marston news

parish church of st. nicholas

No. 188 Price 5p OCTOBER



ST. NICHOLAS CHURCH — OLD MARSTON

Vicar : Rev. Paul N. Rimmer, M.A.
11 Elsfield Road, Old Marston. Tel. : 47034.

Reader : Mr. W. H. Saumarez Smith, O.B.E., M.A., Bishop's Wood End, Cuddesdon.

Parish Worker : Deaconess O. J. Lodge, 5 Elsfield Road, Old Marston. Tel. : Oxford 47956.

Vicar's Warden : Mr. V. C. Cardy, 110 Staunton Road, Headington, Oxford. Tel. : 61116.

People's Warden : Mr. A. W. Sidebottom, Melandra, Old Road, Shotover, Oxford. Tel. : Oxford 62654.

Secretary of the P.C.C. : Mrs. M. Harlow, Fir Tree House, Old Marston.

Organist : Mrs. E. A. Garner, "Barn Gates," 31 Oxford Rd., Old Marston. Tel. : Oxford 41888.

SUNDAY SERVICES

Holy Communion : 8 a.m.

Parish Communion : 10 a.m. Parish Communion (followed by Coffee). **Crèche** in Scout Hut.

Evening Prayer and Sermon : 6.30 p.m.

Holy Baptism : Second and Fourth Sundays of the month at 3 p.m. unless otherwise announced. Notice must be given.

Holy Matrimony : Banns to be given in at the Vicarage.

WEEKDAY SERVICES

Holy Communion : Wednesdays at 7.15 a.m.
3rd Friday at 10.30 a.m. with Laying on of Hands for sick.
And at other times, as announced. (See Notice Board).

The Daily Services of Morning and Evening Prayer are usually said each day at 7.15 a.m. and 5.15 p.m. (except on Saturdays). Wednesday : Morning Prayer is at 9.15 a.m. but it is **advisable to consult the notice board in the Church Porch.**

CHURCH ORGANISATIONS AND MEETINGS :

Children's Instruction : Confirmation School and Crossbearers, 10 a.m. in Church Hall. 1st Sunday in month - Parish Communion.
K.G. and Juniors : Sundays, 11.15 a.m.
Nursery : Sundays, 11.15 a.m. in Mortimer Hall.

Mother's Union : As announced, 7.45 p.m. at the Vicarage.

Young Wives Group : Alternate Wednesdays, 7.45 p.m. in Church Hall.

Bellringers : Practice Night — Friday nights, 7.45 p.m.

Brownies : Monday, 6 p.m. in Scout Headquarters.

Girl Guides : Monday, 7.30 p.m. in Scout Headquarters.

Cubs : Tuesday & Thursday, 6.15 p.m. in Scout Headquarters.

43rd St. Nicholas' Scout Troop : Friday, 7.15 p.m. in Scout Headquarters.

As the covers are printed in advance you are advised to consult the Notice Board in the Church Porch, in case of alteration of times.

PARISH CALENDAR : OCTOBER

Oct. 2. Tuesday. 9.15 a.m. Housewives Holy Communion.
8.00 p.m. Bible Reading Fellowship Meeting at the Vicarage.

„ 3. Wednesday. 7.15 a.m. Holy Communion.
7.45 p.m. Marston Wives meet in Church Hall.

„ 6. Saturday. Over 60's Club hold Morning Market and Coffee Morning in Church Hall, 10 a.m. to 12 noon.

„ 7. TRINITY XVI. 8 a.m. Holy Communion.
10.0 a.m. **The Parish Communion.**
11.15 a.m. Children's Instruction.
6.30 p.m. Evensong and Sermon.

„ 10. Wednesday. 7.15 a.m. Holy Communion.

„ 14. TRINITY XVII. 8 a.m. Holy Communion.
10.0 a.m. **The Parish Communion.**
3.00 p.m. Holy Baptism (after previous arrangement).
6.30 p.m. Evensong and Sermon.

„ 16. Tuesday. Meeting of Stewardship Continuation Committe, 8 p.m. at Vicarage.

„ 17. Wednesday. 7.15 a.m. Holy Communion.
7.45 p.m. Marston Wives meet in Church Hall.
150th Anniversary of Recasting of Church Bells.

„ 18. Thursday. **Festival of St. Luke, Evangelist.**
N.B. **7.15 p.m.** Holy Communion.

„ 19. Friday. 10.30 a.m. Holy Communion.

„ 21. TRINITY XVIII. Education Sunday.
8.00 a.m. Holy Communion.
10.0 a.m. **The Parish Communion.**
11.15 a.m. Children's Instruction.
6.30 p.m. Evensong and Sermon.

„ 24. Wednesday. 7.15 a.m. Holy Communion.

„ 27. Saturday. SUUMER TIME ENDS. CLOCKS BACK 1 HOUR.

„ 28. TRINITY XIX. **Festival of St. Simon and St. Jude. A.A.**
8.00 a.m. Holy Communion.
10.0 a.m. **The Parish Communion.**
Preacher : The Rev. R. M. C. Jeffery, Vicar of Headington and Rural Dean of Cowley Deanery.
11.15 a.m. Children's Instruction.
3.00 p.m. Holy Baptism (after previous arrangement).
6.30 p.m. Evensong and Sermon.

ALTAR FLOWER ROTA

Oct. 7. Mr. B. G. Oliver.
„ 14. Mrs. Cleland.
„ 21. Mrs. Garner.
„ 28. Mrs. Starmer-Smith.

VICAR'S LETTER

My Dear Friends,

As you will have seen from the notices Radio Oxford has invited us to record a service on Sunday, October 7th at 10 a.m. for rebroadcasting on the 14th. This will be the first part of the Series III Communion Service. Please try to be in Church at least a quarter of an hour before the service commences. You will have an opportunity of hearing the service the following Sunday, so please don't stay away on the 7th, and pray that the service may be an inspiration to those who listen in.

A special word of thanks this month must go to Mr. Casterton who has just made us a new oak notice board, with sliding glass panels. The details of weekday events and Children's instruction will be found on the right hand side of the board.

Recently I preached at St. Nicholas Church on the theme of Thanksgiving. When I returned home I read an article in the Observer by John Crosby called " Happiness is here again." I think he put what I had tried to say much better.

> " I am tired of ' Ah, woe ! ' as a philosophy of life," he wrote. " I am tired of being told that our life is a nightmare when quite clearly it isn't. I've always harboured the belief that Dostoevsky expressed in his memoirs and Tolstoy echoed in ' War and Peace,' that life itself is such a gift that every day of it and every breath you draw you should thank God for. Anything less than joy in life is a desecration of it." (Observer, 23.9.73).

