

NEWSLETTER JANUARY 2022

May your troubles be less; and your blessings be more. And nothing but happiness come through your door.

~ Irish Blessing

The New Year stands before us, like a chapter in a book, waiting to be written. ~ Melody Beattle Here's to the bright New Year Here's to the bright New Year And a forder for evel to the old, Here's to the things that are yet to come And to the memories that we hold.

> Be at war with your vices at peace with your vices neighbours; and let every New Year find you a better person. Benjamin Franklin.

Learn from yesterday, live for today, hope for tomorrow. ~ Albert Einstein

ASTWICK VALE BENEFICE – JANUARY 2022

AYNHO-CROUGHTON-EVENLEY-FARTHINGHOE-HINTON-in-the-HEDGES-STEANE

T ond		11.00	
January 2nd 2 nd Sunday of Christmas Epiphany	AYNHO	11.00am	Holy Communion Sidespersons: Annabel Bellamy, JaneWade
			Farthinghoe - 9.30am Said HC; Hinton – 11.00am Morning Worship
January 9th Epiphany 1	AYNHO	10.00am	Morning Worship Sidespersons: Jenny Pusey, Ted Sutton
Baptism of Christ			Croughton - 9.30am Holy Communion Farthinghoe – 9.30am Moring Worship Evenley – 11.00am Holy Communion
January 16th Epiphany 2	CROUGHTON	10.30am	Benefice Service – Holy Communion
January 23rd Epiphany 3	AYNHO	9.30am	Morning Worship Sidespersons: Gill Reynolds, Jane Wade
			Evenley – 9.30am Morning Worship Croughton – 11.00am Morning Worship Hinton – 11.00am Holy Communion Farthinghoe – 4.00pm Evening Prayer
January 30th Epiphany 4 Candlemas	EVENLEY	10.30am	Benefice Service – SOCK SUNDAY
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			sday 20 th 9.45am onwards.
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Information about the Enquiries from:		1 0	: 01869 - 810847
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Syb	il at No.32 Roundtown Tel and any comments re N	:810692 Email ewsletter to R	•
Th	is Newsletter is issued by ocally printed in Aynho	y "ST.MICH	AEL'S CHURCH and

(Vol.669) (Since 1964)

Pastoral Letter January 2022. Revd Sue Cooper writes:

Dear Friends,

I hope your Christmas and New Year's celebrations went well. It's strange how quickly things change isn't it? At the beginning of December Omicron had hardly been heard about, and now it is dominating the news and to a large extent the way we are living, even as I write this (on 21st Dec) I am aware that by the time you read this, everything could have changed again!!

I wonder what your hopes and dreams are for this coming year. I think most folk I have spoken to have given up on New Year's resolutions, and are just trying to get through these days of uncertainty, the trouble is, we can waste our lives worrying and waiting for things to be different, but this attitude will not serve us well. Alternatively we can decide to put aside the constant stream of bad news, and live. This is not burying our heads in the sand and pretending that Covid is not an issue, because it is an issue, and many folk have lost loved ones to it, or, because of restrictions have been denied the opportunity of being at their loved ones bedside when it was most important for them to be there.

However, if we decide to put aside the constant stream of bad news, it is an act of defiance, and a refusal to allow Covid to spoil everything we love and hold dear. So much has been lost to it already; times we should have been with family and friends but could not be, times we should have been on special days out, or on holidays, but had to postpone (again!!) But creativity has blossomed throughout these last two years as folk have invented new ways of doing things and new ways of being together, especially "on line". It's not ideal I know, but as I said, we can worry and wait for things to be different or we can find ways to live again as fully as possible. It's true that we will need to exercise caution, but that shouldn't stop us from finding joy in our days, and more importantly spreading joy to others where ever and whenever we come across them. I have spent a lot of time looking forward to "things getting back to normal"! And I know I am not alone with this. But I am beginning to accept the idea that things will not be going back to how they were before Covid. I have also spent time looking back to "the good old days", when all we talked about was Brexit, (only joking[©]), but the good old days before we needed to keep using lateral flow tests all the time, and we never had to think about face coverings or self-isolating , the time before every cough and sneeze was considered suspect!

As I said, we can waste a lot of valuable time out of our lives wishing things were different by living in the past or imagining what the future will be like, but that will not serve us well. Instead, let's enjoy the days, one at a time, trying to be people who lift others' spirits while keeping our own Spirit's high. No day is a given, it is a gift from God, and we should treat every day as the gift it is to us.

