



# Challow

NEWS

~ JULY & AUGUST 2025 ~

'Challow News' is the Community Newsletter of St. Nicholas Church, East Challow



St NICHOLAS C of E PRIMARY SCHOOL  
EAST CHALLOW

## Summer Fête

Organised by Friends of St Nics

Time: 1-4pm	Sat <b>12</b> July	St Nicholas School
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Everyone welcome

All entries for the **SEPTEMBER 2025**

Issue of the Challow News Must be submitted by

**15<sup>th</sup> AUGUST 2025**

Email: [nigel.langford@me.com](mailto:nigel.langford@me.com)





Main Street, East Challow. OX12 9SH

**Parish Eucharist / Morning Service**

**Sundays - 11.00 am**

**Thursdays - 10.00 am**

**Vicar: Rev Alec Gill**

07739 563894

Email: vicaralec@valebenefice.org.uk

**Licensed Lay Minister: Sarah Shackleton**

07587 776609

Email: SarahLLM@valebenefice.org.uk

**Benefice Office: Grove Parish Church,**

Main Street, Grove. OX12 7LQ

Open: Mon - Fri 10.00 - 12.00

Tel: 01235 771479

Email: office@valebenefice.org.uk

## Churchwardens

Mrs Liz Belcher: 01235 763966

Dr. Jeff Penfold: 01235 763173



Details of all Services and Festivals  
can be found on the

St. Nicholas website page of

**A Church Near You**

**www.achurchnearyou.com/  
church/5811/**

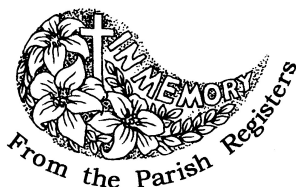
### - INFORMATION -

Baptisms, Weddings, Funerals and Blessings  
which have taken place at  
St. Nicholas Church, East Challow.



## Baptism

Edith  
McGill-Randall



## Funeral

Barry Dillon



## Blessing

Monty Cadle

All Information / Details are held as Public  
Records within the Vale Benefice

## INFORMATION

### Thursday Eucharist

Services are suspended from

**1st August - 31st August**

## Pause for Thought

### Mary Magdalene

Six Marys are mentioned in the New Testament, including Mary Magdalene, who is remembered this month in the church's calendar (22<sup>nd</sup> July). What can we learn from Mary's story?

#### **We don't have to be defined by our past:**

When Jesus encountered Mary, He cast seven demons out of her (Luke 8:2). As a result, her life was transformed, and she became a follower of Jesus. Her life as a disciple was no longer defined by the person she had been before. Like Mary, we don't have to let our past without Christ dictate how we see ourselves today.

#### **Make Jesus the centre of our world:**

Along with some of the women who had been cured of evil spirits and diseases (Luke 8:1-3), Mary followed Jesus and His disciples and supported them in ministry. She was there at the cross (Matthew 27:55-56) and one of the first to the tomb on the Sunday (Matthew 28:1; Mark 16:1 and John 20:1-18). Like Mary, we are called to serve Jesus as dedicated disciples.

#### **Jesus uses the weakest people for His purposes:**

Mary is a great example of Paul's words:

*'But God chose the foolish things of the world to shame the wise;*

*God chose the weak things of the world to shame the strong.'* (1 Corinthians 1:27).

At a time when women were regarded as second-class citizens with no real autonomy, Jesus had a special compassion and care for women. Alongside Mary, the women's witness to the resurrection was taken seriously. We shouldn't be quick to dismiss the things that don't agree with our expectations, as Jesus doesn't always do what we expect! He delights in working out His plans through unlikely people and in surprising ways. He did this through Mary, and if we allow Him, He can do it through us!

## 25<sup>th</sup> July - St James the Apostle

James and his brother John were sons of Zebedee and fishermen from Galilee - the 'sons of thunder', as the gospel writers describe their impetuous characters and fiery tempers.

James stands out on three accounts: he was one of the three disciples who witnessed the Transfiguration of Christ. Jesus took him, along with Peter and John, to 'watch' with Him in the garden of Gethsemane. Finally, he went on to be the first apostle to die for the Christian faith, when in AD 44 King Herod Agrippa put him to the sword in Jerusalem at Passover time.

In the centuries following his death, James became associated with the evangelising of Spain, and as a powerful defender of Christianity against the Moors. The heyday of the cult of Santiago de Compostela was from the 12<sup>th</sup> to the 15<sup>th</sup> century, and the pilgrimage to Compostela became one of the most important of medieval Christendom. This in time transformed the iconography of James, and his emblems became the pilgrim's hat and the scallop-shell of Compostela. Over 400 English churches have been dedicated to James.

## Parish Council

### Councillors

Cllr. Dr Paul Barrow  
Cllr. Vanessa Bosley  
Cllr. Ian Crump  
Cllr. Andy Gregson  
Cllr. Trevor Hayes  
Cllr. Frances Webb

E.C.P.C Clerk

Jane Smith

[clerk@eastchallowpc.co.uk](mailto:clerk@eastchallowpc.co.uk)

### East Challow Parish Council

The minutes of all the Council Meetings can be found here

[www.eastchallowpc.co.uk](http://www.eastchallowpc.co.uk)

### Next Parish Council Meeting

will be held in the Village Hall

**Wednesday  
11th July  
7.00pm**

All villagers are invited to attend Parish Council meetings as observers and there is a 10 minute public discussion time early in the meeting where you can raise any matter you wish with the council.

The minutes of each meeting are available on the website.

