

St Mary - **Ardley with Fewcott**

St Olave - **Fritwell**

The Chapel - **Heyford Park**

St Mary - **Lower Heyford & Caulcott**

St James - **Somerton**

The Annunciation - **Souldern**

St Mary - **Upper Heyford**

# Cherwell Valley

# Catch-up

## August 2025



# Rest

We live in a world which rarely seems to stop, or even pause – seeking the fastest internet speed, fast food and instant messaging. August for some gives an opportunity for a change of pace as schools close and holidays may be taken. But we all need times of rest and refreshment. As someone once wisely said: “We need to remember we are human **beings**, not human doings.” Following the Biblical creation account in Genesis God rested. This gift of rest is woven into creation. God created rhythms, an ebb and flow, a time to reap and sow and a time to leave fallow. Fallow times are not a waste of time but time which gifts renewal and restoration.

Rest looks different for everyone – for some it's reading a novel, for others it's walking, sewing, watching sport, drawing, digging in the garden, talking with friends, or simply an afternoon nap. We need rest for our bodies, minds and souls. Sometimes in the demands of the day we can find small pockets of rest: listening to birdsong, a quiet moment with a cup of coffee, daydreaming as we gaze through the bus window... At its heart, rest is about letting go – even for a little while – of busyness and burdens. It's about remembering we are not machines or robots, but wonderful human beings created to breathe in and breathe out, to wonder and celebrate the gifts which are all around us – a reminder that God is always with us.

Imagine what our communities would be like if we truly made space for rest. More time to listen deeply to one another, to notice the beauty of creation; space for people to 'be' without always having to do. We can offer rest to others by being gentle, undemanding, showing grace instead of adding pressure. So, as we journey through this summer let's not feel guilty about resting, but receive it as a glorious gift – remembering Jesus' words in Matthew 11:28:

'Come to me all who are weary and heavy-laden and you will find rest for your souls'

Revd Kath Cooke

# Somerton Church Bell Ringing

May, June and July have been busy for our small team of ringers. I hope you have enjoyed listening to us.



We were invited to ring for the Area Dean of Bicester & Islip on 25<sup>th</sup> May at Middleton Stoney. It was a big event, as the church has undergone some major reordering. We received a personal thank you from Gareth Miller, the Area Dean.

Huge thanks for ringing today.  
Really grateful! Lovely sound.  
Gareth

Gareth Miller  
Rector of The Arkman Benefice  
[www.arkmanbenefice.org.uk](http://www.arkmanbenefice.org.uk)  
Area Dean of Bicester & Islip  
[www.arkman.org.uk/benefice/benefice-areas/](http://www.arkman.org.uk/benefice/benefice-areas/)  
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The Rectory  
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Ringling for weddings has been challenging so far, with such a small pool of ringers, and last-minute cancellations. We hope the bride and groom at recent weddings enjoyed the ringing, when we rang 'Queens'.

Please come along and join us one Thursday, you are most welcome. Practice evenings are Thursdays between 7.30 – 9pm, typically Somerton at the beginning of the month, and Lower Heyford at the end of each month.

Neil Clare

Somerton Tower Captain

[CherwellValleyBellRinging@gmail.com](mailto:CherwellValleyBellRinging@gmail.com)

## Souldern

### Family Summer Garden Party

A lovely summer's evening was spent in the beautiful garden of one of Souldern's residents as part of one of the church's annual fundraising events.



The usual array of delicious home cooked food, good company and beautiful surroundings was enjoyed by all while the children played ball games on the tennis court and eating pizza. Thank you to everyone who made this such a delightful evening.



### Family Church Baptisms

Two lovely Family Church Baptisms in July, one in Souldern and one in Northern Ireland Oliver was Baptised here at St Mary's while Michael and Winifred went to Northern Ireland to share their special occasion with family there but lighting candles which they took with them from here at Souldern.



### The Willow Dome

Another great morning at Wild Worship with all hands to the wheel working on the willow dome in the churchyard. The cut branches will be used to make things at Christmas time. We also found a wasps nest!