Well, no doubt there are many for whom life, because of housing or lack of it, hunger, or the ravages of war make life pretty impossible. But for the majority of us, John Crosby says something which no preacher could express better.

Yours sincerely,



The Staff of Life

SOME people have too much of it, like the Americans or the Canadians. Some people sometimes have too little of it, like the Russians who have suffered the second of two bad harvests in succession. Some have too little of it all the time and live, as so much of the world does, on the brink of starvation. What we are talking about is what is shown in the picture—wheat.

This is, as it has for so long been called, the true staff of life. You could call it the stuff of life. Without it, whole peoples can starve. With it, we can be assured of our daily bread. Here in Britain we produce very rich harvests and even then we still have to import quantities of wheat.

But do we take it for granted? If we do, it is as well to remind ourselves of some fundamental truths.



photo: Alan Hutchinson

Land

First of all, wheat, like most other fundamentals of life, comes from land. How long we can go on giving so much of our actual land surface —in this country not very much of it—over to cities, sprawling conurbations and motorways, which gobble up more and more thousands of precious acres every year, is something we ought to be thinking about now. It will be too late to sing 'Fair waves the golden corn' when there is little land left.

Secondly, harvest-time is a season not only to be thankful for what we have got, but also to be conscious of what others lack. And the unhappy fact that one third of the world lives below starvation level is still with us. It is a great problem which does not go away. It will not

go away just by being forgotten or put aside. It is something which must continue to bear upon the Christian conscience. As it is, the resources of our world—which ought to be one world—are very unevenly distributed, and until this inequality can be corrected, then God's justice for his people will not have been done.

Thirdly, we need to remember at harvest-time those who produce it. The number of people actually working in agriculture grows less year by year. On any showing, this is a great loss, because it is the loss, really, of a way of life. History has no record of a people who have lived happily ever after in cities. It is essential to our general well-being, and to that of the nation as a whole, that our cities, where most of us now have to live, should be set in a country which has plenty of the good earth still left and which is not thoughtlessly given over to the urban developer.

And, fourth, it is good to remind ourselves at this time of year, when the rains of autumn come and the annual miracle of harvest is past, that the whole marvellous pattern, like the rest of life, depends on God and comes from God. There is more than a natural miracle in harvest-time. There is a divine miracle, as well.

SIGNET

THE SIGN

Not ashamed to confess the faith of Christ crucified

OCTOBER 1973 No. 826

7	S	**16 after Trinity**
14	S	**17 after Trinity**
18	Th	**St Luke, Evangelist**
21	S	**18 after Trinity**
28	S	**St Simon and St Jude, Apostles 19 after Trinity**

* * * * * * * * * * * * *

PRAYER FOR TODAY

Our fellowship with and reliance on the Lord

Did we not feel our hearts on fire as he talked with us? Luke 24.32 (*NEB*)

Lord, it is our responsibility to share real life with others.
For this we need you, fellowship with you, to give us insight, strength and love.
The two disciples on the way to Emmaus felt their hearts burning within them, as you explained the Scriptures to them. Lord, open our hearts so that we find in the Scriptures, not only the records of the past, but a meeting place with you in the present, giving us insight day by day.
Lord, you made yourself known to them specially at the breaking of the bread; how can we best receive there your strength?
Lord, you were their companion on the road that Easter day; how can be best know you in your love as our constant companion on the road of daily life?

FATHER MARK GIBBARD

AIDAN WHITTINGTON TALKS TO. . .

Roy Jenkins

PRIVY Councillor, twenty-five years a Member of Parliament, one-time Chancellor of the Exchequer and former Deputy Leader of the Labour Party, Roy Jenkins is one of the most widely respected figures in British politics today. Reared in a South Wales trade union family in the inter-war depression years, after Oxford and the army he 'naturally' sought a career in politics.

At his Georgian house in a quiet West London square, he answered my questions on the quality and aims of British politics today.

'I agree there is a certain amount of disillusionment with politics and politicians at present. I don't think this is because politicians are peculiarly lacking in honesty and integrity. I've hardly ever met a major politician of any party who was not motivated by the conviction of doing his best for his country and party, as he understood it. The problem is rather different. Politics are conducted within the framework of debate and opposition, which produces a verbal battle with politicians using language and exaggerations not used so much in ordinary life—certainly not publicised so much! This framework of formalised opposition can create a sense of unreality in the eyes of ordinary people.'

Rich and poor

For many Christians today, justice for the world's poor is a top political issue. The former Chancellor agreed.

'I believe this is the most important issue facing the world today. The gap between the rich and poor nations is widening, and the very future of the world depends on whether we can give some hope to the Third World, that their conditions of life really will improve. The essential thing is hope: we won't solve the Third World's problems by 2000 AD, but the crucial question is, can we start narrowing the gap? The Churches have played a remarkable role in helping to educate public opinion on this issue.'



photo: Syndication International

'It is absolutely wrong morally that the average individual—man, woman and child—in the developed countries has an income of £1000 per year, while it is only £40 for each person in the poor two-thirds of the world. No country could live with a wealth–poverty gap like that, without a system of repression too fearful to contemplate. We must realise that we can't continue to live with this gap on the world scale.'

Should governments, of whatever party, be so preoccupied with making Britain richer and richer, many Christians now wonder?

Roy Jenkins sees the need for a shift of priorities.

to page 150

Question Page

All questions on the faith and practice of the Anglican Communion sent to The Editor, Question Page, The Sign, The Alden Press, Osney Mead, Oxford, will be answered personally by him if accompanied by a stamped reply envelope. A Book Token, value 50p, will be sent to the writer of each question published.

Body and Soul

In Luke 19.10 we read 'The Son of Man is come to seek and to save that which was lost.' How does one reconcile this with Matt 10.28 'Fear him which is able to destroy both soul and body in hell'? John Wesley considered this verse to refer to fearing God, but how can we believe that God would destroy soul and body 'in hell'? Is not the devil the destructive agency to fear in this verse?

Sayings in Matthew 10.26–41 are in effect words of encouragement to Christians facing persecution and martyrdom. Christians are not to fear their persecutors, who could only harm the body. They are to fear God, who alone is able to save or to destroy the soul. This is something that no persecutor can do.

If his words are understood in this way John Wesley was undoubtedly right in his exposition. There is a parallel in James 4.12: 'There is one law-giver and judge, he is able to save and to destroy.'