## News & Updates

### Let's rethink Bulky Waste

#### Could you Re-home or Repair it instead?

South Oxfordshire and Vale of White Horse District Councils are encouraging residents to think twice before booking a bulky waste collection – because that old cupboard, television, table or unwanted bookcase might still have plenty of life left in it.

As part of a new campaign, the councils are highlighting that there are many smart, sustainable – and often free – alternatives to throwing items away. Whether it's **selling, donating, repairing or rehoming**, a little extra effort can reduce waste, save money and even help others.

**If an item is still usable – before people book a bulky waste collection or take it to a recycling centre, we are encouraging them to please check to see if they could:**

- **Freecycle it** or give it away on social / community platforms.
- **Sell it** on sites like Facebook Marketplace, Gumtree or eBay.
- **Donate it** – get in touch with local charities or community action groups to check if they collect or accept bulky items in good condition.
- **Repair or upcycle it** – ask a local repair café or friend for help.
- **Check with retailers** – they should pick up the old electrical item for recycling when they're dropping off your new one.

Local charity shops, repair cafés and community groups across the districts are often happy to take on good quality furniture or help to bring broken items back to life. Residents are encouraged to check locally before deciding to throw anything away.

And if an item doesn't shift right away, don't give up! Rehoming things can take a little time, but it's worth it and it will be helping the community and the planet.

**For more information and advice, visit**

**[southandvale.gov.uk/reuse](http://southandvale.gov.uk/reuse)**

### Parking...

**Firstly, thank you for patience as mains gas works continue in East Challow.**

Please can the Parish Council ask you to park responsibly around the village, parked vehicles on pavements and grass verges cause problems for pedestrians and other vehicles, especially the Emergency services.

**Concerns have been raised specifically regarding parked vehicles on the road in Sarajac Ave, please do not park opposite another vehicle, narrowing the road and causing congestion and restrictions for larger vehicles. This may inhibit an emergency vehicle accessing properties in this area**

### Public Consultation...

There is a public consultation on the proposed Part-Night Lighting Implementation Framework is now live on 'Let's Talk Oxfordshire'.

Residents are invited to take part in the survey on the link below.

**[Part-night lighting and street lighting policy | Let's Talk Oxfordshire](#)**

The Consultation is running until midnight on Sunday 6<sup>th</sup> July.

### Wet Pour replacement...

The Parish Council are pleased to report that 3 surfaces have now been replaced with wet pour surfaces in the play area. Both swing areas and the springies area, it is hoped that this improvement will enhance the play area for years to come.

### MUGA project...

The Parish Council apologise for the time it is taking to complete the works on the MUGA surface and get the net installed. The weather has not allowed the completion, we have a provisional date for completion of the 30/06/25. We hope by the time you are reading this that this project has been completed.

### Village Community Celebrations...

On Sunday 1<sup>st</sup> June 2025 the Village joined together for a memorable a lovely afternoon. A big thank you to all who came along to the Cricket Club, it was good to see so many supporting the Village celebrations.

Thanks to all who took part in the Villager's Cricket Match. Thanks also to all those who helped on the day, those who provided Cakes, Prizes, Cream Tea's, entertainment for the younger villagers. Also a big thank you to Challow & Childrey Cricket Club for the use of the cricket pitch and club facilities, also our thanks are extended to the Challow RBL who kindly offered their facilities should the weather be wet.

We look forward to seeing you there next year.

## District Councillor Report for July &amp; August 2025

**Flooding**

OCC continue to clear the drains on the A417 around Mellor's (is it still called Mellor's?). All this helps reduce the risk of flooding down there in heavy rain. Clearing the ditch that runs along the north side of the road East from Mellor's will be done when the results of the Ecological Survey are complete which may take some time. The survey is linked also to the proposed weir that will be built on the canal to regulate water flowing down the ditch towards the road. The inspection chamber that sits where this ditch meets the road has also been repaired. All that needs to be done now is for Childrey Brook to be desilted and this is going to take some time. It is heavily silted and produces methane in some places. It will have to be cleared in sections and current objections raised include (i) it does need to be done, and (ii) notice needs to be taken of the ecological report when it comes out. So, when the desilting will be done is anybody's guess.

The Future Flood Resilience Group (FFRG, [futurefloodresilience.co.uk](http://futurefloodresilience.co.uk)), a group of councillors and hydrologists, held a meeting for all 7 villages in this ward (including the Challow's, Letcombe's and Childrey, which are most affected) in Letcombe Regis Village Hall on June 10<sup>th</sup> outlining how the flooding has arisen historically and what can be done about it. About thirty people turned up. The FFRG are hoping that flood groups might be set up in the parishes affected and become affiliated to the group being set up as part of Wantage Town Council. More on this maybe in due course.

**Cornhill Lane survey**

Finally, OCC have got around to think seriously about managing access to the Lane. The plan is to limit access to pedestrians, horses, cycles and motorcycles, the latter which will be monitored. They are intending to install gates which will prevent 4 wheelers using it, but they want to know how many people use it and what they use it for. I have put this on Facebook and have had 26 responses. If you have not seen this and want to respond please let me know, by email (see below) or by any other means (a piece of paper through the letter box will do fine), how frequently you use it and whether this is for walking +/- dog, cycles, motorcycles, buggies etc.

I have asked OCC whether they intend to do something similar with Green Lane that runs between the B4507 and the Letcombe's, but they said that they want to deal with Cornhill first and see how it goes (I suspect shortage of money is also involved!)

