



Letting go

Does it feel like Autumn? The season has changed. I can see it in the vibrant autumnal colours and the falling leaves; I can feel it in the cooling temperature, but also in my soul. Nature is asking something of me and I am not sure if I want to follow ...

There is something in the air, the bright sunlight that blinds us at times, the smell of decomposing leaves and damp earth. A certain something that stirs strong feelings and evokes a sense of nostalgia for me. Of kicking leaves walking to school and collecting chestnuts for decorations and conker fights. In October, I often speak of looking to nature for inspiration in responding to change. The falling leaves teach us that there is something basic in letting go, especially in preparation for a new season. But even as we look to the trees for this lesson, we acknowledge that it is not easy, especially if the coming season is less attractive than the one just gone.

Seeing the trees around me now, losing their lush colour and leaves as they slowly step forwards into



October, prompts me to think. They are going to be naked and exposed to the world for some time. Of course, they will have their thick bark to protect them, but what we perceive as their outer beauty won't be there. They will stand strong in the winter months, taking whatever the weather throws at them and remain there. Why? Because that's how life is. They know that 'this too shall pass', so they hang on, roots digging deep into the earth for nourishment and just taking each day at a time until the new shoots appear.

That time between the falling leaves and the naked barrenness of winter reminds me of our vulnerability.



It's not easy, letting go. Because it means admitting we're not in control, and most of us don't like that.

Nothing stays the same, nature keeps moving us forward, we can't always control what happens to us, our experiences are our own, no one will fully understand, but I believe we can choose how we respond to letting go, to have courage, to shake out the cobwebs. Feeling, like the leafless trees, as though we are exposed, is uncomfortable, but in our discomfort, we should remember that we are part of a community, a church family and, more importantly, our roots are in Christ and grounded in God's love.

During my ponderings on letting go, a beautiful prayer, attributed to the twentieth century theologian Reinhold Niebuhr, has kept coming to mind. It is called the Serenity Prayer and I have the words tattooed on my right arm. This prayer reminds me that we have to surrender and let go into God's love, but also that, as changes approach, we must have wisdom. This wisdom is sometimes connected to timing. Looking into my garden, I am reminded that not all trees lose their leaves suddenly. Evergreen conifers do drop their needles, but they do so gradually, not all at once. This is true of us sometimes too. We can't let go straight away, we need time, we need patience, we need to sit with our feelings, and we need wisdom to scatter our pain and hurt, frustration and longing, when the wind blows over our branches.

With this in mind, let us pray the Serenity Prayer together.

"God grant me the serenity to accept the things I cannot change, courage to change the things I can; and wisdom to know the difference". Amen



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

On Wednesdays at 9:30am we have Holy
Communion at St Nicholas Church.

Sunday 6th - Trinity 19

10am - **HARVEST FESTIVAL All Together service** at St Nicholas Church. **LIVE streamed. SHARED LUNCH** after the service in the Parish Hall.

6pm - BCP Evensong at St Nicholas Church

Sunday 13th - Trinity 20

8am BCP Communion Service at St Nicholas Church
(no 10am due to Oxford Half)

6pm Confirmation Service with Holy Communion at St Nicholas Church
Led by the Bishop of Oxford who will confirm Neil DeMonte

Sunday 20th - Trinity 21

8am BCP Communion Service at St Nicholas Church.

10am CW Morning Prayer at St Nicholas Church

10am Messy Church in St Nicholas Church Hall

Sunday 27th - Trinity 22

8am BCP Communion Service at St Nicholas Church

10am Holy Communion Service at St Nicholas Church **LIVE streamed**

10am BCP Matins at St Thomas Church in Elsfeld

6pm Pause for Thought - Second Chapter Baking with Catherine Paxton

A Church For Everyone

St Nicholas Church has joined Inclusive Church Network.



What to quote in October?

Digging (2) by Edward Thomas

To-day I think

Only with scents, - scents dead leaves yield,
And bracken, and wild carrot's seed,
And the square mustard field;

Odours that rise

When the spade wounds the root of tree,
Rose, currant, raspberry, or goutweed,
Rhubarb or celery;

The smoke's smell, too,

Flowing from where a bonfire burns
The dead, the waste, the dangerous,
And all to sweetness turns.

It is enough

To smell, to crumble the dark earth,
While the robin sings over again
Sad songs of Autumn mirth.

Nature notes: What to see and hear in October?

