

WHEATLEY URC NEWSLETTER



July & August 2024

Covering Thoughts

These thoughts are a summary and adaptation of a poem I discovered recently. The author wishes to remain anonymous.

Still the Storm

*Still the storm rotates round, creaking like rusty sails of windmills.
Still the storm marches with the guardsmen, powerful like an army
an attacker knows no mercy.*

Still the storm fights its way regardless of sanity in its wake.

Still the storm flees,

an evacuee running from no-one to no-where.

Still the storm crashes internally,

bringing branches of frustration to the foreground of imagination.

It gathers momentum and faster more out of control,

recklessly dances.

It howls like a child yearning for its mother.

*A stolen silence descends after destruction,
a calm caress of breeze on a summer's day.*

In a wasted landscape life begins again.

Feelers of friendship, colours of compassion

Wrongs righted writ large on stones

Rough rocks sanded smooth.

Still the storm.

How do we deal with the distant traumas of life which we see on our TV screens day by day, and those which touch us deeply in those close to us we love and care for? It may be using our energy to clean the car or house, work the allotment or prune the roses. Perhaps it is writing, painting, or sharing thoughts with a friend over coffee. We cannot solve these heavy problems; we can only find ways to live with them and create something positive to counteract their negative influences. Can we find an alternative more positive way of speaking about a difficult situation? It was salutary to think that at the D Day celebrations in June this year Russia was not invited in view of their invasion of Ukraine. But during coffee after Sunday service, I was encouraged to be reminded of Russia's involvement in the fight against Hitler. I remembered reading about the siege of Leningrad, the extreme hardship the people experienced and the tremendous losses. Let us help and encourage each other by being open to alternative ways of viewing a situation. Maybe we can introduce a little colour into what could be seen as simply black or white.

Christine

Pastoral Letter

A long journey to another country gives ample chance to notice things we might not otherwise see.

October 2023, I was bound for a (now rare) flight to Canada. On a van passing the Airline Bus to Heathrow, I spied the strapline "De-risking British Fleets". Wow. I felt momentarily proud of our island heritage. Was this something that Admiral Lord Nelson might have used? Sadly not. This was a firm that mended tyres on cars - fleets of cars.

My disappointment did not last long. Another large van passed the bus with "Bakery Solutions" in large letters. Solutions to what? I wondered. Ah, of course....it turned out to be a company that made pastries. Yes...I have the same feeling when I pass Bruins or Cornfields. They usually have a "bakery solution" for whatever problem I have.

A long flight later, and I arrived to see my colleague in Toronto, where we were working on a second edition of 'The Mindful Way Through Depression'. We usually work surrounded by many bakery solutions. The book was first published in 2007, so one of our tasks was to update the science. But we also had to track down every part of the text that had dated since the first edition. Well, some were easy to spot: In 2007 we gave an example of a person who had mindlessly lost their phone book. Remember them? As big as doorstops, but only useful when everyone had landlines. In 2024 they are barely remembered.

The world has moved on apace in seventeen years in other ways too. 2007 was the year the iPhone hit the shops, just a year after Facebook and Twitter were opened to the public. There had been no references in our first edition to people scrolling on their phones. Now smartphones are here to stay.

A book ages faster than one might think. Is anything ageless?

On my way home from my colleague's house to catch the train to downtown Toronto, I came across a fence around a garden that looked too good to be true. I mean, it looked good - but it had none of the wear and tear that I thought it might. I looked more closely. It had a little metal tag announcing, "Ageless fencing technology". Made of vinyl, it was built to last. I was reminded of a senior mindfulness colleague from the USA who visited us in Oxford fifteen years ago. As we sat in a George Street eating-place, she remarked how lovely it was to see older

people in the UK embracing being older. I asked what she meant. She said that in the USA, there was a vast industry devoted to keeping the face of men and women looking younger than their years. Here in the UK, she said, she was loving seeing wrinkles. It spoke to her of authenticity and maybe even wisdom.

But I digress. Back to Toronto.

The next day, having discovered the train station had not been as close to the hotel as my non-ageless body had hoped, I decided to take a taxi. The driver had come to Toronto three years ago from Somalia, and, this autumn, had managed to get his wife and 5-year-old son out to join him. In Somalia, they had been used to twelve-hour days and twelve-hour nights all year round. As the Canadian autumn progressed and the days got shorter his son had asked "Why does the night crush the day here?"