**Parish annual reports**

These last 2 months are the time when parish councils in this ward carry out their annual meetings, inviting parishioners to come and have their say. It is always disappointing that so few attend. In East Challow we had representatives of the football and cricket club and the church but no other residents at all turn up! Please don't complain about the state of the village if you don't turn up and let us have your thoughts. The parish council is doing its best to make the village centre something that we should be proud of and the more members and helpers we have the better things will be.

**"The leak in the field"**

Although this was in West Challow, many of us have seen the leak in the field near the footpath across the field to West Challow and producing something similar to the Okavango Delta in Africa but on a smaller scale. It was a water main that feeds the bungalows on the canal. It has now been fixed by Thames Water – after 2 years.

**Vale Community Impact (VCI)**

I attended one of their pop-up cafes, held in the Legion on the 4<sup>th</sup> June. The VCI does almost everything for those who need help, including driving to medical appointments, day centres, helping with finance advice etc. They always need more volunteers, drivers etc. If you are interested in volunteering give them a call 01235 765348 or email them at [recruitment@vci.org.uk](mailto:recruitment@vci.org.uk).

**Local Government Reorganisation**

Central government going back several years decided that the separate district and county councils should combine (seems very sensible in terms of efficiency and keeping costs down) forming unitary authorities – and with a mayor. We have no choice in this. The councils need to propose how they will do this otherwise a structure will be imposed by central government. There is more than one option for this, but our local district government would like to combine with South Oxfordshire and West Berkshire, to be called Ridgeway Council (they are similar in terms of landscape, town size etc, are all fairly rural and there is some history behind the proposal). This will cover the south of Oxfordshire. The northern-most section would form Oxford and Shires Council. The only concern I have is that councillors will need to look after our villages and there may conceivably be less contact with "the grass roots".

You can comment on this proposal at <https://ridgewaycouncil.org/home>

**County Health Scrutiny Committee**

We met on June 5<sup>th</sup> and discussed further NHS reforms, pressures on the system and health inequalities at county level. I can send a detailed report if you mail me but in essence, health is managed at three county level (Bucks, Oxon and West Berks) and central government is looking to make further saving by merging with other groups in the Southeast. This is clearly a concern in terms of the level of service, and I am not sure that the savings made will lead to an improvement of services, but I guess it might stop it deteriorating further? The system pressures are largely those connected with the high cost of living in Oxfordshire making recruitment and retention of nursing and other staff difficult.

At a more local level we still have not yet heard what additional services will be run out of Wantage Hospital. Three similar health hubs are being set up in Oxford which, once they are up and running, should take some pressure of the big hospitals particularly the JR.

**East Challow Warm/Community Space**

We do not meet during July and August, and the first meeting back will be September 19<sup>th</sup>. Challow and Childrey Cricket Club 11-1 every other Friday. Join us for coffee, biscuits (and frequently cake!) and chat.



If you have any issues/problems please feel free to contact me

Facebook: <https://www.facebook.com/Cllr-Dr-Paul-Barrow-104943001583284>

[Paul.barrow@whitehorsedc.gov.uk](mailto:Paul.barrow@whitehorsedc.gov.uk)

Mob: 07557 953862

Instagram: [Dr Paul Barrow](#)

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**PILGRIMS'  
FRIEND  
SOCIETY**





### ***Hello Everyone...***

It's July already and it's been a good year so far, it seems to have gone by so rapidly, but I say that every year.

### ***Community Day 2025...***



The Community Day Celebrations went very well, the weather was kind to us, if a bit windy and it was great seeing so many people enjoying themselves. There was the children's tug o'war, and of course the annual cricket match which although I know very little about cricket, people were enjoying very much. There were plenty of refreshments available with the bar being open, also jacket potatoes, ice cream, fish and chips and of course tea, coffee and cakes. Mr. Wiggy entertained the children, and from the noise coming from that area, they thoroughly enjoyed it, it was lovely to hear. The numerous stalls

including raffle, tombola, lucky dip, bric-a-brac, face painting, cake stall, even Slimmers world was there. Most of the stalls were run by local organisations. The Jigsaw Singers provided us with community singing to mark VE Day, which was joined in with gusto. I think the whole afternoon went really well and I think a huge thank you to the organisers, who must have been exhausted but satisfied by the end of the day. The Cricket Club is a great venue to hold the event so a vote of thanks to them as well. So, I hope we see everyone there again next year.

### ***The ever changing scenes of life..***

While out and about with Meg, I enjoy the ever-changing countryside, different shrubs flower and bear fruit at different times. The elder bushes have blossomed, and the berries are ripening off. They are a great source of food for the birds, unfortunately if your washing line is in the vicinity, you may have experienced the birds depositing on your laundry. My mum always said that it was lucky to be deposited upon, I was never convinced myself.

Seeing the berries reminded me of a few years ago when my husband and I decided to utilise some of the berries and make wine. What could possibly go wrong! We picked them, plucked them from the frames they grow on, and away we went. It was eventually stored in demijohns with airlocks, and we forgot about it for several months.

Then one cold and dismal winter evening we remembered it. It was a beautiful colour very clear, and very inviting looking, after syphoning some off and tasting it, we decided that it was very good. Some more was decanted, tasted and enjoyed, then some more, and so it went on.

Needless to say, if you embark on homemade wine making, drink sparingly, we had no idea just how potent it was. Our heads the next day told us all we needed to know. Be warned. It was fun though.

