, Old Marston



Holy Trinity, Headington Quarry



Come and celebrate

Harvest Festival

With Holy Communion

1st of October at 10am

Bring along packets, jars & tins of food
for the Community Larder at the Giving Garage

Service for All

Bring & Share Lunch
at 12 noon in the
Church Hall



Saturday 7 October
11am-3pm

**Mortimer Hall, Oxford Road,
Old Marston**

Artisan baker, pottery, crafts, food,
local produce, pre-school open day

Bring cash & card

BENEFICE OF MARSTON & ELSFIELD

**ALL
SOULS**

**COME
AND
LIGHT A
CANDLE
FOR YOUR
LOVED
ONE**

MEMORIAL SERVICE
at St Nicholas Church
on Sunday 29th of October at 6pm



Cleaning the church

We have a group of volunteers who dust and polish the church at regular intervals and each have a small area for which they are responsible. Recently a couple of people have left and we are looking for others to take over their areas. If you can help, please speak to one of the churchwardens.

Age UK Oxfordshire's Homeshare Service

Age UK Oxfordshire's Homeshare service supports older people to continue living independently at home. It carefully and safely brings together an older person (or couple) who is looking for help or companionship at home, with another person (possibly a mature student, keyworker, or other professional) who is happy to lend a hand and would benefit from affordable accommodation.

In exchange for offering a spare room in a welcoming home, the Householder can expect 10 hours of help each week as a combination of companionship and practical support. The reassuring presence of another person in the house overnight is often an additional benefit to the Householder.

A Homeshare arrangement does not involve any personal care but can sit quite comfortably alongside a care provision. Please find contact details below and do get in touch to find out more.

Homeshare Oxfordshire

Phone: 01865 410670

Email: homeshare@ageukoxfordshire.org.uk

Visit: <http://www.homeshareoxfordshire.org.uk/>



Marston Times delivery

December's issue of the MT will need a new volunteer to take over its delivery to Fane Road. This is a modest round of about 35 residencies. Printed issues of the MT need distribution in March, June, September and December. Contact Colin: colingharris31@gmail.com

The Swan Community Choir

Everybody can sing! Come and join the Swan Community Choir and enjoy a wide variety of songs from simple chants and rounds to glorious harmony. Expect some African, a bit of gospel, a dash of pop and doo-wop, and some world-folk. No written music used - all songs taught by ear! Led by experienced community choir leader Sarah Westcott.

We meet on Thursday evenings from 8pm - 9pm in the main hall of the Swan School, Marston Ferry Road, OX2 7WP. The first session is free so come along and see if you enjoy yourself!

For more information, contact Sarah on 01865 251421 or email her: sarahmwestcott@phonecoop.coop

Bellringers' report

Ringling may not be the most active sport out there, but with summer heating up the tower it felt like a hearty workout at times. An evening's ringing can burn the same calories as a small chocolate bar. We balance this well during practice nights with copious biscuits and cake, being the sociable creatures we are.

There have been weddings to ring for, branch practices and more quarter peals. In August, two 1260s of Plain Bob Doubles were rung at St Giles (8) and Iffley (6) towers with St Nicholas ringers supporting each, with two further 1260s at Bletchington, again supported by Marston ringers. A trip to Eynsham (6) saw our ringers helping with another quarter peal and this was the first time we have rung on their bells since pre-pandemic times. This was young ringer Lydia's first quarter peal outside of her home tower of Marston. Ice creams all round afterwards. All of this on top of our own service ringing.

The quarter peal on Sun 20 Aug had a floral variation at times, as two methods called Forsythia and Rhododendron were rung, only the second time we've rung them. We bid happy trails to Kathy who is travelling around China for a month, leaving us a ringer down, but we look forward to hearing about the trip when she returns.

On Sunday 3 Sept a full band complemented the return of Revd Skye after her sabbatical.