The Parable of the Prodigal Son throws some light on the paradox. The father in the parable had no wish that his son should perish in a strange land, but having given him his freedom he did not send to fetch him back. The son had to make the first move, but then his father ran to meet him. It is a false sentimentality that takes the attitude 'everything will be all right in the end.' The message of the New Testament, on the contrary, is that it is necessary to repent now, and equally that it is never too late, at least in this life, to repent. But woe to those who have not repented when the day of Judgement comes. 4854

Question Competition

Can you answer the following question in nor more than 100 words: **How do you define a Christian?**

Write your own letter in reply and send it to Question Competition, The Sign & Window, The Alden Press, Osney Mead, Oxford OX2 0EG. A £3 Book Token will be awarded to the winning entry. Closing date 31st October.

The question **Is it right to clear a churchyard of untidy tombstones**? brought forth fairly strong comments from both sides. The winning entry came in the form of a poem from Mrs. M. Whitaker of Lothersdale, Yorkshire.

O is it right to clear a churchyard of
untidy stones?
Why only this, why not dig down and
throw away the bones?
Or bring some reverence to bear and with
your good right hand
Make what was crooked straight again—
but try to understand
That though men rot and lie forgot
someone once loved their name,
And had it carved for all to read, attention
small to claim.
Why should the past be swept aside to
make a tidy show?
For that, go to the war-graves standing
row by dreadful row.

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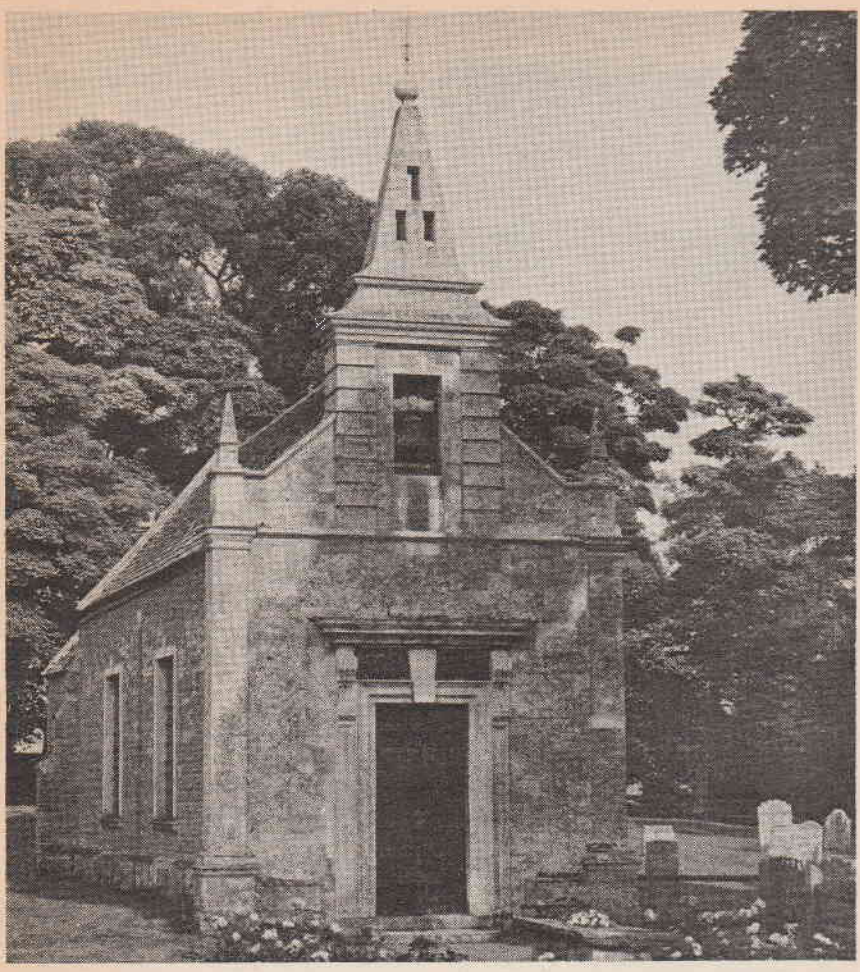


photo: Cyril E. Diamond

Hidden Places of Prayer

The immediate approach to the church of St John the Evangelist, Little Gidding Huntingdonshire, is through a farmyard and across a field. A stranger, seeing the surroundings of open countryside, and the obvious sparseness of population, might have expected to find a near-derelict church. He would be mistaken, for this small church is, in fact, one of the most hallowed places in England.

The Little Gidding family community under Nicholas Ferrar in the first half of the seventeenth century was, most certainly, a 'congregation of saints'. Many come to Little Gidding as pilgrims. By no means all are of the Anglican communion; but are representative of world-wide Christianity.

JIM ROSS ON BOOKS

Preaching the Good News for Modern Man *by David A. Maclennan Collins £1.75*

It throws an interesting light on the contemporary materialistic, permissive situation that the best-selling paperback of all time should have been a 'religious' book. David Maclennan's *Good News for Modern Man* (published in 1966) sold a staggering 30 million copies before its third anniversary. Now he has selected 140 passages from his original book, and he presents them as inspirational material for the hard-pushed priest seeking sermon material; or as passages which anyone may find helpful for their private devotions. The author's straight-forward style of writing and remarkably lucid exposition cuts across any sectarian divisions, and makes this a book equally useful for the Roman Catholic priest and the Pentecostal pastor.

Double Zero *by David Collyer, Fontana 40p*

Most people are aware of the problems presented by young people who will not conform to modern life, and many may try to do something to help this seeking, restless generation. But very few manage to get right inside the skin of the Hell's Angel or the Rocker, as David Collyer did during his five years 'ministry to the unattached' in Birmingham. His account of those years is exciting, compelling—and sobering. Criticised uphill and downdale by the 'establishment', he always had the strong backing of his Bishop, Leonard Wilson; and his story of total commitment to a cause can only encourage others trying to come to grips with today's ever-widening generation gap.

After Me, the Deluge *by David Forrest, Hodder & Stoughton £1.90*

Very strong meat, and bound to offend many who do not possess a broad sense of humour. The story of how God telephones Fr Benior in his remote mountain village, to tell him there will be a second flood and only the good Father and his flock will be saved, is a masterpiece of hilarity. The building of this second ark by the pious, but very down-to-earth villagers, had me weeping with laughter—until the very end, when an almighty sting in the tail sobered me right down to a realisation of the grasp the author has on the human—and the divine—situation.