I've been watching the bird table as usual, keeping it well stocked with things that are bird friendly, and the robins look decidedly disapproving if I am late. Meg likes to keep the pigeons and jackdaws at bay, but she does let the little birds have their fill and feed their babies. One little bird, which frequents the garden but doesn't use the bird table is the wren. It's a tiny, round, brown bird, with a pointed beak, long legs and toes, a narrow short, cocked tail, and a big very beautiful voice. It moves very quickly flitting about the ivy and foliage looking for insects. Both male and female are identical, the male builds the nest, and he may be polygamous, building several nests, and installing females in all of them. The hen lays between 5 and 8 eggs, once hatched, both parents feed the chicks. The male must have to work really hard if he has several homes to run. They are fascinating little birds a real delight to watch.

### ***Associate Vicar...***

As we reported in the June edition of the Challow News, the long search for an Associate Vicar for the Benefice is over, after much prayer and deliberation the Reverend Dr. Miriam Jones has been offered and has accepted the position. The licensing service will take place on 4th Sept at 7.30 pm at Saint James the Great West Hanney. It will be a great relief to us all, especially Alec, we will be able to move forward as a Benefice with a full complement of vicars. We have of course been very lucky to have had the help of all the retired vicars that have given so generously of their time during this difficult period in the parishes.

### ***Correction...***

Last month I mentioned my Knapwort plant and now my son has informed me that I got it completely wrong and its Knapweed. Sorry about that, I really should pay greater attention.

### ***And Finally...***

This edition covers both July and August so I will just let you have an early warning that Harvest Festival this year is on 14<sup>th</sup> September, so if you would like to help decorate our Church or donate flowers, you would be most welcome.

**That's all for now, so enjoy the holidays if you are having one whether it is at home or abroad.**

**As always stay safe for yourself and others.**





## Slimming World feel *real* good

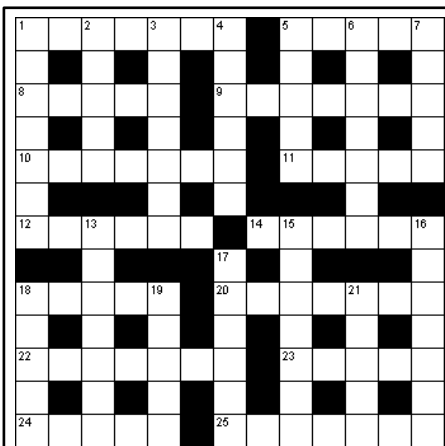
Would you love to feel slimmer for yourself, your health or an upcoming trip, without going on a diet, or completely cutting out your favourites...? Come along to any of my groups to discover how...

<b>*Saturday</b> *7:30am & 9:00am *Challow & Childrey Cricket Club	<b>*Monday</b> *5:30pm & 7:00pm *Wantage Methodist Church Hall	<b>*Tuesday</b> *4:00pm, 5:30pm & 7:00pm *Grove Old Mill Hall, Dixon Suite
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Call or Message Becky on 07359 531030

**real food, real support, real results**





### Across

### Down

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1 Diminished (7)                | 1 Type of biscuit (4,3)            |
| 5 Biblical measure (5)          | 2 Demon (5)                        |
| 8 Lid (5)                       | 3 Continue (5,2)                   |
| 9 Gin and vermouth cocktail (7) | 4 Type of plum (6)                 |
| 10 Huntsman's cry (5-2)         | 5 Healed (5)                       |
| 11 Preliminary version (5)      | 6 Bandit (7)                       |
| 12 Missing (6)                  | 7 1960s dance craze (5)            |
| 14 Delayed (4,2)                | 13 English (anag) (7)              |
| 18 Assumed name (5)             | 15 Set aside for future use (7)    |
| 20 Otalgia (7)                  | 16 Go before (7)                   |
| 22 Fielding position (3,4)      | 17 Oracle site (6)                 |
| 23 Wonderland girl (5)          | 18 Book of maps (5)                |
| 24 Type of beer mug (5)         | 19 Hairdresser's establishment (5) |
| 25 Annoying, tedious (7)        | 21 One of the Marx Brothers (5)    |



## Barry Dillon

1948 - 2025

We would like to say a huge

## THANK YOU

For all the love and prayers expressed to both of us after the sudden loss of Barry

Husband to Mel & Brother in law to Nigel

We would especially like to thank Mandy, Jenny, Graham and Jeff for your amazing support on the day of his funeral

## WANTED

Record Collections  
LP's - Singles & Memorabilia  
Rock - Blues - Folk - Jazz - Reggae  
Large or Small  
Collections in Ex Condition  
> Cash Paid <

07789 158485 / 01235 760383



**Matthew Barber**  
Your voice in Thames Valley

Thames Valley Police and Crime Commissioner

## More than just fly-tipping

Fly-tipping is more than an unsightly mess; it can be big business for criminals.

From rogue traders claiming to be properly licensed, to large scale organised criminal gangs who will use threats and intimidation to illegally dump hundreds of tonnes of waste and the impact on victims and the environment can be huge.

In the last year alone there have been more than 100,000 incidents of fly-tipping across the Southeast and it is estimated that the cost to the economy in England is nearly a billion pounds.

Responsibility for waste dumping falls across several agencies. Local authorities are responsible for investigating, clearing and taking appropriate enforcement action in relation to small scale fly-tipping on public land. The Environment Agency is responsible for dealing with large-scale fly-tipping (more than a lorry load), hazardous waste and fly-tipping by organised gangs. Too often responsibility can be passed from one organisation to another.

So, I have joined forces with Police & Crime Commissioners in Hampshire, Surrey, Sussex and Kent in an attempt to get police forces, specialist police units, the Environment Agency and councils to work together to tackle the problem. We held our first meeting in Kent in early June.

