

Cherwell Valley Catch-up

JULY 2026

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**



Dear Friends

What an eventful summer this is becoming! As I write we are in a three-day red heat alert, with temperature records being broken daily. The World Cup in the Americas is also drawing us to follow two national teams. Could this be England's year, or Scotland's...? I have been fascinated at the way TV journalists have been portraying capturing the pre-match build-ups of supporters' euphoria, excitement, anticipation, energy and passion and belief in their team and country, often going to great extremes.

Our current Sunday readings in Genesis are offering us another portrayal of human passion and deep belief, this time in God. Through Abraham and Sarah and their descendants, we see people who are not so much 'devout' as ready to cheat, manipulate and lie, sometimes cruelly—even towards God. In Genesis ch 12 Abraham resorts to passing off his wife Sarah as his sister in Egypt and is found out. Yet amid all the troubles that follow, Genesis shows over and over again that God is never far away and is always on the side of the victim whilst always having hope in the perpetrator.

Our Christian faith takes this further. In the life, death, resurrection and ascension of Jesus Christ, God is present within all our human feelings and emotions. The Gospels show Jesus alongside people in despair, mourning and loss, as in the raising of Jairus's daughter (Matthew 9:18-26) and of Lazarus (John 11). He is also present in moments of great joy and celebration, from the wedding at Cana (John 2:1-11) to his entry into Jerusalem before Passover (Matthew 21:1-11).

We are indeed living through an eventful summer and further, eventful times: football, fierce weather, and wider questions about our global future. Yet Jesus' words at the end of St Matthew's Gospel (28:20) give me assurance: "I am with you always, to the end of the age." Whatever we face, nationally, internationally, personally, that promise remains.

Every blessing

Reverend Andrew

AROUND THE BENEFICE

Fritwell

"On the afternoon of Sunday 14 June, a number of parishioners gathered at St Olave's Church to take the opportunity to both meet Rev Rob, and to hear about our current plans for the roof repairs.

We are delighted that St Olave's has just recently been awarded a significant grant from the Oxfordshire Historic Churches Trust towards this work."

'Fritwell in Flowers' floral event on the weekend of **11 & 12 July** – on page 6

Lay Ministry in Cherwell Valley Benefice

We'd like to get together as many people as possible who are involved in lay ministry, building on previous gatherings and for sharing what we're doing, supporting one another and planning together. The meeting is planned for **Saturday 15th August, from 10am-12noon**, with refreshments provided, at the Chapel on Heyford Park. If you'd like to know more then please speak to one of us.

Rev'd Andrew, Rev'd Kath, Rev'd Rob

Stop, Look, Listen, Live

A wonderful day of prayer, peace and refreshment was spent in the beautiful house and grounds of 'The House of Bread' in Freeland, led by Rev Kath Cooke.



The day was an invitation to slow down and notice what we so often rush past. The beauty in small things and moments of unexpected joy. The sense that life, even in it's difficulty, is holding something worth paying attention to. There were optional reflections with lots of opportunities to just pause and be refreshed.



Come and rest a while'
(Mark 6:31)

Rest your body

Rest your mind

Rest your heart

Rest your soul





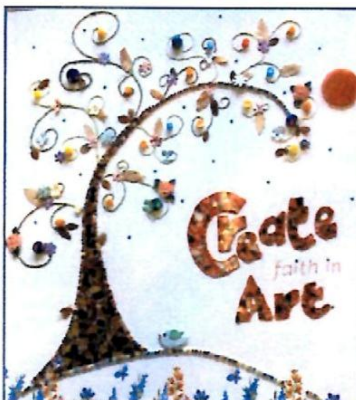
Cherwell
VALLEY
BENEFICE

Heyford Park Chapel

572 Brice Road, OX25 5TE



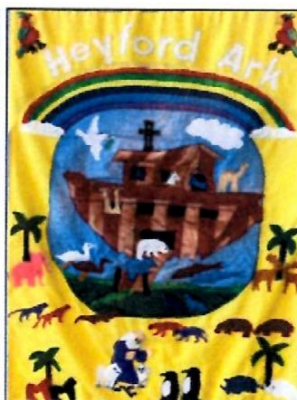
The Chapel on Heyford Park is the Church of England parish church for this community. Our aim is to serve and support everyone living here.



Art, craft and conversation, refreshments.

Mondays 1pm-3pm.