So this New Year, don't live in the past, and don't live in the future, live in the present, enjoying the blessing of every new day. It's called the present because it's a gift. Have a very blessed and joyful New Year,

With love

Rev Sue.

Isaiah 46:3-4 (NLT) "Listen to me, descendants of Jacob, all you who remain in Israel. I have cared for you since you were born. Yes, I carried you before you were born. I will be your God throughout your lifetime— until your hair is white with age. I made you, and I will care for you. I will carry you along and save you." Amen

OUR VILLAGE..... ENTERTAINMENTS ETC

<u>ARMS – Aynho Recorded Music Society</u> (1st Wednesday)

A sad but enjoyable evening was spent on Wednesday 1st December with music, wine and mince pies. Unfortunately, after more than twenty years, this was the last meeting because of reduced attendance due to Covid and the ageing of members. The remaining funds have been given to another village hall activity but the 'high fidelity' CD playing equipment, supplied by Blinkhorn's, remains in the small mobile cabinet in the hall and can be available to any activity having a use for it. Doug Ward will be pleased to set it up or help anyone else to do so and can be contacted on 01869 810723. A second key for this cabinet has been given to the Village Hall Committee.

GARDENING CLUB(2nd Wednesday)Contact Annabel Bellamy 810847HAPPY NEW YEAR to all Members of the Aynho Gardening Club.

Who knows what will be happening this month but as I send this message to be printed in the Newsletter the plan is that the Gardening Club will have its first talk of the year on Wednesday 12th January 2022 at **7.30pm.** The talk will be given by the wonderful **Tom Duncan** who will be telling us about the garden at **House of Pitmuies, Angus**.

The Membership fee of $\pounds 15$ will be collected at this meeting and you will receive your 2022 Membership Card listing the proposed activities for the year. The Village Hall will be open at 7pm.

The priority will be to keep our Members safe and we will endeavour to keep you informed with the possible future activities for the Club.

<u>AYNHO WI</u> (3rd Wednesday) Contacts: Fiona Hodges 369122 & Jill Wightman 81120

We hope all of you have had a wonderful Christmas despite the new rulings and hope you were all able to get together with family and friends. We will leave it there and just say keep following the guidance! We had a lovely Christmas lunch at The Cartwright which happily most members were able to attend. The whole meal was so beautifully presented and, of course, included mince pies and crackers. Our first meeting of the year, is a talk from Captain Kamran Irani on "Bikes, Blood and Babies" which sounds like an encouraging sort of talk to start a New Year and we are very much looking forward to that. Our coffee mornings will also restart in January on the 5th and 12th at the Cartwright. If you would like to attend and haven't booked a date yet please phone or email Jill. Thank you. Do not worry about the usual January membership renewal as this is now always to be organised in April - a WI Head Office decision. We look forward to us all meeting again on the 19th January but meanwhile Happy New Year and enjoy any celebrations you may have and continue to take care, keep safe and keep smiling.

HISTORY SOCIETY (Last Wednesday)

Tooley's Boatyard Wednesday 26th January 7.30pm in the Village Hall Entry £2 We start 2022 with a talk on Tooley's Boatyard which was originally established to build and repair the horse drawn wooden narrow-boats which plied the newly constructed canal network in the 1700s. In fact its dry dock has been working since 1778 making it one of the oldest continuously working dry docks on the Inland Waterways. To tell us more will be Matthew Armitage giving us, what promises to be a very interesting evening. So why not come along. Meanwhile we hope you all had an enjoyable Christmas and wish you all the very best for the New Year.

AYNHO WRITERS GROUP

Aynho Writers next meeting will be email submissions only for Saturday 8th January 2022. In December we had our usual anonymous submissions on Angels or the items from the Twelve Days of Christmas and we eventually guessed all the culprits. We all enjoyed it greatly.

Contact: Keith McClellan 810346.

Any queries: Keith McClellan 01869 810346

HAPPI PILATES

Contact Sarah Redfern at <u>Sarah@happipilates.com</u> to find out more or visit <u>www.happipilates.com</u>

WINTER LUNCH CLUB PROPOSED DATES FOR JANUARY 2022 - Thursdays: 6th, 13th, 20th and 27th 12.15pm-1.30pm back room of Village Hall

My apologies for cancelling the Winter Lunch Club on Thursday 16 December at such short notice. I did not feel that it was sensible to bring people together so close to Christmas with Covid Omicron circulating in very high numbers.