Many people don't realise that often criminals who are involved in waste crime will also be responsible for vehicle thefts, money laundering, drug trafficking and a wide range of other offences.

Victims are often hit twice. Not only will rural and industrial businesses be impacted by having waste dumped illegally on their land or in their buildings, but they often have to pay for the cost of the clean up - or face stiff fines themselves! This needs to change, and I will be working to put pressure on the government to protect victims.

Thames Valley Police's Rural Crime Task Force have had some successes in tackling organised waste gangs by working with councils and the Environment Agency, but there is more to be done.

We can all play our part. If you discover fly tipping (large or small) please report it to Vale of White Horse District Council. They can investigate offenders. If you see someone in the act of illegally dumping waste, call 999 - it's a crime in progress!

If you pay someone who is unlicensed to take away your waste. You could be fined £600 if they dump your waste! So, it's always worth checking the Environment Agency's website to see if someone is registered.

**Matthew Barber**  
matthewbarber.co.uk



## Whats On...

Sunday Night  
Cash Bingo



(Eyes down at 8.00pm)

Monday Night Poker



**Challows**

**Afternoon Club**

for all over 60's  
we meet every month  
2.00 pm  
on the 3rd Thursday

**Everyone Welcome**

**Planning an  
Event or Party**

Our Main Hall  
with Kitchen Facilities  
are available to hire

~ **Contact** ~

**01235 763430**

**Saturday Night  
Entertainment**

5th July

**Miss Bridie**

~ ~ ~ ~ ~

26th July

**ELVIS**

- Tribute Act -

~ ~ ~ ~ ~

2nd August

**Move It**

~ ~ ~ ~ ~

13th September

**BLUE DAYZ**

~ ~ ~ ~ ~

7.30 pm

Tickets £10.00

**Hand Bell Ringers**

10.30 am Every Tuesday

New Members Welcome

**01235 763430**

~ For more details ~



**Opening Hours**

Monday - Thursday

7.00 pm - Close

~ ~ ~

Friday - 3.00 pm - Close

Saturday 1.00 pm - Close

Sunday 1.00 pm - Close

Call in and see all that  
the Club has to offer  
**Socialise over a drink  
from the Bar or a game  
of Darts, Snooker or Pool**

29th August

**GLAM RESURRECTION**

Rock Duo - performing songs from the  
1970s glam rock era - wig wam bam,  
shang a lang, my coo ca choo, rebel  
rebel, tiger feet

Tickets £10

## Save the Date...

**GURT  
WINGS**



**STREET FOOD TRUCK**

6th July & 5th Oct

4.30 pm - 8.00 pm

available here

**BURNT ENDS**

STREET FOOD TRUCK

**13th July**

5.30 pm - 8.00 pm

available here

**Seriously Collins**

Phil Collins Tribute Act

**Saturday 9th August**

Tickets - £12

7.00 pm for 8.30 pm



**6th September**

See the Club Notice Board or Facebook page

for more details

Club Membership is NOT a requirement to attend any events here ~ Everyone is Welcome

**SKY SPORTS**  
SHOWN HERE



CHALLOW & CHILDREY



CRICKET CLUB

> **SAVE THE DATE** <

***oasiz***

DEFINITELY MAYBE THE UK'S GREATEST OASIS TRIBUTE BAND



**Challow Cricket Club Present**  
**on Saturday the 16th of August**  
**From 7.30**  
**Bar, BBQ & Pizza**  
**£12.50**



Get Tickets Here



Get Tickets Here

Remember that everyone is welcome at Challow,  
membership is not required to enjoy the facilities although  
it does mean we can keep you up to date with news and  
events at the Club

[www.challowcricket.co.uk](http://www.challowcricket.co.uk)  
[admin@challowcricket.co.uk](mailto:admin@challowcricket.co.uk)

**01235 763335**

## Why you should drink Tea

There is a popular greeting card which says: 'All things are possible with a cup of tea'.  
And for many of us, that is almost always true.

Tea comes from the Camellia sinensis plant, which is often blended with other plants for different flavours, such as Earl Grey or chai. Tea is the UK's favourite hot beverage, which besides from cheering us up, has cancer-fighting properties and can improve our heart and gut health.

### So here's what's good about Tea:

Tea is rich in polyphenols, which have antioxidant effects on the body, and can reduce inflammation. Milk does not hurt their absorption, so add milk if you like!

Tea has flavanols, which helps your blood to flow and lowers your blood pressure. One study at Harvard found that drinking three to four cups a day means you are less likely to have a heart attack.

Tea is prebiotic, which means it promotes healthier kinds of bacteria in your gut, which helps with your digestion, your respiratory system, and your immune system.

Tea lowers blood sugar, and even the risk of Type 2 diabetes, due to the polyphenols.

Tea may reduce your risk of cancer. Again, the polyphenols are your friends here, as they may be slowing the development of certain types of cancer.

Tea helps you concentrate. Coffee may speed you up, but it can also give you the jitters. Tea contains around 40-50 mg of caffeine, which is only half the amount found in coffee.

But tea also has an amino acid called 'L-theanine', which helps produce a feeling of 'calm concentration', by lowering stress and improving mental focus.

Tea improves sleep – due to the polyphenols, L-theanine, theaflavins, thearubigins, and gamma-aminobutyric acid (GABA), which help lower stress and create calm.

Finally, black tea or green tea? Without going into some complicated science, it seems that they are equally healthy to drink. Black tea has more caffeine, which may help if you need more energy!