Autumn is in full swing in October. Leaves turn a palette of vibrant colours: bronze, crimson and gold. Look out for hops, a common hedgerow climber and



member of the hemp family. The fruit is used in beer making. On sunny days, enjoy the hum and buzz of insects busy on ivy flowers. They provide a source of late pollen and nectar and are popular with bees, butterflies and wasps. Autumn migration is in full swing: winter thrushes arrive, eager to feast on berries. Take a night-time stroll on a clear night and listen for tawny owls calling to establish their breeding territory.

What to cook in October?

Mary Berry's lemon meringue pie

Ingredients

For the base: 75g butter, 25g brown sugar, 175g crushed digestive biscuits

For the filling: 1 tin of full fat condensed milk, 3 egg yolks, grated rind and juice of 2 large lemons

For the topping - 3 egg whites, 175g castor sugar

Method

Pre heat oven to 190C/170 fan/gas5.

Melt the butter and then stir in the sugar and biscuit crumbs. Press mixture into a 9inch (approx) oven-proof flan dish. In a separate bowl whisk together the



egg yolks, condensed milk, lemon rind and juice. Pour the mixture onto the biscuit base. Using a clean bowl, whisk the egg whites until stiff and then gently fold in the castor sugar. Spoon the meringue mixture on to the lemon filling by spooning on separate blobs and then gently smoothing them over until the surface is completely covered. Bake for 15-20mins until golden brown. Leave to stand for about 30 mins to allow filling to set and serve warm.

WI

Our next WI meeting will be on Tue 8 October at 7.30pm in St Nicholas Church Hall, Elsfeld Road, Old Marston OX3 OPR. Marea Brown will be showing us how to do Indian block printing. Bring £3.50 if you would like to print your own bag to take home. Our charity cream tea event held in September raised £300 for SSNAP, a charity which supports sick newborns and their families. See our website: <http://marstonwi.org/> New members welcome!

Coffee Pot

Coffee Pot will meet in the Church Hall on Mon 21 October from 10.30am to 12 noon. We welcome all those who have been bereaved and anyone who would like to meet others. Please contact Eileen Palayiwa on 01865 725423 for more details.

Lunch Club

Lunch Club will be on Fri 25 October. All are welcome! Ring Debbie on 01865 580354 to book your place.

Marston Community Players

Coming to a church hall near you! Marston Community Players are performing 'Nine Heads and Eight Tales' in St Nicholas church hall on Sat 16 November at 7.30pm. The production is written by Kit Robinson (our King Rat in the last pantomime) and is a series of short sketches about...well, life! Tickets £10. For more information and to buy tickets go to marstonpanto@gmail.com



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 SEES refill area



Marston Community Larder is supported by Old Marston Charity Trust

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

MONTEVERDI VESPERS OF 1610



SHELDONIAN THEATRE, OXFORD

SUNDAY 20 OCTOBER 2024 | 5.00PM

OXFORD PRO MUSICA SINGERS

with INSTRUMENTS OF TIME & TRUTH

MARK JORDAN | CONDUCTOR

£15-£45 (50% off for under 25s)

via the QR code and ticketsource.co.uk/oxfordpromusica



BENEFACTORS OF MARSTON & ELSFIELD

ALL SOULS
Service



COME AND LIGHT A CANDLE FOR YOUR LOVED ONE

MEMORIAL SERVICE
at St Nicholas Church
on Sunday 3rd November at 4pm

OM PC

AUTUMN FUN DAY

CRAFTS & FOOD

SATURDAY 26th Oct

10am - 1pm

Don't be Afraid Story Corner

PUMPKIN CARVING

At Marston Eco Hub & Parish Hall
Elsfield Road, OX3 0PR

FREE COMMUNITY EVENT

St. Nicholas Marston

HOLY GROUND



DATES FOR 2024/25. Always starting at 6:30pm
Monday 23rd September 2024 - Autumn Equinox
Thursday 31st October 2024 - Winter Season
Sunday 22nd December 2024 - Winter Solstice
Saturday 1st February 2025 - Spring Season
Wednesday 19th March 2025 - Spring Equinox
Thursday 1st May 2025 - Summer Season
Thursday 19th June 2025 - Summer Solstice
Friday 1st August 2025 - 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

Contact Revd Skye for more info: joskso@yahoo.co.uk



Saturday 5th October 2024

11am-2pm

**Mortimer Hall, Oxford Road
Old Marston**

Artisan baker, pottery, arts, crafts, food, refreshments

local produce, hand bells, pre-school open day

Bring cash & card

Supported by Old Marston Parish Council

marstonmarket.com



Messy Church at St Nicholas, Marston
2024

Sunday 15th September
Sunday 20th October
Sunday 17th November
Sunday 15th December

10 - 11.30am, Church Hall, Elsfeld Road
Crafts, Bible Stories, Singing,
Prayer, Breakfast

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



Come & celebrate

Harvest Festival

All Together Service

6th of October at 10am

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

Service for
All AGES

Bring & Share Lunch
at 12noon in the
Church Hall



SESI Refill Station reopens!