Some Modern Faiths *by Maurice C. Burrel, and J. Stafford Wright, Inter-Varsity Press 35p*

An up-to-date version of the booklet *Some Modern Religions*, this book tries to present fairly the differences in beliefs and practice between sects as widely varying as Mormonism and Spiritualism. Criticism of the founders of these faiths is avoided, the emphasis lying on exposition of their beliefs; but when dealing with sects who often maintain that the more orthodox church has been in error for nearly nineteen hundred years, it is very hard to remain unbiased. A very useful book for all those who would like to know what the peripatetic gospeller really believes.

Aidan Whittington talks to Roy Jenkins
from page 147

'We need a lively awareness that there is more to life than the pursuit of a statistically higher standard of living. In the modern world the relentless search for material wealth can easily be the enemy of amenity: if we are to have a worthwhile life, we must strike a proper balance between prosperity and an environment worth living in.'

PROBLEMS OF OUR TIME

EDWARD PATEY

Black and White

Most expert observers believe that relations between the host community and the immigrants in this country have deteriorated in the past few years. This deterioration has been exploited by some politicians with highly emotive use of statistics. It has been aggravated by laws controlling immigration which seem lacking in logic and only half-understood.

Here is an area of our public life where public opinion needs to be alerted quickly. Large-scale repatriation of immigrants is impossible. To pretend the problem does not exist is to be stupid. Here is a positive challenge to make the best use of the situation before us, and to create a rich and varied community.

The facts

There are now over one million coloured immigrants in Britain: seventy per cent of them live in Greater London, in the West Midlands, in South East Lancashire, on Merseyside and Tyneside, and in West Yorkshire. The immigrant population is younger than the native British, and there is therefore a higher rate of increase. It has been estimated that by 1986 there may be between two and two-and-a-quarter million coloured people in this country. The largest group of immigrants are from the West Indies and Guyana. A high proportion of the women still enter the nursing profession. West Indians tend to settle in families in the same neighbourhood, often in poor housing conditions. They wish to identify themselves completely with the British way of life, joining



photo: Keith Ellis

churches and trade unions. But bad housing and job restriction often prevent them from playing a full part in the life of the community.

Indians and Pakistanis form another large migrant group. Most of the Indians are Sikhs, who are amongst the best organised of all immigrants. They also tend to settle in the same areas, and the women often do not learn to speak English. But many of the men have shaved, cut off their long hair, and discarded the turban.

How successfully have immigrants been integrated into our society? In the immediate post-war years there was such a shortage of labour in this country that all immigrants were easily absorbed into jobs. The problem lies in the very limited scope of work which most of them are able to find, and their unusually poor prospects for promotion. The overwhelming majority of immigrants in employment are found in the rank and file of the employed population, have not achieved promotion, and are under-represented in white-collar jobs.

Particular problems face the coloured school-leaver in his search for his first job. An investigation in Liverpool showed that most young coloured people interviewed felt that they were only offered work with poor wages, little chance of promotion, and harsh or unpleasant working conditions.

Housing

They do not live in traditional slum areas, but in large Victorian or Georgian houses which have been divided up (often unsatisfactorily) for multi-occupation. Although structurally sound, these houses deteriorate with overcrowding. If you are coloured, it is not easy to buy a house in a 'better' area. Part of the problem lies in the policy of many local authorities of restricting available housing to applicants with long residential qualifications. There is good reason for this system, but it hits the recently arrived immigrant hard. He may have to be content with decaying or substandard accommodation in the twilight areas, even if he has higher ambitions for himself and his family.

Discrimination

It is essential that ways be found of operating housing policy both on the national and local level in such a way that all suspicion of discrimination is removed. Immigrants face certain educational problems. Poor or inadequate knowledge of English results in some children being unjustly classed as educationally subnormal.

Too often we have thought that immigrants can be considered to be well integrated when they have assumed the habits and customs of the host community. But many of them are justly proud of the traditions and culture of their home countries, and have no wish to lose their national identity. This new self-consciousness is seen in the recent growth of 'black churches' and national clubs. They no longer wish to become 'just like us'.

In the face of this new situation we can either take the negative path of fear. Or we can see the presence of immigrant communities in our midst as a great enrichment of our heritage.

© Edward H. Patey. These extracts are taken from *Burning Questions*, by Edward Patey, published by A. R. Mowbray & Co. Ltd, 28 Margaret Street, London W1N 7LB, at 60p. Available from any bookseller.

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Solution to Crossword No. 5 (August)
Across 6, Eli. 7, Inn. 13, Serve. 20, Oak. 21, Ear. 22, Once.

Down 1, Reap. 2, Micah. 3, Two. 4, Own. 5, Ant. 7, Isle. 8, Whereon. 9, Toi. 10, Esh. 11, Yet. 12, Any. 14, Took, 15, Hosea. 16, Tare, 17, Gad. 18, Dan. 19, Eve.

JUNIOR PAGE

Do you remember that last month we were thinking about drawing a true portrait, especially about drawing it in words? That's what the men who wrote the Gospels wanted to do for Jesus.

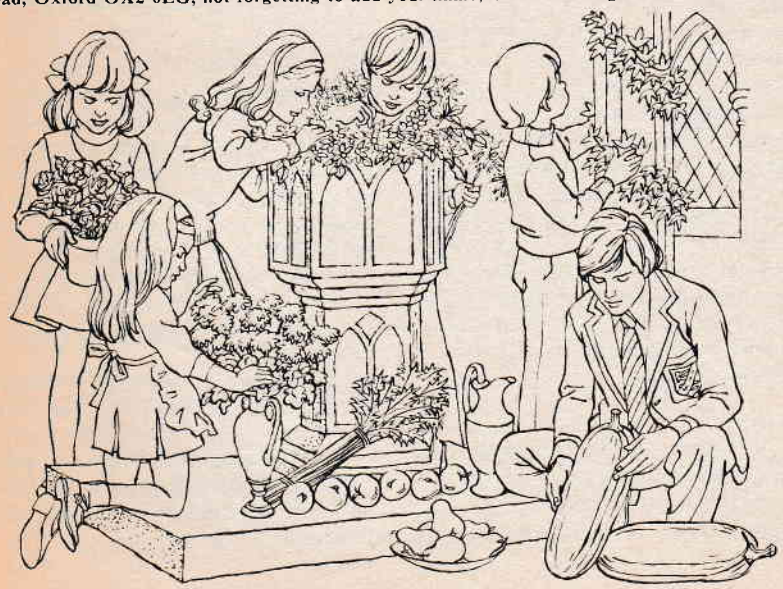
It wasn't easy to collect the sayings, the actions, the effects on other people, that go to make up such a portrait. The first gospel to be written, the one we call St Mark, was done thirty years after Jesus' death and his return to God. By the time Mark came along to ask Jesus' friends questions about him many were dead; the rest were growing old. They often didn't remember *where* or *when* things had been said or done—only *what* had happened, or how they had felt. It was up to Mark to put together all their stories into a readable form, that would be useful to others.