Great question.

Now, as I write this in mid-June, I am thinking of that little boy, and hope that he is safe and well, and witnessing the day fighting back.

I am thinking of the ageless fence, and hoping the owner will still love it in fifty years.

And I'm thinking of what lasts, and what ends.

And I'm recalling one of the most repeated lines in the Hebrew Bible: *Give thanks to the LORD, for he is good; his love endures forever.*

Mark Williams

The Community Emergency Foodbank

The C.E.F. is an independent charity started more than 10 years ago by Jane Benyon who recruited helpers from Wheatley URC and other local churches. Its aims are to help people in Oxford and the surrounding area at a time of crisis when they are referred for help by a recognized agency such as a GP, health visitor, Citizens Advice, etc.

As a church community Wheatley URC decided to donate food on a regular basis with an emphasis on bringing donations on the first Sunday of the month and putting them under the table in the church entrance hall (though of course donations are welcome at any time).

Donations are then taken to the secure warehouse behind St. Francis church in Holloway Road Headington where volunteers store them so that we can use everything in date order when giving them to the people who come for help.

If you would like to donate, please choose from the list below

TINS:- vegetables, meat, soup, fish, fruit, baked beans, rice pudding, custard

CARTONS: - fruit juice, long life milk

PACKETS:- rice, pasta, sugar, biscuits, cereal, tea, coffee

SPREADS:- jam, marmalade, honey, peanut butter.

TOILETRIES:- shower gel, shampoo, deodorant, toothpaste.

Frances Simpson

Common Lectionary Readings July 2024

Note: leaders may choose to use other readings

Date	7 th	14 th	21 st	28 th
First Reading	2 Samuel 5: 1-5 & 9-10	2 Samuel 6: 1-5 & 12b- 19	2 Samuel 7: 1-14a	2 Samuel 11: 1-15
Psalm	Psalm 48	Psalm 24	Psalm 89: 20-37	Psalm 14
New Test.	2 Corinthians 12: 2-12	Ephesians 1: 3-14	Ephesians 2: 11-22	Ephesians 3: 14-21
Gospel	Mark: 6: 1-13	Mark 6: 14-29	Mark 6: 30-34 & 53-56	John 6: 1-21

July 7th - Sometimes people felt their calling to be a leader when they were young such as Malala Yousafzai and Greta Thunberg.

July 14th - Many people recognize 'thin places' on mountain tops or islands where stillness and beauty surround them.

July 21st - We are to be new here and now because we live as resurrected people.

July 28th - Picture the scene - a mother bakes bread that a varmint gave away to some travelling preacher out of Galilee - what kind of dough did her hands knead?

Richard Bainbridge

Blended Service Rotas for July 2024

Dates	Worship Leaders	Readers	Intercessors	Vestry Elder	Welcomer/ Door Steward
7 th	Colin Thompson HC	Liz Barry	Robert Harding	Pauline Shelley	Chris Shelley/ Peter Devlin
14 th	Richard Bainbridge	Charles Bennett	Tom Goss	Robert Harding	Ellen Webster/ Allison Towner
21 st	Kate Harford	Robert Harding	Malcolm Benson	Moira Watson	Charles Bennett/ Rob Holdaway
28 th	Mark Williams			Bev Paton	Malcolm Benson/ Elaine Matejtschuk

Dates	Organist
7 th	Jeff Clarke
14 th	Frances Simpson
21 st	Jeff Clarke
28 th	Frances Simpson

DIARY DATES



KEEP THE DATES FREE

**SUNDAY 22nd SEPTEMBER – HARVEST FESTIVAL
at SANDY LANE FARM with LUNCH**

**SATURDAY 19th OCTOBER – Afternoon Tea in the Church
Hall**

In celebration of several people's 80th Birthdays

Common Lectionary Readings August 2024

Note: leaders may choose to use other readings

Date	4 th	11 th	18 th	25 th
First Reading	2 Samuel 11: 26 - 12:13a	2 Samuel 18: 5-9, 15, 31-33	1 Kings 2: 10-12 & 3:3-14	1 Kings 8: 22-30 & 4-43
Psalm	Psalm 51: 1-12	Psalm 130	Psalm 111	Psalm 84
New Test.	Ephesians 6: 1-6	Ephesians 4: 25- 52	Ephesians 5: 15-20	Ephesians 6: 10-20
Gospel	John 6: 24-35	John 6: 35, 41-51	John 6: 51-58	John 6: 56-69

August 4th - God is here and God is everywhere [Abba Bessarion].

