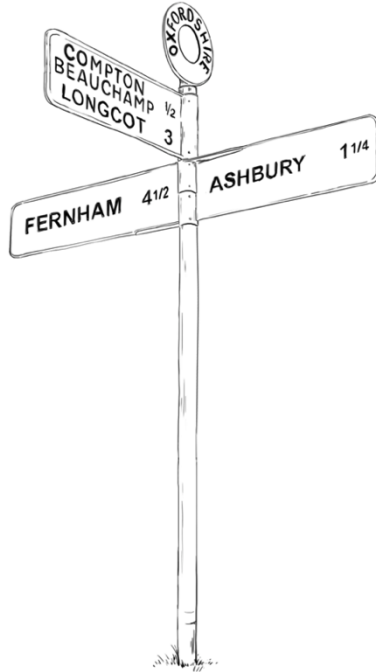


**ASHBURY
COMPTON LONGCOT FERNHAM
NEWS
August 2023**



Badappletheatre -coming in September, see inside

Ashbury Community Club 31st –“The science of nutrition and exercise in later life “

Thought for the month

We were with our grandchildren at a gathering recently and someone asked after our younger daughter, their aunt, who moved to Rotterdam last year. “What does she do?” the guest asked politely. Quick as a flash before we could construct an answer the nine-year-old and six-year-old piped up in unison “She’s transforming sludge!” That is quite the conversation stopper but it does describe the work our daughter is involved with in the Hague, in an international non-government organisation working to improve water, sanitation and waste management through their projects worldwide.

Our daughter is visiting us on her way to a project in India and she shared some statistics relating to water scarcity worldwide. 2.1 billion people lack access to safe drinking water, 1 in 3 women do not have access to a toilet of their own and over 360,000 children under the age of five die from diarrhoea each year. These seem to me to be horrifying numbers in 2023. It is possible to measure our own “water footprint” and again global statistics are alarming for the impact of things we take for granted, that is, the water footprint of goods. For example that cup of coffee in our hand has taken 140 litres of water to reach us, and the smartphone in our other hand has “cost” 15,000 litres.

All this has a certain irony as we have once again suffered the personal minor inconvenience of having our water cut off for a few hours whilst repairs were carried out down the road. It was certainly more than a minor inconvenience for staff and parents at the local school, which had to shut its doors for the rest of the day. That very day an email arrived from our local water company encouraging us to have a “nice summer” and take care with our water usage, and although at the time of writing it is pouring with rain, by the time you read this we may have a hosepipe ban.

This is not a diatribe against the water company, but a reminder once again of how much I take precious resources for granted and how important it is for future generations that I do what I can to protect the land around us and be aware of my impact further afield.

Our grandchildren are proud of their aunt “transforming sludge” and are quick to remind us to turn off taps while we clean our teeth! Our daughter will have the privilege of seeing first-hand the difference improved sanitation and waste management systems can make. And we can all be reminded of the ultimate water source, available to everyone and running clear, when Jesus says in John Chapter 4 verse 14: “but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.”

Isobel Weller

Ashbury

Safari Supper

Thank you to all the participants in our Safari Supper this year in July 7th. It was a fabulous evening, glorious weather, amazing food and company and we raised £560 for St Mary's which will contribute towards our much-needed repairs.

Ashbury Village Hall – Date for your diary

A wonderful opportunity to see two plays live in our Village Hall on Saturday 23rd September - 6.30 for 7.00. The Badappletheatre company present "Yorkshire Kernel" and "The Land Girl". Tickets £14/£12 for concessions and £8 for under 16s available from Maggie Simons 01793 710801 or online at www.badappletheatre.co.uk. Please support this event and bring your family and friends. More details next month.

Ashbury Community Club

Thursday 31st August at 2.30pm

Ashbury Village Hall

'The science of nutrition and exercise during later life'

Amanda Saunders will explain why nutrition becomes more important as we get older and also give some dietary guidance for the over 50's

(Amanda lives in Ashbury and has recently gained a Diploma in Nutritional Coaching)

Visitors are most welcome to come to this talk.

£2 includes tea & biscuits.