More ringing opportunities away from the area are coming up in the next few months at Iffley and Headington (8), and on Sat 14 Oct we're looking forward to our autumn outing to Tysoe (6), Wroxton (5), and Swalcliffe (6). We are taking the handbells on the road, welcoming the Pulse youth club to the tower, preparing for Christmas ringing and we have welcomed a new ringer to the tower too. It's a busy time and you would be most welcome to pop along and watch what we do any time.

Roy

SACRED AND PROFANE
music to include
Britten | Sacred and Profane, Jubilate in C
Macmillan | Miserere, Strathclyde Motets

Exeter College Chapel, Oxford
Saturday 21 October | 7.30 pm

Oxford Pro Musica Singers

Mark Jordan | Conductor

£12 advance tickets
£15 on the door
(£5 under 25s)
via the QR code and
ticketsource.co.uk/oxfordpromusica



Loaves & Fishes

MARSTON COMMUNITY LARDER

Along with a few essential items there will be fresh produce (bread & veg, fruit etc) from Oxford Food Hub. Any left will be moved into the SESI refill area

9-11am

THE GIVING GARAGE

Marston Eco Hub - OX3 0PR

OPEN EVERY SATURDAY

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

Further details email Skye: joskso@yahoo.co.uk or call 01865 202988



Autumn Community FREE FUN MORNING FOR ALL

Sat 4th Nov

10am-1pm



Facepainting, Storytelling, Mice hunt and prayer stations in the church, leaf fabric painting, dreamcatchers, Autumn Wreaths, Fire Pit Marshmallows and bread, puppets, Toffee Apples, Doughnuts on a string, hedgehog bread, Coffee & Cake, raffle, games.



**ST NICHOLAS
SATB CHOIR
SPECIAL EVENT**

OPEN INVITATION

Come, hear and sing with Malcolm Atkins
Musician-in-residence at St Mary & St Nicholas Church Littlemore

Thursday 5th October 6.30pm to 7.30pm
Refreshments from 6.15pm
St Nicholas Church, Elsfield Rd, Marston OX3 0PR

Malcolm will be sharing about the musical composition projects he has facilitated in church and local community, and will be sharing this music with us, talking about his vision for music and the church and local community, and answer any questions we may have.

All welcome to join us for this inspirational event



For more information contact: Neil Barker
musicdirector@stnicholasmarston.org.uk

HOLY GROUND

Gatherings to mark the
CELTIC YEAR

Prayers and Reflections are from David Cole's book
'The Celtic Year'



DATES FOR 2023/24. Always starting at 6:30pm

- 21st of September 2023 - Autumn Equinox
- 31st of October 2023 - Winter Season
- 20th of December 2023 - Winter Solstice
- 1st of February 2024 - Spring Season
- 21st of March 2024 - Spring Equinox
- 30th of April 2024 - Summer Season
- 20th of June 2024 - Summer Solstice
- 1st of August 2024 - Autumn Season

Meet around a fire pit outside Marston Eco Hub OX3 0PR
Bring something to share, a chair and a blanket if it's cold.
ALL ARE WELCOME

STUDENT

Starts 7 PM



BOARD GAME

Night

**FIRST ONE is SUNDAY OCTOBER 8TH
MARSTON VICARAGE, ELSFIELD RD, OX3 0PR**

TICKET TO RIDE CARCASSONNE SETTLERS OF CATAN WEREWOLF

STUDENT SOCIAL - 18+ FOOD & GAMES

Please book with Skye if you can attend or need to know more - joskso@yahoo.co.uk

News from the family minister

Autumn arrived in Toddler group and we had a vast array of Autumnal themed activities and crafts. How ironic then that our first session was in the heatwave and we ended up using the gazebo outside and having cooling water play! This term we have been creating leaf pictures, tractor wheel prints and have plans to create scarecrows, harvest baskets, hedgehogs, fruit and vegetable prints as well as chocolate apples and paint-blown fireworks. We have been delighted to welcome back old friends and new friends, as well as seeing some of our older children getting ready to leave to go to nursery or school. Singing at the end of the session has been a particular delight, learning new songs about Goldilocks and the three bears, as well as singing old favourites such as the Dingle Dangle scarecrow.