Our new, improved SESI Refill Station is now OPEN 8am-9pm EVERY day at Marston Eco Hub, outside the Vicarage. It has been running since October 2020, with the aim of reducing plastic use by allowing people to refill their own bottles affordably and locally with the environmentally friendly and ethical everyday products we supply. These are from Oxfordshire-based company, SESI (sesi.org.uk): laundry detergent and fabric conditioner, washing-up liquid, dishwasher powder and rinse aid, all-purpose concentrate cleaner, window/glass cleaner, toilet cleaner, white vinegar, shampoo, conditioner, shower gel, hand soap, hand & body lotion, and rapeseed oil. According to SESI's calculations, to date we have not bought some 13,584



single use bottles by using our SESI Refill station instead! Thank you so much for caring about the environment and using this local non-profit community service!

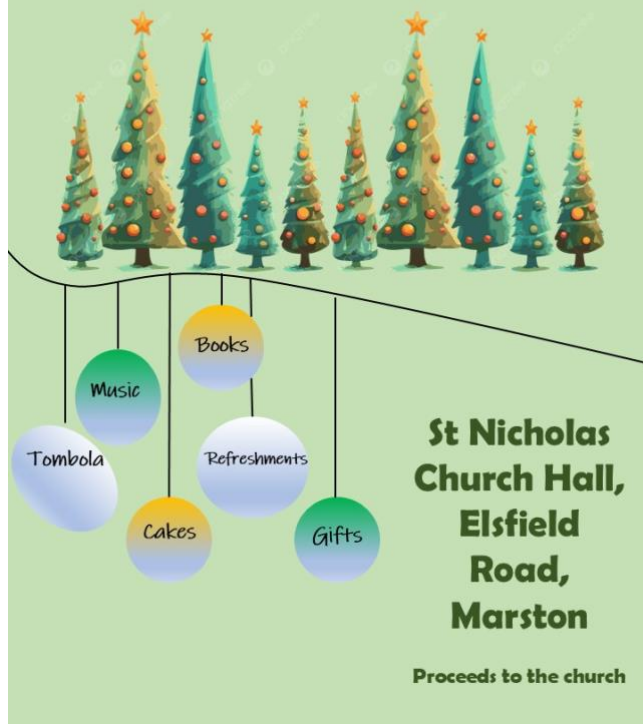
The Refill Station is supported by local community groups Marston Community Gardening (MCG) and by St Nicholas Church. It is run by active volunteers of the sub-group Marston Eco Group, including vicar Skye Dennon with Jane Patten and Zoe Woodhead.



The Refill Station has been mostly out of operation since late May 2024, due to tree-felling work and issues with the

canopy we were using. We received some funding from MCG, a Parish Council grant and some crowdfunding from the lovely folks of Marston – Thank you so much! Now we are ready and open – in the same location! Come along and please bring your empties to refill!

St Nicholas Church, Marston Christmas Bazaar Saturday November 30th, 3-5pm



Repair Café Sat 2 November 2 - 5pm

St Nicholas Church Hall, Elsfield Rd, Old Marston. Now a regular event in the diary, bring along an item to get repaired and learn from our brilliant repairers how to mend too. From electrical items to clothes repairs, it's a great way to save throwing away items

REPAIR CAFE
OXFORDSHIRE

Saturday 2nd November 2024
14.00 - 17.00
St Nicholas Church Hall
Elsfield Road
MARSTON
Oxford OX3 0PR

Do you have items in need of repair? E.g. electrical, electronic or mechanical repairs. Sewing/darning. Also, knives, garden shears in need of sharpening. Volunteers will help & show you how to fix them & save them from ending up in landfill. FREE. Donations welcome! Tea & cake too!

Book your time:
use QR code ->
or
Email:
repairmarston@gmail.com

Marston Community Gardening

and it's really sociable too! Refreshments provided.

Bike Doctor

Come and get advice on your bike 1-4pm on the last Saturday of the month at Marston Eco Hub, Old Marston: next dates will be 26 October and 23 November.