CHURCH MATTERS

AUGUST SERVICES IN ASHBURY, COMPTON, LONGCOT & FERNHAM WILL BE AS FOLLOWS:

Sunday 6 August	10.15am*	Benefice Holy Communion	Shrivenham
Thursday 10 August	10.00am	Holy Communion	Ashbury
Sunday 13 August	9.30am 11.00am	Holy Communion Holy Communion	Longcot Ashbury
Sunday 20 August	9.00am 9.30am 11.00am	Holy Communion (BCP) Morning Prayer Morning Prayer	Compton Longcot Ashbury
Sunday 27 August	10.30am*	Benefice Holy Communion	Watchfield

**Although everyone is welcome to attend any services, those marked with an asterisk are designed as benefice services*

Covid Precautions at Services

Please do not come to Church if you have Covid symptoms

All online Morning Prayer, Communion services and sermons can be watched on the Shrevenham and Ashbury Facebook

If you are unable to join us in person, do join online through services and study groups on the Benefice Facebook page. You do not need a Facebook account to access these events. Details of online services are on the weekly sheet and on Facebook

Ashbury prayer cycle for August:-

6th High Street, 13th Idstone Road, 20th Idstone, 27th Kingstone Winslow

PASTORAL CARE

If you have need for prayer or pastoral support, or wish to discuss a wedding or baptism, do not hesitate to ring Rev'd Norma Fergusson on 01793 784338.

MESSY CHURCH

Messy Church Summer Break

Messy Church is taking a break during the school holidays and will not be meeting in August.

The next after-school session is on Thursday 28th September starting at 3:15pm in St Andrew's, finishing at 5pm.

For more information or to book a space contact standfast.shrevenham@yahoo.com

Caring for Creation: Changing to Green Energy

Electricity is an essential part of our lives. We cannot do without it, but that doesn't mean we have to sacrifice the planet to keep it running. It is simple to change to a 'Green' provider. When we talk of green energy, this means electricity generated using the likes of hydro, solar, wave or wind power that do not deplete the Earth's resources - which is why it is referred to as 'renewable'. When you switch to a green tariff - one that promises 100% renewable electricity - the energy flowing into your home doesn't change. Take a look at the various 'Green Energy Providers' websites for further information.

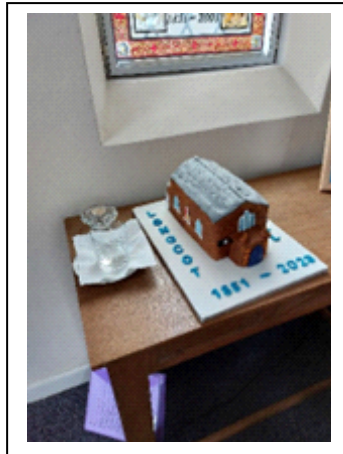
Avebury Vocal Ensemble Summer Concert in St Mary's Church Ashbury

Thank you to the Ensemble for a wonderful concert and also to everyone who supported it: we raised a much needed £400.00 for our church.

LONGCOT CHURCHES WORKING TOGETHER – CHAPEL NEWS

Sunday 2 July saw the end of an era with the final service in Longcot Methodist Chapel. It wasn't a sad occasion, but a wonderful celebration of all that had been achieved and all the good things that would continue to happen as the seeds sown over the years continue to blossom and flourish. The bells of St Mary's rang out in a special peal of thanksgiving.

Wendy Smith had made a miniature Chapel out of cake, which was almost (only almost) too pretty to eat, and tasted delicious. Stella was also presented with a bouquet of flowers and a picture of the Chapel as a token of thanks for all she had done – and would continue to do in the future. Retirement may be beckoning, but only from a distance.



Stella confirms that T-Time Fellowship will continue, though at a different venue; watch this space!

School's Out!

We wish all staff, volunteers and students a wonderful summer break and send special blessings to our year six leavers as they prepare to start at their new schools in September. You will be wonderful!

God of our pilgrimage,
you have led us to the living water:
refresh and sustain us
as we go forward on our journey,
in the name of Jesus Christ our Lord. Amen

If you can, please support your local church with a text donation using the numbers below. Your standard text message rate applies. Thank you!