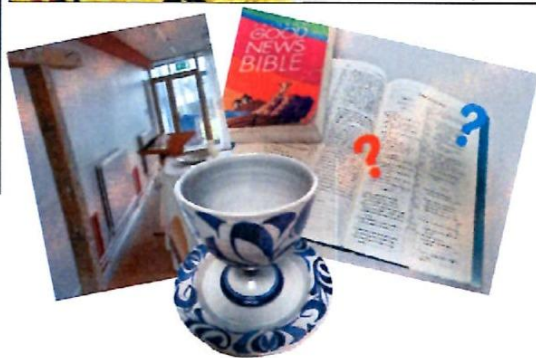
All Welcome.



Heyford Ark all-age church: songs, story, activities and refreshments. **Everyone welcome.**

Sundays
4pm-5pm.

19th July, 16th
Aug, 20th Sept.



**To find out
more or get
involved, be
in touch!**



Alternate Wednesday mornings
10am Holy Communion, 10.40am
Bible study, with refreshments.
8th/22nd July, 5th/19th Aug,
2nd/16th/30th Sept. **Come and see!**

www.cherwellvalleychurch.org.uk

July Sunday Services

Sunday Worship	5TH July	12th July	19th July	26th July
Ardley w Fewcott	9.30am BCP Holy Communion (1662)	9:30am Family Communion	9.30am Morning Prayer	9.30am Family Service
Fritwell		8:30am 1662 HC	9.30am Family Communion 10:30am Wild Worship	6pm Evensong
Lower Heyford and Caulcott	11am BCP Holy Communion (1662)	11am MP	11am Family Worship	11am Family Communion
Somerton	6pm Evensong	9:30am Sunday Club	11am Matins with BCP Holy Communion (1662)	9.30am Family Service with Communion
Souldern	10.30am Wild Worship	11am Sung Communion		10.30am Family Church
Upper Heyford	9.30am Family Communion			9.30am BCP Holy Communion (1662)
Heyford Park Chapel	Mid-Week Holy Communion Services Wednesday 8th & 22nd July @ HPC			

FRITWELL IN FLOWERS



**Sat 11, Sun 12 July
St Olave's Church
2-5pm**

Refreshments



Some of the ways God speaks to us

- Through the Bible
- Through worship & the life of the church
- Through people
- Through creation – the beauty of our world
- Through angels
- Through dreams
- Through our imagination
- Through music
- Through pictures
- Through our bodies
- In everyday life
- In an audible voice

Mid Week COMMUNION SERVICES

10:00am at Heyford Park Chapel
Wednesday 8th & 22nd July

Recorded Services Tuesdays

MORNING PRAYER

to receive the link email

barbara.mcgarra@cherwellvaleychurch.org.uk



The temperature is rising this week.
If you need a

COOL SPACE

you are welcome to sit in the church,
or bring children in to play.



Lighthouse Bicester 10th-14th August 2026

Lighthouse holiday clubs are a fun-filled week with sport, craft and music -introducing children to God and exploring the Bible and its relevance for their lives. This year a Lighthouse holiday club is being organised in Bicester and volunteers to help for a day or half day would be very welcome. A very positive experience working with Lighthouse In Shelswell Benefice last year featured in Catch-Up last July. Get in touch with Rev'd Rob or with Philip and Diana Boxall to find out more about their experience in Shellswell

Children's Church Around the Benefice



Fritwell Wild Worship
3rd Sunday of the month at 9:30am
Outside (weather permitting)
Crafts for the children
Coffee and a chat for the adults

Souldern
Wild Worship (Outside) – 1st Sunday
Family Church – 4th Sunday
both at 10:30am
Crafts for the children
Coffee and a chat for the adults



Somerton Sunday Club
2nd Sunday of the month at 9:30am
Short Family Friendly Service
Followed by
Crafts for the children
Coffee and a chat for the adults



An Oxfordshire-based Christian charity supporting churches to create spaces for prayer and reflection in communities.



At St Olave's Church, Fritwell
June 29th and 30th, July 1st

Helping every child, young person and adult connect with God in their daily lives.

For more information contact
Rev'd Kath Cooke.

The Cherwell Valley Benefice in the Diocese of Oxford

Rev Rob Gilbert	01869 222625	rob.gilbert@cherwellvalleychurch.org.uk
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 Diana Boxall	07721 556 199 07792 390 755
Somerton		
Souldern	Clive Smith	07783 367 258
Upper Heyford	Sally Anne Mildenhall	07778 431 165