In Pulse we have enjoyed the chocolate fountain and games such as soggy hockey and tug of war, eating candyfloss as well as wowing the judges with pasta challenges. The young people are looking forward to bellringing in the church tower as well as a travelling supper across the parish. It has continued to be such a positive positive vibe: seeing the young people having fun and spending down time together as well as discussing their faith in a modern world.

In Messy Church we thought about faith as a mustard seed, ate mustard seeds, created little lolly stick bird, painted trees using cotton buds and learned some new action songs with Duncan.

The baptism and welcome back to Skye service plus BBQ at the beginning of September was a fantastic opportunity to see so many families from across these groups come together. Duncan had the church racing through fast hand clapping songs from Messy Church, there were children and members of Pulse retelling the Gospel story as well as taking part in the prayers and everyone in church completed a leaf to go on our church tree. The BBQ, attended by over ninety people, was blessed with hot sunny weather and enjoyed by all. I am looking forward to the next few weeks, especially with the Autumn fun day on 4 Nov, the beginning of Advent and the Christmas season in December. Watch this space for news of 'Energy'-provision for children aged 4+ in the Sunday services.

Helen



**A welcoming Youth Group for 11+
2nd & 4th Sats 7-9pm**

If you want to know more contact Helen
familyminister@stnicholasmarston.org.uk

Old Marston Parish Council report

At September's PC meeting a planning application from 4 Haynes Road was reviewed to which the PC had no objections. At the time of writing this there is still no decision from the judicial review on the proposed developments at Almond's Farm and Hill View Farm. Apparently, this could take up to six months.

The PC agreed to investigate getting various footpaths in and around the parish registered as Rights of Way.

The council looked at a complaint about the lights on the outside of the Roy Garner Pavilion. These are low energy lights designed to give some security both to the building and nearby surrounding area.

The PC reviewed the grass-cutting policy on its land. It was agreed that the right-hand side of the paddock, at the rear of the cemetery, would remain regularly cut, while the land to the left of the cemetery would be cut once a year, except for the Right of Way which would continue to be kept cut. It was agreed to purchase a replacement seat for the cemetery as the old one was in a poor state.

There have been further instances of vandalism at the Boults Lane recreation ground. The Clerk is getting the company who installed the play equipment to send an engineer to ensure all the equipment is useable.

Despite being assured by the Oxford City Council the grass verges would be cut in August, the majority have still not been cut. Some residents have welcome this, but many residents have expressed their concern and anger at the situation.

The PC agreed to give financial support to the community market scheduled for Sat 7 Oct 2023 from 11am until 3pm at the Mortimer Hall.

The PC next meets on 2 Oct at 7pm. There was an environment committee meeting at 6pm on 25 Sept in the Mortimer Hall. Thereafter, PC meetings will be on 6 Nov & 4 Dec at 7pm at Mortimer Hall. Other committees meet there on the last Monday of each month at 6pm.

The clerk, Tim Cann, can be contacted by phone (203139) Mon to Wed from 9am until 1pm. Otherwise a message can be left or emailed via: clerk@oldmarston-pc.gov.uk

For information and agendas go to www.oldmarston-pc.gov.uk, Facebook or Twitter

A complete record of minutes of all Parish Council meetings can be found on its website:

<https://www.oldmarston-pc.gov.uk/>



Parish Organisations

Allotments Associations

Court Place Farm, Boults Lane. Chair: Jane Wilson
membership@cpf-allotments.org.uk

Sunday mornings 8.30 am – 11.00 am07530 068977
Mill Lane Chairman: Dr. M. Unkovskaya.....07771 702548
Treasurer Dana Vlad07919 493580
Secretary Christine Mitchell07789 991051