### Bananas could be lost to climate change, Christian Aid warns

Bananas are in danger. Almost half of the world's banana-growing regions may be lost to climate change in the next 50 years, a new report has warned.

Bananas are the world's fourth most important food crop globally — but rising temperatures, droughts, and fungal infections are threatening where most of the world's crops grow, in Latin America and the Caribbean.

A recent study by Christian Aid found that 80 per cent of global banana exports come from this region, but that 60 per cent of the land currently used for the crop will be unsuitable, due to climate change, by 2080.

The director of policy and campaigns at Christian Aid, Osai Ojigho, said: "Bananas are not just the world's favourite fruit, but they are also an essential food for millions of people. We need to wake up to the danger posed by climate change to this vital crop."

UK consumers eat more bananas than any other European country, eating on average about 85 bananas a year each.



~ Serving persecuted Christians worldwide ~

"To those who believed in his name, he gave the right to become children of God."  
John 1:12

As I write, the church has been celebrating Pentecost – the miraculous coming of the Holy Spirit with wonders and signs – an event described in acts chapter 2 of the Bible that sounds so far-fetched as to be unbelievable. But it was the beginning of an explosive growth in the church, that has carried on until today. And such stories are by no means confined to the past.

When Tarik\* in southern Philippines went to a programme run by Christians, it was partly to hide from the police. As a drug lord and hitman, he was 'wanted'. But he couldn't hide from God, and unusual things began happening, sparking an astonishing transformation.

Within weeks of beginning the programme, Tarik – who'd suffered with a persistent stomach condition – prayed for the first time. "If you are truly Isa al-Masih (Jesus Christ), heal me," he said. "After three minutes, the pain was gone." But given his Muslim background, Tarik resisted becoming a Christian.

Tarik then had the same dream three times. "I dreamt about Jesus, and that I cast out evil spirits in His name. Those dreams didn't change my view, though, I still stubbornly believed He was a prophet."

"Until one day, it wasn't a dream any longer," he continues. A local boy was demon possessed. "I said the name of Isa and he was healed." The same happened with a woman who was also healed. News spread that Tarik had powers – powers he knew weren't from him. "From then, I began to seek Jesus."

After attending a literacy class where God's Word was taught, Tarik asked for a Bible. "One night, God woke me up. I didn't know how to open the Bible, but I did and the first thing I read was: 'To those who believed in his name, he gave the right to become children of God.' (John 1:12). I never experienced being a child – I had no father figure. When Christ said that, if I follow Him, I'd become the Father's child, I cried. The Holy Spirit worked in my hear so that I finally understood who Jesus is."

Since becoming a Christian, Tarik has survived attempts on his life by Muslim extremist groups. "Believing in Jesus where I live can lead to death," he says. But amazingly, extremists are exploring Christianity, and some have come to faith. "Despite persecution, we're growing deeper. It doesn't mean we want it, but through persecution we experience God's grace, love and power."

Key to this is the role of Open Doors local partners, through initiatives including persecution survival training, food programmes and literacy classes.

"Having you journeying alongside us has impacted us significantly," says Tarik. "We're not alone. We know that there are people who pray for us. When challenges arise, we're not ashamed to talk to them. Before there was none of that. We were afraid we had no one with us. We are very thankful."

\*Name changed for security reasons

To find out more about persecuted Christians or how you can support them, go to [www.opendoorsuk.org](http://www.opendoorsuk.org) or speak to Claire Page.

## The Danger of Electric Cars

Electric cars may be the 'future' of British motoring, but meanwhile, more of them are catching fire. From 131 blazes three years ago, there were 232 blazes needing a fire brigade last year – a 77 per cent increase in just two years.

Electric car fires are more dangerous than petrol or diesel car fires, because they are extremely hard to put out. This is because water, foam or fireproof blanket have little to no effect: lithium-ion battery fires are self-sustaining and continue to burn until the entire battery is consumed.

Electric car fires are normally the result of 'thermal runaway', where batteries have got damaged or overheated, and then begin to irreversibly overheat.

There is to be a total ban on new petrol and diesel cars by 2030.

## Rise in Older Shoplifters

More and more pensioners have turned to shoplifting. They aren't in criminal gangs, they are hungry.

So says a security firm which works with hundreds of stores across the country. Kingdom Security reports that food retailers have seen a "massive" increase in pensioner shoplifters over the past year, involving "people who just can't afford to buy food."

John Nussbaum, director of service for retail at Kingdom Security, said that the cost of living is "pushing people to something they've never done before".

Mr Nussbaum estimates that five per cent of all those caught shoplifting by Kingdom staff on a weekly basis are aged over 50. "We've not seen this before, and I've been in security for 30 years. People can't afford to spend £10, £20 on food. It's desperation."

The number of shoplifting offences reported to police last year passed 500,000 for the first time.

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Wantage and Grove  
'Have Your Say' Roadshow  
Summer 2025 Dates



**We're hitting the road this summer to bring the conversation to you!**

Come along, meet your local Neighbourhood Policing Team, and help shape the future of your community.