Why should he bother, since so few people at that time did write things down? Mainly because he knew that Jesus now had lots of new followers, who had never seen him but had come to know him through the lives and teachings of men like Peter and Paul. These new followers were scattered in lonely little groups through many countries. Everyone was against them, determined to stamp out this dangerous new way of thinking. They could only meet in secret; they were hunted, imprisoned, often killed. They needed to have a written picture of Jesus, to keep them going, to help them in teaching others about him.

Pamela

Competition results
April (*favourite meals*): Clare Robinson, Bracknell; Adrian Wills, Illogan, Redruth; Elaine Taylor, Saltburn, Yorks.

We've been thinking about painting and drawing, so let's have another painting competition. Colour this picture with felt pens, coloured pencils or what you like. Perhaps your own Harvest Festival will give you some ideas? Send your picture to Pamela, The Sign, The Alden Press, Osney Mead, Oxford OX2 0EG, not forgetting to add your name, address and age. Prizes for the best.



Women's World...

Anne Arnott writes:

THE nights are drawing in, and the early morning air is keen, and we feel that winter is on the way.

For many elderly people this is not a happy prospect. They fear the cold, the possibility of illness and of being housebound. This is inevitable. But recently it has been forcibly brought home to me that there is a winter of the spirit just as crippling as that of the body. I have seen more than one person grow old too soon, lose heart in work, and, wrapped up in fears and apprehension about the future, withdraw into themselves, losing interest in everything around.

One smiling, brisk and elderly lady I met recently showed that old age didn't have to be like this. Her blue eyes are still full of warmth and humour. She still walks quickly and gives little indication of the rheumatism that affects her. Any who visit her in her London home get an immediate and spontaneous welcome, and are made to feel as if they were the very people she had most wanted to see.

You might imagine that life had been easy for her until you learned that she and her husband had been pioneer missionaries for thirty years in central Africa, where her husband's outstanding medical work earned him many honours. She had lived in conditions that would daunt the hardiest, and wherever she went had this gift of happiness.

Joy in life

Now, whenever she is needed, she is seen briskly mounting a bus and travelling across London to help her daughter who runs a nursery school.



Autumn frosts

photo: Graham Tatlock

'Do you know, Mother, you're the best assistant I've ever had!', her daughter remarked recently. A nice compliment, but perhaps not remarkable, you may think, until you learn that she is eighty-three! Yet this unusual woman still has the vigour and joy in life of a girl. 'Well, that's it,' she says laughing, 'I've always loved children more than anything, and now I'm entering a most happy second childhood.'

Here is someone who is not deterred by the winter of life, or by fear of the future, or by sorrow of which she has had her full share. For her, each day is a gift from God, a challenge to be faced with courage and gaiety and the signs of youth are still upon her.

IN THE HOME

Over the months, many readers have expressed interest in making yoghurt. As previously described, there is the homely method of stirring three tablespoons from one carton of 'live' yoghurt into one pint of warm milk, which has been previously brought to the boil, and incubating it in some warm place like an airing cupboard overnight, and then keeping it in the refrigerator. This can sometimes be something of a 'hit and miss' method however. So it was with great interest that we received two excellent pieces of kitchen equipment recently, to try out, from Hamilton-Dale.

The first is the easily operated electric Bel Yoghurt Maker. Six cartons in a box which can be plugged in, make excellent plain or flavoured yoghurt for little more than the price of milk. With this comes the booklet of instructions which must be carefully followed, although they are very simple.

The other kitchen aid is the Bel Cream Maker, a little plastic hand pump that will make cream at a third of the price from unsalted butter and milk. It is a most useful article and very simple to use. Full instructions are given.

All readers of the Sign interested in obtaining either or both of these most useful articles for the kitchen, post free, should write direct to: Kitchen Offers Limited, Box 22, Camberley, Surrey. The price is £3.96 for the Yoghurt Maker, and £1.98 for the Cream Maker.

Making meringues

To go with some whipped cream from your cream maker (whipping will take a little extra time after the initial making, and may take a little extra butter), try your hand at a few meringues made with this simple recipe. You need 2 egg whites, 4 tbs icing sugar, 6 lbs caster sugar. Combine the sugars and divide in two. Beat egg whites until you can turn the bowl upside down without them falling out. Slowly add half the sugar and beat well. Fold in rest of sugar carefully, be sure not to squash mixture too much. Drop dessert spoonfuls onto a very lightly oiled baking tray. Keep fairly far apart, and twist each spoonful into a point. Bake in a very slow oven until crisp at not more than 200°, or gas $\frac{1}{2}$. Dry off in the cooling oven or leave in the airing cupboard over night. Remember two things: do not let the beaten egg whites 'sit down', and be sure none of your utensils are greasy.

THOUGHT FOR THE MONTH

The safest road to hell is the gradual one—the gentle slope, soft underfoot, without sudden turnings, without milestones, without signposts.

C. S. Lewis



'Elsie—gent here wants five loaves!'

Cartoon by Bill Bowden taken from '*Reverend Sirs, Ladies and Gentlemen*, compiled by Don Lewis, published by Mowbrays (at 90p) available at any bookshop.

Doctor's Column



By a General Practitioner

ANYONE over fifty who visits the doctor for advice concerning a troublesome tummy may have diverticulitis. This is a disease afflicting the most highly civilized and urbanized nations and which is increasing. Concentrated white cereals and sugar are the cause.

If you suffer from abdominal heaviness and bloating coming on each day, two hours after getting up, if you also have bowel wind, and if your bowel habits vary from costiveness to looseness, then you are a prospective candidate. More advanced cases complain of local pain over the bowel which feels like appendicitis on the left side. The abdomen becomes larger and the bowels more stubborn. All this is due to a weakening of the bowel walls which form a string of pockets along sections of the large intestine. Bowel matter accumulates in these pockets and ferments to cause inflammation and offensive gases.