Bellringers' report

During the summer some Marston ringers headed to Chilton (6) for a quarter peal, with another at Launton



(6), which has a steep external staircase to the ringing chamber. Visits to Chadlington (6) and North Hinksey (6) were

also enjoyed. Back on home turf, we rang a quarter to celebrate the closing ceremony of the 2024 Olympics, the method rung aptly named Olympic Doubles. Sun 18 August's ring was a dedication to Raymond Ferguson, a long-time friend and now retired ringer who had recently celebrated his 80th Birthday.

Our first Christmas handbell booking is in, so practices will start soon. This repeat booking came in immediately after last year's performance. We've had wonderful opportunities to give talks to WI and Scout groups before. We'd love to hear from you if you'd like us to come to your group with our bells and answer your questions, or maybe you have a group that would like to visit the tower.

In September's Marston Times, we said we'd answer your questions. Our first is about joining the band (which is what we're called, since we're playing the world's biggest instrument). Becoming a ringer is easy. You can call, email, or speak to us at any village event we're at for initial contact. At your first session, you'll be warmly welcomed in, have a bell rope placed lovingly in your hand and be assigned a tutor who will guide you in both the theory and practical elements of ringing. We have teaching aids too. As with any instrument, we don't expect you to be able to ring immediately: it takes practice. We recommend you turn up weekly on a regular basis at least until you have the basics sorted. There is no judgement. Everyone learns at their own pace.

We want you to have fun with new friends, and to feel safe learning your new hobby. Anyone can learn to ring but the starting age is usually 10 years old in order to be tall and strong enough (although ringing isn't about strength!). Fancy a no-commitment go? Get in touch.

Roy

Old Marston Parish Council report for September

At September's PC meeting planning applications from 19A Oxford Road, 26 Raymund Road and 44 Arlington Drive gave no cause for concern.

Oxford City Council has advised that planning applications from 5 Haynes Road, 32B Oxford Road and 139A Oxford Road have been approved, while those from 9 Gordon Close, 7 Beechey Avenue and 52 Oxford Road were refused.

The new noticeboard on the back wall of the bus shelter in Elsfield Road is now being used. Further noticeboards are being investigated for the Raymund Road entrance of the Orchard Triangle.

The hedge of the cemetery that runs alongside Elsfield Road has now been cut back: it now looks very neat and walking along the footpath is much easier.

The next PC meeting will be on Mon 7 Oct at 7pm in the Mortimer Hall.

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 PC meetings can be found on its website: <https://www.oldmarston-pc.gov.uk>

Donations to St Nicholas church

If you have enjoyed reading this magazine...if any information it gives proves useful to you...please consider making a financial donation. If you have an attachment to St Nicholas - the ancient centre of our parish - help towards its upkeep would be very much appreciated.

We can claim Gift Aid of 25% on any donation



**St. Nicholas
Marston**

up to £30 when you use this QR code.



Parish Organisations

Allotments Associations
Court Place Farm, Boults Lane. Chair: Jane Wilson
Sunday mornings 9-10.30am.....shed.cpf-allotments@gmail.com
Mill Lane Chairman: Dr. M. Unkovskaya..... 07771 702548
Treasurer Dana Vlad07919 493580
Secretary Christine Mitchell 07789 991051

Baby and Toddler Club Weds 9.30-11.30 term time in Parish Hall
Helen Norman.....07852 213974

Bellringers:
Practice Friday 7.15pm 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 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) 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 Morris 01865 724081
Kate Robinson 01865 766620

Marston Saints Football Club
Andy Winchester (Treasurer) www.msfc.org.uk

Mortimer Hall (Village Hall)
Chris Crane, 2 Raymund Road 01865 727995

Oxford City Council (Marston Representatives)
Mary Clarkson, 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
10 Turn Again Lane, Oxford OX1 1QL.....01865 242918

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 Hatfield07706 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, Matthew Kennedy.....matthew.kennedy500@gmail.com
Scouts Leader, Linda Phillips 07804 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 Young marstonwi@oxfordshirewi.co.uk

Trade Directory

Architectural services for Planning Permissions/ Building Regulations
Digby Architectural: 4 Broughton Close07979 756918

Bakery: a weekly collection service. Contact baker@painedmain.co.uk

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 ONP 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

Decorating
Kerr-Brown painting/decorating hkbdecorating@gmail.com 07944605502
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 installer..... 01865 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.....taylordannnyuk@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 ORX 01865 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
Lemarsh Building Services – plumbing and heating
22 Marsh Lane.....07710 390980

S. J. Moore: Installation and servicing for all gas appliances.
Gas Safe Reg. 146337.
76, Arlington Drive.....01865 724037, 07970 470176

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

**Copy deadline for December's (print)
issue is Thursday 15 November**