**Event Schedule – July & August 2025**

**July**

- 4th – Harwell Village Hall | 14:00–18:00
- 5th – East Hendred, Snells Hall | 11:00–14:00
- 6th – Ardington & Lockinge, Lloyd Lindsay Rooms | 11:00–14:00
- 9th – West Hendred Village Hall | 16:00–20:00
- 15th – Letcombe Regis Village Hall | 12:00–16:00
- 16th – Wantage VC Forecourt (Near Greggs & The Bear) | 14:00–18:00
- 18th – Chilton Field Community Room | 15:00–20:00
- 25th – Grove Old Mill Hall | 15:00–20:00
- 27th – Blewbury Village Hall 17:00–20:00

**August**

- 2nd – Wantage VC Forecourt (Near Greggs & The Bear) | 09:00–13:00

**More Dates Coming Soon!**

Look out for events in: East Challow, West Challow, Upton & Steventon – TBC

**What's On Offer?**

- Meet your local policing team
- Share your views and concerns
- Free SmartWater Property Marking – bring bikes, tools, etc.
- Complete the Community Policing Survey

Scan the QR code below or visit:



<https://forms.office.com/e/h0s2Vp2d0S>

#HaveYourSay

#WantageAndGrove

#CommunityVoice

#Roadshow2025

#LocalMatters

# Baptism and Confirmation

## The Vale Benefice Baptism & Confirmation Service

This will be held at St John's Church, Grove,  
on Sunday 19th October 2025 during the 10.15am service.

Please contact Rev Alec Gill as soon as possible if you are interested in being Confirmed at this service this year, so that the preparation course can be planned and booked.

The Licensing Service for our new Associate Vicar

**Rev. Dr. Miriam Jones**

will take place on Thursday 4<sup>th</sup> September, 7.30 pm at St James The Great Church,  
West Hanney

All are welcome to attend

St. Nicholas Church

## Coffee Morning

Thursday

**3rd July & 4th September**



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**Everyone is Welcome**



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## - Cornerstone Christian Centre -

10 Savile Way, Grove, OX12 0PT

Tel.01235 772280

email: [office@cornerstonegrove.org.uk](mailto:office@cornerstonegrove.org.uk)



### July Newsletter

#### AGM

Thank you to all who came to our AGM. What a great evening to kick off our celebrations for our thirtieth year and independent bookshop week. It's great to see our friends and supporters turning out to show how much Cornerstone means to you all.

#### In the Bookshop

A new book, now out, is 'The Greatest Story ever told' by Bear Grylls, a beautifully produced hardback book telling the story of Jesus' life. It's priced £14.99 and we have several copies in store. It would make a great gift to a friend or relative. As would National Book Tokens, buy and redeem them here. Talking of gifts, if you are looking to treat a special teacher, we have a large selection of appropriate cards and some great gifts available.

There will also be a new Take Note promotion arriving mid-July – do come and browse the shelves.

#### Marble Jar

During the summer holidays we will be offering free meals to those families whose children receive free school meals. This is paid for through the marble jar and any donations towards this would be welcome.

#### 30<sup>th</sup> Birthday Celebrations

As we celebrate 30 years of Cornerstone this year do look out for special events we will be holding. One very special date for your diary is Sunday 16<sup>th</sup> November when we shall be having a Thanksgiving Service to be held at St John's at 3pm. We are hoping to make this a joyful celebration of all 30 years, so if you have any pictures or special memories to share of Cornerstone, do get in touch.

#### Repairs

Thank you to those of you who continue to pray for us as we continue to wait on the insurance company for word of our repairs. It is so frustrating but a blessing that we have been able to stay open and now with the good weather, we can prop the door open, so that is less of an issue.

#### Food Bank and Clothes Bank

Just in case you missed it last month, we are sorry to say that the Clothes Bank are unable to take any more donations at present.

However, the Food Bank are very much in need of donations so please continue to drop them off.

#### Monthly hot meal special

This will be served on Wednesday 30<sup>th</sup> July at 12.30pm – please book in advance so that we know how many to cater for

#### Prayer Breakfasts

Our monthly prayer breakfasts continue on the second Saturday of each month. The next one will be on Saturday 12<sup>th</sup> July at 8.30am and I look forward to you joining us for croissants, tea, coffee, prayer and fellowship.



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### Waste & Recycling Information

Collection Day	Which Bin	<i>Please ensure your Waste &amp; Recycling Bins are placed on the kerbside before <b>06.00 am</b> to ensure your bins are emptied</i>  * * * * * Please return your bins to your property ASAP after collection to ensure they are not blown onto the road causing an obstruction or damage to other vehicles
Tuesday 1 <sup>st</sup> July	Green + Food + Brown	
Tuesday 8 <sup>th</sup> July	Black + Food	
Tuesday 15 <sup>th</sup> July	Green + Food + Brown	
Tuesday 22 <sup>nd</sup> July	Black + Food	
Tuesday 29 <sup>th</sup> July	Green + Food + Brown	
Tuesday 5 <sup>th</sup> August	Black + Food	
Tuesday 12 <sup>th</sup> August	Green + Food + Brown	
Tuesday 19 <sup>th</sup> August	Black + Food	
<b>Wednesday 27<sup>th</sup> August</b>	<b>Green + Food + Brown</b>	
Tuesday 2 <sup>nd</sup> September	Black + Food	

***Please help to keep our Village Tidy and free from Fly Tipping***

*The Parish Church of*  
**St Nicholas**  
*Notices*

### PCC Meeting Highlights – June 2025

Our recent PCC meeting on June 3rd was filled with positive news and productive discussions!

□ We're looking forward to welcoming **Reverend Dr. Miriam Jones** our new Associate Vicar! She'll be joining us in August.

□ We're exploring options for **contactless payments** to make giving easier for everyone.

□ Replastering work near the Font and Hazel Brown Room, and the **Tower Louvres** will be fitted during June.

□ Thank you to Jeff Penfold for arranging churchyard maintenance, and look out for a **work party in July** to help with a general tidy-up. If anyone would like to join us, please contact us.