Luckily the cure is quite simple. Natural foods with plenty of roughage will scour the bowel walls clean, mop up the toxic wastes and discourage the bacterial inflammation. Roughage is contained in salads, vegetables, nuts, fruit, brown rice and wholemeal breads and cereals. Many specialised foods contain roughage in the form of bran which has been removed from flour. Don't forget to avoid white sugar.

The Imperial Cancer Research Fund deserves your support

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As a Matter of Fact...

Religious education is a major concern of the Bishop of Kingston, the Rt Rev Hugh Montefiore, who has criticised the 'conspiracy of silence' which surrounds inadequate religious education in some schools. The Church should pay more attention to its responsibilities in this area, and should help teachers through their in-service training, he suggests.

Melting Cement
Another problem, that of redundant churches, has been worrying the Bishop of Coventry, Dr Cuthbert Bardsley, and he has warned against overdoing the desire to close churches in country areas. In doing so, he says, we may be removing the soul and heart from the countryside and destroying the cement which binds the community together.

Starting young
A reader suggests that 'babies introduced to the atmosphere of the church at two weeks are quieter and better behaved churchgoers at two years.'

Frozen God
'Mummy,' asked a little girl, 'is it true that God's everywhere?' 'That's right dear', her mother said. 'Even in this ice cream?' 'I suppose so darling.' The little girl though for a moment. 'He must be very cold', she said.

Doorstep Mission
Mission on your doorstep has become a cliché phrase, but the church of St Philip and St Jacob in Bristol is doing something about it. Members of the congregation have begun an outreach to Pakistanis in the city, making contact in the streets and by door to door visiting. Now some of the team are thinking of moving to the area and learning Urdu to make their witness more effective.

Heavenly Visitor
Dibden parish magazine reports that when a vicar knocked on an open front door, a voice from upstairs called out 'Is that you angel?' 'No,' said the vicar, 'but I'm from the same department.'

If you have anything that you would like included in this feature, write to Micheal Jacob, c/o 'The Sign', The Alden Press, Osney Mead, Oxford OX2 0EG.

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The Royal Commonwealth Society for the Blind

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GARDENING NOTES

THIS is quite a good time of the year to do general clearing up in the flower garden. The clumps of delphiniums, for instance, look rather shabby now and may be cut down. There will be other herbaceous plants which have obviously finished their work for the year so the tops may be cut away and put on the compost heap to rot down.

Follow the cutting down by a good hoeing through and, if it is necessary, give the scabious and the pyrethium a nice dressing of lime. This helps them to live through the winter.

Other jobs that can be done in the flower garden include the planting out of the honeysuckles, which, by the way, should be put in quite firmly; the digging up and replanting of the montbretias, and the planting of the Canterbury Bells. I like to have these in clumps of five or six, each specimen being 15 inches from the next. If the foliage of your gladioli has died down, the corms will be better out of the ground and stored in a nice dry shed. The pot chrysanthemums in the greenhouse will need feeding once a week or so, with one of those bottled liquid manures diluted to the right strength.

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Our concern is their comfort in retirement

The Church of England Pensions Board has established 10 residential homes and 2 nursing homes and has built or acquired by gift over 200 houses, bungalows and flats for accommodation by retired clergymen and their wives and widows of clergymen and for retired deaconesses and women church workers. Many clergymen anxious to retire cannot do so because they have nowhere to live, but the Board can do no more without increased financial support.

If you can help Please send your contribution or leave a legacy to The Church of England Pensions Board 53 Tufton Street, London SW1

Store the picked fruit carefully. Do not attempt to keep early varieties of apples and pears, they will only shrivel. The well-known types which keep well are Lane's Prince Albert, Bramley's Seedling, Newton Wonder, Monarch and Edward VII, in the case of cookers; and Laxton's Superb, Blenheim Orange, Laxton's Pearmain, and May Queen in the case of the desserts.

It pays to wrap each apple in a piece of oiled paper, which can be bought specially prepared.

This is a good time of the year to join the Good Gardeners' Association. You pay your £2 and it takes you right through to the end of 1973. This is a special offer to 'Sign' readers. Get your 25p Guide & Year Book free. Receive your two 50p coupons free. Have a 3 guinea soil analysis free. All these advantages and more to Fellows who join in October.

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So you think you've got problems?

Susan has! She cannot hold a cup, comb, lipstick or pen. Neither can she walk, because she is severely disabled. But Susan is sustained by the special care and dedication which makes John Grooms so much a home for her and for many others like her. So, when you feel everything is against you, remember Susan. John Grooms care all day and every day, year in year out.
Please, show that you care too, by sending a donation to:

John Grooms, S39
Edgware Way, Edgware, Middlesex.