August 11th - Conceiving love only as a warm fuzzy, you can readily forget just how much work it entails [Nancy Mairs].

August 18th - Solomon seemed to understand that a king is meant to serve his people.

August 25th - Worship has to permeate ordinary human life and, on the other hand, real human life has to make worship alive and significant [Raimundo Pannikar].

Richard Bainbridge



Blended Service Rotas for August 2024

Dates	Worship Leaders	Readers	intercessors	Vestry Elder	Welcomer/ Door Steward
4 th	Colin Thompson HC	Angela Holdaway	Marian Mole	Ellen Webster	Robert Harding/ Liz Barry
11 th	Richard Bainbridge	Marian Mole	Ann Bettess	Chris Shelley	Bev Paton/ Ann Hardiman
18 th	Cara Heafey	Phyllis Williams	Ellen Webster	Malcolm Benson	Moira Watson/ Tom Goss
25 th	Mark Williams			Charles Bennett	Pauline Shelley/ Angela Holdaway

Dates	Organist
4 th	Jeff Clarke
11 th	Frances Simpson
18 th	Jeff Clarke
25 th	Frances Simpson

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Prayers

Please remember in your prayers all members and friends of our church.

Also remember members of the Communications Ministry Team: Phyllis Williams, Christine Bainbridge, Debi Kidd, Pauline Shelley, Roger Robar, Bobbie Stormont and Moira Watson.

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Dates for Your Diaries

Weekly

Mon & Thurs 9.00am	Mindfulness Sitting Group Mark Williams - jmarkgwilliams@gmail.com
Friday 10am	Table Tennis Val Farmer – val_farmer40@hotmail.com

Monthly

Alternate Mondays (Jul.1 st ,15 th ,29 th Aug. 12 th)	Not So Young Club Frances Simpson – frances_simpson@icloud.com
First Sunday	Teas - 2.30-4pm Ann Bettess – annsgoog@gmail.com
First Thurs. 10am	Prayers for the World Ann Hardiman – 01865 873485
First Thurs. 10.30am	Coffee Morning Barbara Joiner – albarjoiner2@gmail.com
Third Thurs. 10.30am	Coffee Morning Barbara Joiner – albarjoiner2@gmail.com
Second Thursday 10am	Memory Café Laurence Devlin – laurencelalanne99@gmail.com
Second Tuesday	Picnic Club Val Farmer – val_farmer40@hotmail.com
Third Tuesday	Lunch Club Catherine Harding – hardings64@btinternet.com

Deadline

16th August is the deadline for the September Newsletter. Please send copy to: newsletter@wheatleyurc.org.uk Paper copy can be given to Debi Kidd. Please type all contributions in Calibri font, size 11. Thank you.

Disclaimer

The Editors welcome letters, articles and announcements from individuals and organisations, but reserve the right to publish or not.

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Christian Aid Week 2024

These are the final figures -

Ten members of Wheatley URC took up the challenge put out by **Christian Aid** – “70 k in May” in so many different ways, as was well illustrated pictorially, by Bobbie, in last month’s church newsletter. Other church members gave generously in support, through sponsorship and by donation.

The grand total raised this year from sponsorship, direct donations and on-line giving, appears to amount to at least **£1,395**. There may be some further on-line giving that has occurred that has not been registered in this figure. Those who gift aided their donations will have added an additional 25p to every £1 donated, possibly raising the total by as much as an additional £150.

A more detailed breakdown of this total can be found on the noticeboard in the Church Hall.

Finally, a massive thankyou on behalf of **Christian Aid** and its partners, to all who contributed their time and talents or gave so generously, to make this excellent result possible.

With money from collections at St Mary’s during May, the final total will be in excess of £2,000.

Tony Barry
(Hon. Treasurer, Wheatley **Christian Aid Group)**



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CHURCH CONTACTS

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