□ We're also actively working on ways to enhance our presence in the community, exploring ideas like the **Community Day / Cricket Match and Carols on the Green** as part of our future Mission Plan. A big thank you to everyone who helped with the successful tea and cake stall at the Challow Community Cricket Day.

Thank you to everyone for their ongoing support and hard work.

Linda Hopkins

PCC Secretary



**JUNE**

£50 - N° 130 ~ G. Handley

£20 - N° 21 ~ H. Smith

£10 - N° 23 ~ J. Britton

~ ~ ~ ~ ~

**Would you like to join?**

For further information please contact

**Tricia Shand - 01235 764222**

**the.shandies@btinternet.com**



5th July - D. Perkins

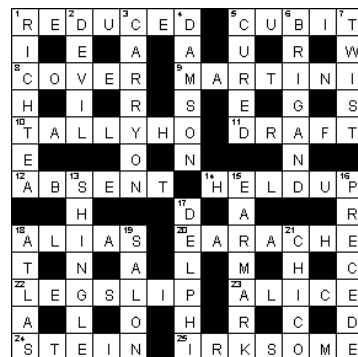
19th July - J. Penfold

2nd August - R. Godfry

16th August - G. Parker

30th August - N. Page

Solution



**THURSDAY**  
Communion Rota

- JULY -

3rd - Mandy

10th - Jenny

17th - Heather

24th - Mandy

31st - Nigel

- AUGUST -

No Services

### St. Nicholas Church - Service Information

Date	Sides Person	Sacristan	Reader	Intersessions	Organist	Coffee	Flowers	Cleaning
6 <sup>th</sup> July	Frances / Nigel	Ruth	Alan / Ruth	Philip	Ruth	Mandy	Heather	Linda / Liz
13 <sup>th</sup> July	Linda / Noel	Louise / Claire	Graham	Claire / Louise	Ruth	Jan / Hilary	<b>T B A</b>	Linda / Liz
20 <sup>th</sup> July	Liz / Jeff	Jenny	Jeff	Jenny	Graham	Val / Barbera	Jenny	Mandy
27 <sup>th</sup> July	Tricia / Sue	Nigel	Claire / Nick	Paul	Graham	Linda / Janet	Mandy	Mandy

Sunday	1 <sup>st</sup> Reading	2 <sup>nd</sup> Reading	Gospel Reading
6 <sup>th</sup> July Trinity 3 <b>Morning Worship</b> Jeff / Claire / Nick	Isaiah 66: 10 - 14	Galatians 6: [1 - 6] 7 - 16	Luke 10: 1 - 11 + 16 - 20
13 <sup>th</sup> July Trinity 4 Rev. Jane Haslam	Deuteronomy 30: 9 - 14	Colossians 1: 1 - 14	Luke 10: 25 - 37
20 <sup>th</sup> July Trinity 5 <b>Morning Worship</b> Jeff / Claire / Nick	Genesis 18: 1 - 10a	Colossians 1: 15 - 28	Luke 10: 38 - 42
27 <sup>th</sup> July Trinity 6 Rev Alec Gill	<b>St. James ~ PATRONAL FESTIVAL ~ Benefice Service at Hanney</b>		

The Cash Collection in church on Sunday 6<sup>th</sup> July is for the children's and young people's charity, Barnardos, with their slogan of 'Changing Childhoods, Changing Lives'.

Their focus is on children and young people who are struggling with mental health and well-being, at risk of poor health, living in poverty, and supporting families, children in care and care leavers, those at risk of exploitation, those seeking sanctuary in UK.

Date	Sides Person	Sacristan	Reader	Intersessions	Organist	Coffee	Flowers	Cleaning
3 <sup>rd</sup> August	Frances / Nigel	Ruth	Alan / Ruth	Philip	Ruth	Mandy	Heather	Linda / Liz
10 <sup>th</sup> August	Linda / Noel	Louise / Claire	Graham	Claire / Louise	Ruth	Jan / Hilary	<b>T B A</b>	Linda / Liz
17 <sup>th</sup> August	Liz / Jeff	Jenny	Jeff	Jenny	Graham	Val / Barbera	Jenny	Mandy
24 <sup>th</sup> August	Tricia / Sue	Nigel	Claire / Nick	Paul	Graham	Linda / Janet	Mandy	Mandy
31 <sup>st</sup> August	Nigel	Ruth	Nigel	Claire / Louise	Graham	Frances, Tricia & Sue	Linda	Sue / Tricia

Sunday	1 <sup>st</sup> Reading	2 <sup>nd</sup> Reading	Gospel Reading
3 <sup>rd</sup> August Trinity 7 Rev. Geoff Maughan	Ecclesiastes 1: 2, 12 - 14, 2: 18 - 23	Colossians 3: 1 - 11	Luke 12: 13 - 21
10 <sup>th</sup> August Trinity 8 Rev Margot Hodson	<b>Joint Benefice Service at St Johns - Grove</b>		
17 <sup>th</sup> August Trinity 9 Rev. Velma Oxley	Jeremiah 23: 23 - 29	Hebrews 11: 29 - 12: 2	Luke 12: 49 - 56
24 <sup>th</sup> August Trinity 10 Rev. Alec Gill	Isaiah 58: 9b - 14	Hebrews 12: 18 - 29	Luke 13: 10 - 17
31 <sup>st</sup> August Trinity 11 Rev. Alec Gill	Proverbs 25: 6 - 7	Hebrews 13: 1 - 8, 15 - 16	Luke 14: 1, 7 - 14

~ If you are unable to attend please arrange cover for your week ~



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