The best I can do at this stage is give proposed dates for January 2022 and wait for the 'advice' as to social gatherings come the New Year. If WLC is able to continue you must **book your place**, **please telephone Amanda on 01869 810341 no later than the Wednesday evening of that week** (leave a message on the answerphone + your telephone number if I am not there). If you have booked a place but can no longer come please let me know as soon as possible. Payment will be cash only.

For everyone's safety there will be hand sanitiser at all doors as you enter the village hall which I would encourage everyone coming to WLC to please use (and on each table). Please take note of current advice about wearing a face mask in public places etc. If you should feel unwell then please do not attend. Amanda Limb

AYNHO HEALTH WALKS

Details from Kathy White 01869.810418 or kathywhiteaynho@gmail.com There is still plenty of space for anyone else to join us and experience the beautiful winter countryside around our village. The long walk, the strollers and the track are all available and start at 10.00 am every Thursday morning and you can also enjoy refreshments and a chat at the end. Hand sanitisers are in place.

ADDERBURY, DEDDINGTON & DISTRICT PHOTOGRAPHIC SOCIETY

Our first meeting in 2022 is at the Adderbury Institute on Wednesday, 4th January 2022 at 7.30pm. Chris Floyd will talk about Portrait Photography. Everyone is welcome so, check on the website for further details or a venue change due to a change in Covid regulations.

Are you still saving your 'Blister Packs' for "Terra Cycle"? If so please give to Ian Calderbank – 15 Butts Close or the Box in the Church Porch.

ALSO used postage stamps for Katharine House Hospice to Peter Phillips – 10 Portway Gardens or Sybil Stevens – 32 Roundtown.

(A BIG THANK YOU for those already received)

Also a special THANK YOU to all those kind persons who deliver the Newsletter to your door each month.



Heading into 2022

The New Year is usually a time of reflection on the past 12 months as well as making plans for the future. So, as well as some hospice news and updates, we've also got details on some exciting events coming up in 2022 and a few different ways you can help us. Thank you!

Royal visit

We were thrilled to welcome HRH The Duke of Gloucester to Katharine House on 19 November as part of our 30th birthday celebrations.

As well as meeting patients, volunteers and staff, His Royal Highness also officially launched our Celebration Tree. Our specially commissioned rose tree is a wonderful way to celebrate the lives of loved ones and you can find out more about making a dedication on our website.

Goodbye James

December 16 will be a sad day for everyone at Katharine House when we say goodbye to our muchloved chaplain James Grote.

For the past six years, James has not only played an essential part in the care of our patients and their families, but he has been a crucial support for staff guiding us through tough times,

particularly during the pandemic. We wish James all the very best for the future – he will not be forgotten!

New Year, new you?

Looking for a challenge in 2022? Well, look no further! We've got some fantastic events coming up this year to suit everyone from adrenaline junkies to those who just want to get out in the fresh air – and all of them will help to raise money for our hospice. From wingwalks to our rebranded Moonlight Walk, abseiling to cycling – there are lots of ways to get involved. Take a look at our Challenge events on our website to find out more.

Could you spare a few hours?

We couldn't continue to care for local people without the support of our amazing volunteers. So, if you have some time to spare, why not think about volunteering? We have one-off opportunities as well as more regular roles, which are all listed on our website. We'd love to hear from you.

Charity shops treasures

If you're having a post-Christmas clear out, don't forget about our six charity shops across the area. Rather than throwing out your good quality unwanted items, donating to a charity shop is more sustainable and helps raise money for our hospice. You can find the details for all our charity shops on our website.

Digital monthly newsletter – keep up to date with your hospice

Sign up to receive our Katharine House digital monthly newsletter, which is designed to keep you in touch with all our latest news and fundraising events at the hospice.

Find out more

Head to our website to find out more about all these events and news: www.khh.org.uk

THE SYNERGY PRACTICE - Physiotherapy, Chiropractic & Sports Therapy / Massage - Sherry, Nadine and Luke

"Our team at the synergy practice has expanded and we are keen to share with our local villages, and communities, that we are here to help if they are in need of our healthcare services." Call **01865 803066** or book online at <u>www.thesynergypractice.com</u> or email <u>info@thesynergypractice.com</u>

YOUR LOCAL TRADE PAGE

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through lock down any combination of days/weeks catered for.				

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THE TRACTOR RUN 18th December 2021





NEARLY £20,000 RAISED AT THE RECENT CHRISTMAS TRACTOR RUN FOR KATHARINE HOUSE HOSPICE.

WELL DONE TO OUR LOCAL ENTRY NO 33 -JAMES BELCHER