One Column Bible Commentary

WILLIAM NEIL

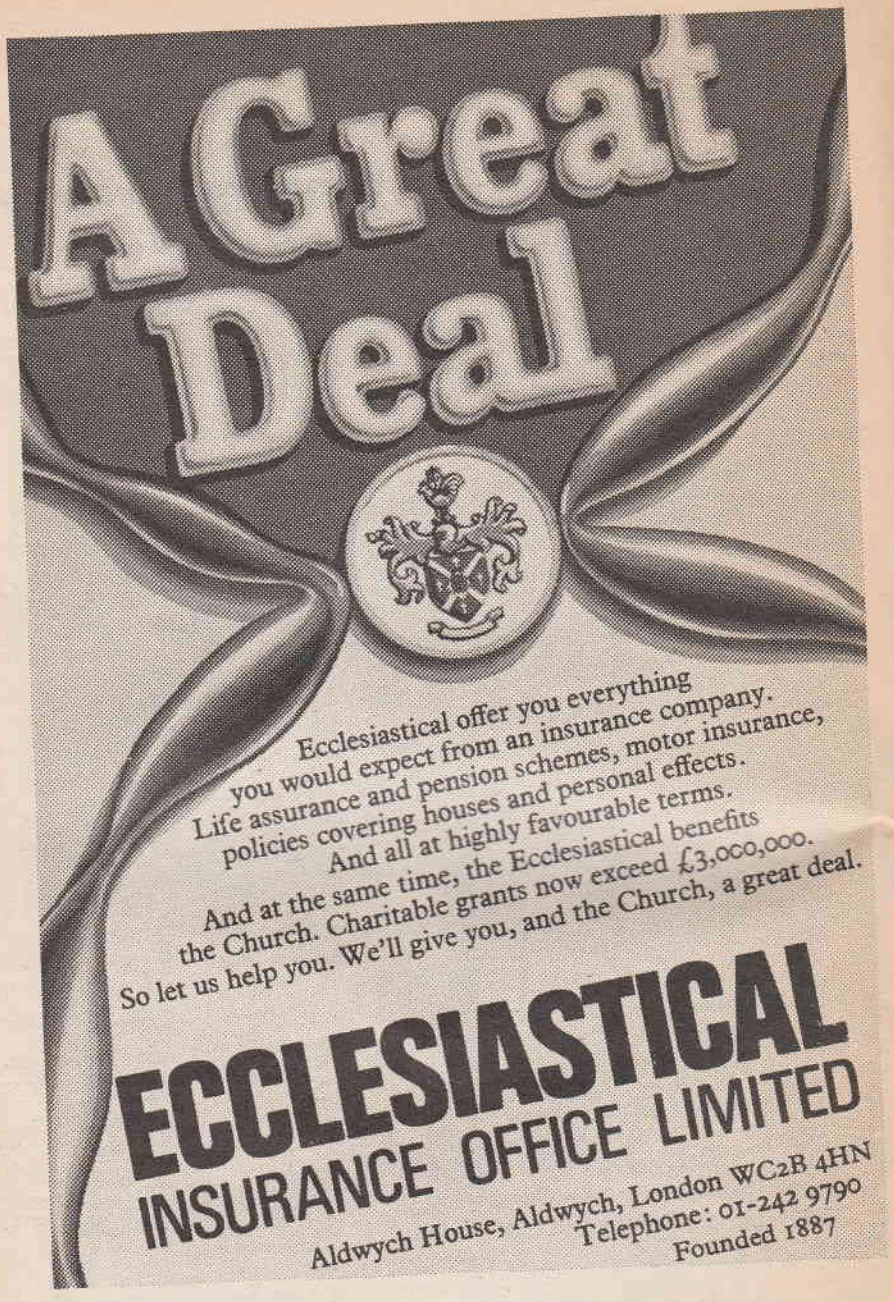
THE other day I came across this comment by John Bright, the American biblical scholar: 'I find it most interesting and not a little odd that, although the Old Testament on occasion offends Christian feelings, it did not apparently offend Christ's "Christian feelings".'

This is not so much a remark about the Old Testament as a criticism of our normal picture of Jesus. We tend so much to make him in our own image. Some years ago it was fashionable to think of Jesus as a twentieth-century European, or even as the best example of 'muscular Christianity'. A review of a recent study of Jesus said of it: 'This is not a flesh and blood, first century, north Palestinian, Aramaic-speaking Jew. This Jesus is a Christian theologian, probably an Anglican.'

A real danger

Here is a real danger, and we are all to some extent guilty of making our picture of Jesus what we should like him to be and not what the gospels say he was. What offends us is 'the scandal of particularity'— the fact that Jesus was a Jew, loyal to the faith of his people, worshipping in synagogue and temple the God who had revealed himself to Moses, to psalmist and prophet, and whom Jesus has taught us to call Father. But let us remember that Raphael's Madonnas are no less eternally beautiful because he dresses them like Italian peasants and that Wordsworth's glorious golden daffodils tossed their heads unmistakably among the English lakes.

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BIBLE READING FELLOWSHIP

There will be a gathering of all who take the B.R.F. Notes at the Vicarage on Tuesday, October 2nd. Coffee : 8—8.15 p.m. Anyone who takes the notes, or would like to do so or is interested in further Bible Study will be most welcome.

ABOUT PEOPLE

CONGRATULATIONS to all those married recently—

Martin Bolton and Georgenia Brooking

Alan Harris and Teresa Fallon

Robert Ford and Linda Whoterod

David Curtis and Gillian Moss

And to Nigel Starmer-Smith who was married to Rosamund Bartlett at Holy Trinty, Woking.

We wish them every blessing in the future.

Also to Peter Smith and his wife Heather married at St. Peter's, West Mersea.

The Smith family were faithful worshippers at St. Nicholas before they moved to West Mersea some years ago and Peter is now serving in the Merchant Navy. and Heather is at Training College.

Also to Stephen Guse who has gained his bronze medal under the Duke of Edinburgh's award scheme and to Wendy Roberts as she goes to Hull University.

We extend our thoughts and our sympathy to Mrs. Timms and her family on the sudden death of her husband Dennis and to the husband and relations of Ethel Rose Pratley. Mrs. Pratley who had been a talented pianist and lover of music was ill for a long time and she bore her suffering with tremendous courage. Her concern was always for those around her and she was always interested in the parish though of later months she was confined to the house. Her acts of kindness will always be remembered with gratitude.

Mrs. Mona Fogden was nursed through a long illness by her devoted family and was with her daughter in Argyllshire when she died. Her heart was certainly in Marston and she loved St. Nicholas' Church. We can assure her family and all who have been bereaved of our prayers.

THANK YOU to Mr. Garland for the superb carpeting in the Church which has been appreciated and admired both by members of the congregation and also by the many visitors during the summer.

We were delighted to welcome students from Germany who used our Church Hall once again for their course during August.

COME and enjoy a good cup of coffee and so help the Over 60's Club who will be holding their Annual Morning Market on Saturday, 6th October to raise funds for the Club's activities.

St. Nicholas' Church Hall, from 10 a.m. to 12 noon.

DATES FOR YOUR DIARY

SUNDAY, 7th OCTOBER. 10 a.m. Radio Oxford Recorded Broadcast Service. (To be rebroadcast on October 14th).

SUNDAY, 11th NOVEMBER. Remembrance Sunday. Special Service at **10.55 a.m.**

SUNDAY, 18th NOVEMBER. 6.30 p.m. Visit of Miss Sefton of Commonwealth Church Society. Film to be shown on Swiss Rescue work. All young people will be welcomed. Scouts, Guides, Brownies and Cubs will be worshipping together.

SUNDAY, 2nd DECEMBER. ADVENT SUNDAY AND PATRONAL FESTIVAL.

SUNDAY, 23rd DECEMBER. Candle and Carol Service at 6.30 p.m.

CHURCH & LOCAL CLUBS, SOCIETIES, ETC.

CHURCH

Bell Ringers. Sec. : Mr. A. Gammon, 50 Oxford Road.

Brownies : Brownie Guider : Miss I. Read, 6 Cotswold Crescent - Tel. 47370

Cub Scout Leader : Mr. A. J. Roberts, 54 Cherwell Drive. Tel. 40879.

Girl Guides : Miss R. Fraser, 1 Cavendish Drive. Tel. 40098.