## CVB Sunday Services – August 2025

Sunday Worship	3 <sup>rd</sup> August	10 <sup>th</sup> August	17 <sup>th</sup> August	24 <sup>th</sup> August	31 <sup>st</sup> August
Ardley w Fewcott	9.30am BCP Holy Communion (1662)	9:30am Family Communion	9.30am Morning Prayer	9.30am Family Service	11am Benefice Communion Service At St Mary's Ardley
Fritwell		8:30am 1662 HC	9.30am Family Communion Service	6:00pm Evensong	
Lower Heyford and Caulcott	11am BCP Holy Communion (1662)	11am Morning Prayer	11am Family Service	11am Family Communion Service	
Somerton	6pm Evensong	9.30am Sunday Club	11am Matins with BCP Holy Communion (1662)	9.30am Family Communion	
Souldern	10.30am Wild Worship	11am Sung Communion		10.30am Family Service <i>(followed by optional Communion)</i>	
Upper Heyford	9.30am Family Communion Service			9.30am BCP Holy Communion (1662)	
Heyford Park Chapel	Mid-Week Holy Communion Services on Wednesdays 13 <sup>th</sup> & 27 <sup>th</sup> August at 10am.				





## To book a Wedding or Baptism

Please contact the Benefice Office

572 Brice Road, Heyford Park OX25 5TE  
01869 233687

[barbara.mcgarra@cherwellvalleychurch.org.uk](mailto:barbara.mcgarra@cherwellvalleychurch.org.uk)

[www.cherwellvalleychurch.org](http://www.cherwellvalleychurch.org)



## Souldern Church Choir



All you need to join us is a passion for singing!

We're a friendly group and you don't even need to audition

Just come along and join in

We sing both religious and secular music of all styles!



We rehearse most Wednesdays at 7:30pm in Souldern Church  
(although not during August!)

If you would like to join us please email for more information

and to confirm next date and time for rehearsal



Philip Boxall: [philipb013@outlook.com](mailto:philipb013@outlook.com)

Clive Smith: [clive.r.smith@icloud.com](mailto:clive.r.smith@icloud.com)

## OUR BENEFICE PRAYER

**Loving God, we thank-you for Your constant presence, especially in this time of change.**

**Grant us patience, wisdom and unity as we seek Your will for the future.**

**We pray for all who serve, please give them strength, energy and times of rest.**

**Bless our communities with Your peace, joy and love.**

**Help us to trust in Your perfect timing and that you are already preparing the right person to come here as team rector.**

**May we continue to grow in faith to serve one another and You with joy.**

**Through Jesus Christ our Lord, Amen**

Bicester and Islip Deanery

# Pilgrim Paths

## Somerton Circular Walk



*Sunday 24<sup>th</sup> August*

Distance: 4 miles

You are warmly invited to join Bicester and Islip Deanery's eighth Pilgrim Paths walk.

Starting at St. James's Church, Somerton at **2.00pm**.  
There will be refreshments and a short service at St. James's Church at the end of the walk.

Parking is available within the village.

Further information from the Pilgrim Paths Team:

[bicislip.pilgrimpaths@gmail.com](mailto:bicislip.pilgrimpaths@gmail.com)

Follow us at:

<https://www.facebook.com/groups/1310223859871650>

The next Benefice Service is on Sunday 31st August at 11am at St Mary's Ardley.

**It is a special day that day as it is also Revd. Andrew's birthday.**

So do please stay on afterwards for a celebratory drink and cake by kind permission of Becci Bazeley in her garden - Church House, next door but one

*It would be helpful to let Barbara know please if you are coming for catering purposes.*

We would love to hear what's going on in your church.

**The next deadline is 25<sup>th</sup> August**

Email:

barbara.mcgarra@cherwellvalleychurch.org.

**Lower Heyford Church**

*Take a 15 minute vacation!*

Morning Prayer service at 9:30am

Saturday 12<sup>th</sup> & 26<sup>th</sup> July

Saturday 9<sup>th</sup> & 23<sup>th</sup> August

*Pause Pray Reflect*

**Mid Week**

**Services in Church**

Wednesdays

**COMMUNION**

10:00am at Heyford Park Chapel  
(13<sup>th</sup> & 27<sup>th</sup> August)

**Recorded Services**

Tuesdays

**MORNING PRAYER**

### The Cherwell Valley Benefice in the Diocese of Oxford

Rev Kath Cooke	01869 872242	kath.cooke@cherwellvalleychurch.org.uk
Rev Andrew Foran	07753 677 470	andrew.foran@cherwellvalleychurch.org.uk
Administrator	01869 233687	barbara.mcgarra@cherwellvalleychurch.org.uk

### Parish Churchwardens & Contacts

Ardley	Rebecca Bazeley	07931 698 046
Fritwell	Jane White	01869 345396
Heyford Park	Cath Mullineux	01869 225764
Lower Heyford & Caulcott	Philip Boxall	07721 556 199
Somerton		
Souldern	Clive Smith	07783 367 258
Upper Heyford	Sally Anne Mildenhall	07778 431 165