Baby and Toddler Club Weds 9.30-11.30 term time in Parish Hall
Gill Hale, 64 Arlington Drive01865 248260

Bellringers:

Practice Friday 7.30pm Learners welcome
Hugh Deam, Tower Captain.....01865 247574
Roy Peach, Secretary.....07788 746157

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 Close01865 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) opening hours

Tuesday 2-5pm; 5.30-7pm
Thursday 2-5pm; 5.30-7pm
Friday 10-12noon; 2-5pm
Saturday 9.30-12.30pm01865 726823

Hedena Health Medical Centre.01865 597023

Marston Community Gardening

Alistair Morris01865 724081
Kate Robinson01865 766620

Marston Saints Football Club

Andy Winchester (Treasurer).....www.msfc.org.uk
Mortimer Hall (Village Hall)

Chris Crane, 2 Raymund Road01865 727995

Oxford City Council (Marston Representatives)

Mary Clarkson, 8 Dunstan Road, Oxford OX3 9BY01865 751493
Alistair Morris, 55 Arlington Drive, Oxford OX3 OSJ.....07804 847285

Oxfordshire County Council (Marston Representative)

Mark Lygo07765 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 Avenue01865 203139
(Monday, Tuesday & Wednesday 9.00 am – 1.00 pm)

Chairman: Duncan Hatfield07706 998224

Pre-school at Mortimer Hall

open 9 sessions a week07818 236348

Royal British Legion Club Hall:

Steward01865 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 Springett01865 251515
Cub Scout Leader, Rachel Vallancevallance.whanau@gmail.com
Scouts Leader, Linda Phillips07804 925705

St. Nicholas Church Hall and Committee Room

Debbie Bailey, Parish Office.....01865 580354

Women's Institute

Meetings at 7.30 second Tue of each month - new members welcome!
President, Judy Youngjudithyoung732@gmail.com
Secretary, Jennie Burrow.....jennie.burrow@gmail.com

Trade Directory

Architectural services for Planning Permissions/ Building Regulations

Digby Architectural: 4 Broughton Close07979 756918

Bathroom installation, plumber, glazier, tiler

Roger G Turner.....07914 925757

Building/Builders Services

Colin Simpson: High Class painting, decorating and coving etc:

10 Dent's Close OX3 0NP.....01865 742842

Trevor Dines: No job too small - plumbing, complete bathrooms

from fitting a door to building an extension. Free estimates.

8, Raymund Road01865 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

Oxford Reflexology: relaxation, stress-relief and rebalance

www.oxfordreflexology.co.uk.....07726 312719

Holistic Therapies with Dr Paola Bisicchia: Massage, Reiki, 07722 474735

Chakra Reading, Life Coaching email: info@yourawakeningpath.com

Dog grooming in your own home by Tania (NVQ level 3)

20 Harlow Way, Oxford OX3 OQS.....07877 183281

Electricians

Brian Turner: Registered NICEIC domestic installer01865 728729

All work guaranteed 33, Salford Road07538 382683

.....brian.r.turner@ntlworld.com

Craig Holloway Electrical Ltd:07868 706392

.....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

Homewood Funerals (Family-owned and managed)

14 Cherwell Drive, Marston OX3 4LY01865 570000

Garden & small machinery service/repair.....taylordannyuk@yahoo.co.uk

Danny Taylor, 5 Ouseley Close, Marston OX3 OJS.....07796 573319

Hair and Beauty

Fiona's Hair Salon:

Salford Road, Old Marston OX3 0RX01865 241632

Home decluttering & organising: Marie Kondo certified.....07877 183281

Monumental Mason

Reeves Memorials: New memorials, removal for burials, added inscriptions & renovations.

147A Magdalen Rd, Oxford. OX4 1RL.....01865 251231

Plumbing, Heating & Gas

Lemmarsh 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 Road01865 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

**Copy deadline for December's (print)
issue is Thursday 16 November**