Parish Magazine : Deaconess O. Lodge, 5 Elsfield Road. Tel. 47956.

Mothers' Union : Hon. Sec. : Mrs. D. Cardy 110 Staunton Road, Headington. Tel. 61116.

Parochial Church Council. Sec. : Mrs. M. Harlow, Fir Tree House, Oxford Road.

Scouts. Scout Leader : Mr. N. J. Hughes, 53 Arlington Drive.
Group Scout Leader : Mr. W. Furber, 30 Colley Wood. Kennington. Tel. 34061.

Stewardship Recorder : Miss E. Warburton, Cross Cottage, Old Marston. Tel. 47339.

St. Nicholas, Marston Wives :
Group Leader : Mrs. R. B. Wells, 14 Raymund Road. Tel. 40357.
Secretary : Mrs. P. Lessiter, 62 Cherwell Drive. Tel. 43120.

Bible Reading Fellowship :
Sec. : Mrs. R. Lucas, 9 Talbot Road, Oxford. Tel. 55739.

LOCAL

Allotment Association. Sec. : Mr. R. Bowen, 135 Oxford Road.

British Legion. Marston & District Sec. : Mr. F. Thompson, 5 Temple Street, Oxford.

Marston Players : Roy Harvey, 18 Minster Road. Tel. 41228

Marston Residents' Association : Secretary : Mr. G. A. Hine, 21 Raymund Road. Tel. 40482.

Over 60's Club : Secretary : Mrs. W. Tomlinson, 35 Oxford Road.

Parish Council. Chairman : Mr. A. Gammon, 50 Oxford Road.

Parent-Teacher Association
St. Nicholas : Mr. Norman C. Jones, 52 Elms Drive.
Harlow School : Mrs. J. Hodgkins, 31 Elms Drive.

Women's Institute : Miss E. Warburton, Cross Cottage, Old Marston. Tel. 47339.

USEFUL INFORMATION

District Nurses, 6 Broughton's Close, Old Marston. Tel. Oxford 44417.

Health Visitor : Miss E. McDermott. Phone KIDLINGTON 3502.

Infant Welfare Clinic : The Village Hall, Thursdays 2—4 p.m.

Library : The Village Hall, Old Marston.
Monday and Wednesday — Closed.
Tuesday — 2 p.m. to 5 p.m. 5.30 to 7.30 p.m.
Thursday — 2 p.m. to 5 p.m. 5.30 p.m. to 7.30 p.m.
Friday — 10 a.m. to 12.30 p.m. 2 p.m. to 5 p.m.

Over 60's Club. St. Nicholas Church Hall, Mondays at 2.45 p.m.

Registrar of Births, Marriages and Deaths : St. Nicholas' Church Hall, Elsfield Road, Old Marston. Thursdays 4 to 4.30 p.m.

Village Hall. All Bookings to Mr. Tasker, 35 Mill Lane, Old Marston.

St. Nicholas' Church Hall and Committee Room. All Bookings to Deaconess O. J. Lodge, 5 Elsfield Road, Old Marston. (47956).

Nursery School. All enquiries to : The Village Hall during School hours.

Play Group. All enquiries to : St. Nicholas Church Hall during school hours.

DIRECTORY

We hope all readers will patronise the shops advertised in this Directory where excellent service is assured:

Baby Linen, Children's and Ladies' Wear, Wool, Slippers:
"Joyce's," 18 Cherwell Drive, Marston.....Tel. 63846

Baby Linen and Ladies' Wear, Wool, etc.:
Price, 5 Salford Road .....Tel. 42126

Bainger Stores:
Hardware, Toileteries, China, Glassware, Pet Foods. Pink Paraffin. 7 Salford Road.....Tel. 42776

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11 Old Marston Road, Marston.....Tel. 43824

Christian Book Shop:
57A St. Clement's Street, Oxford.....Tel. 47567

Coal Distributor:
Dunlops, L.M.S. Wharf, Oxford .....Tel. 42421

Dairy:
J. W. Smith, Church Lane, Old Marston.....Tel. 48813

Driving School:
"Lionel" School of Motoring, R.A.C., I.A.M., M.O.T. Approved, 12 Cotswold Crescent, Old Marston.....Tel. 42126

Electrical Installation and General Repairs:
Cooper & Mills, 60 Marsh Lane .....Tel. 61320

Fish-o-Fish, Poultry, Greengrocery and Frozen Foods:
Mrs. Tiwari, 19 Salford Road, Old Marston.....Tel. 42757

Florists & Nurserymen. Wreaths, Crosses and Wedding Designs:
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Funeral Directors:
Reeves & Pain, 288 Abingdon Road, Oxford .....Tel. 42529 48817

Greengrocery and Fruit:
Connick, 12 Cherwell Drive.....Tel. 61736

Grocery, Provisions and Old Marston Post Office:
Hayle's Self-Service, Oxford Road, Old Marston.....Tel. 49668

Hairdressing:
Ladies' & Gent's:
S. T. Greenaway, 402 Marston Road, Oxford.....Tel. 48726
Graham Hair Fashions, 9 Salford Road.....Tel. 41632
(late night: Friday until 7.30 p.m.).
Michael, Hair Fashions, 16 Cherwell Drive, Marston.....Tel. 63842

Hardware Stores and Paraffin Delivery Service:
Marston Hardware, 8 Cherwell Drive, Marston .....Tel. 61668

Men's, Youths & Juvenile Wear, Alterations & Repairs & Dry Cleaning:
Percy's, 11 Salford Road, Old Marston.....Tel. 43212

Newsagents, Tobacconists, Confectioners and Stationers:
Baxters (Oxford) Ltd., 7 Old Marston Road, Oxford.....Tel. 42123 and 22 Cherwell Drive.
B. J. Norton, 13 Salford Road .....Tel. 48932

Painter & Decorator, Plumbing & General Repairs:
S. Kushmar, 47 Ferry Road, Marston.....Tel. 47189

Radio and Television, Rental, Sales and Service:
W. R. Hammond & Son Ltd., 404 Marston Road, Oxford...Tel. 47706

Taxi — Car Hire (Long or Short Journeys):
Marston Taxi Service, Mr. & Mrs. Leach, 5 Oxford Road, Old Marston..... .....Tel. 47197

Wavy Line Groceries, Provision and Frozen Foods:
Cherwell Stores, 2 Cherwell Drive.....Tel. 61667

PARISH MAGAZINE COVER

Riding at Ashridge, Herts: from a transparency by Andy Williams.

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