For Ashbury

Text **STMARYS 5** to **70085** to donate **£5** or Text **STMARYS 10** to **70085** to donate **£10**

For Longcot and Fernham

Text **LONGCOT** to **70085** to donate **£4**

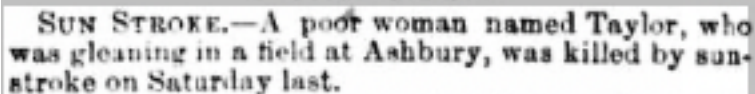
For Compton Beauchamp

Text **5CB** to **70450**

The Ambassadors Bible Church meet at what was the Ashbury Evangelical Free Church at 10:00 am each Sunday morning. All are welcome and there is also a Sunday School for the Children which meets at the same time.

From the archive

10th August 1868



SUN STROKE.—A poor woman named Taylor, who was gleanng in a field at Ashbury, was killed by sun-stroke on Saturday last.

Swindon Advertiser and North Wilts Chronicle

Country Matters

We are what we eat. This does seem like an unarguable fact. And another simple fact is that if you eat food or drink with too many calories and don't burn it off you will get fat. Where it gets more interesting and open to endless debate is over what you eat. Henry 1 of England aged 68 and in good health in 1135 died of too many lampreys for his supper. Lampreys are a kind of eel. Henry V111 and George 1V both put on too much weight. Barry who died in 2021 was 65 stone at his fattest and died in 2021 as the heaviest man ever in England.

Our noble ancestors were on occasions great feasters. I have in front of me an account of items laid on for 1000's to attend Sir Watkin Williams Wynn's coming of age celebrations in 1770. 30 bullocks, 50 hogs, 60 calves, 80 sheep, 18 lambs 70 pigs, 51 guinea fowls 49 turkeys, 84 capons, 40 chickens, 360 fowls, 96 ducklings, 48 rabbits, 421 lbs of salmon, 274 other fish, 206 crabs and lobsters, 166 hams,12 sides of bacon, 100 tongues, 60 barrels of pickled oysters, 200 cray fish, 18,000 eggs , 104 pork pies, 30 bushels of potatoes, 100's of tarts and cakes and much more food (plenty of variety) and drink including 120 doz of wine and 70 hogsheads of ale.

Today there is an additional agenda. There are those who want to [reduce]carbon emissions, forgoing meat in favour of eating only plants. They used to be called herbivores. I think veganism is the same. Most vegetarians will eat fish and eggs. Vegans risk having to take supplements to top up their vitamin B12, omega3 and fatty acids and minerals such as iron and zinc, all of which are supplied in meat.

Going vegan for a week is fine but sticking to it continuously seems beyond the reach of most. Talking celebs, Delia Smith decries vegans. Bear Grylls rather famously has abandoned veganism in favour of a meat only diet. He is reported not to be eating vegetables. This seems equally extreme as being a vegan. He is in denial of the accepted 5/day recommendation for vegetables. 30 /week is more achievable in most households. The former body builder Arnold Schwarzenegger advocates a 20:80 diet, cutting back his meat to 20%. Many would have us eat less meat but of better quality.

Grass fed is better for the planet than beef which is housed and grain fed. Heavily processed meat and so called junk food carries additional dangers which can overload the liver. Nuts as an alternative source of protein may well feature more in the future. They tick a lot of boxes. Just now it's the best time in the garden with courgettes, broad beans, runner beans, beetroot, lettuce and carrots all coming into the kitchen. However, we do this because fresh veg tastes good, and not because it saves any money.

Richard Green

Contacts

Ashbury Parish Council

Chairman: Christopher Prentice 01793 710821 chair@ashbury.org.uk

Clerk to the council: Laura Evans email clerk@ashbury.org.uk

Defibrillator: On the wall by the School entrance

St Mary's Ashbury Parochial Church Council

Associate vicar: Vacancy.

Church wardens: Maggie Simons 01793 710801 Richard Green 01793 791310

Secretary: Vacancy.

Vicar (Shrivenham) Revd Norma Fergusson 01793 784338

rev.n.fergusson@btinternet.com (not Monday)

Ashbury Village Hall

Maggie Simons 0193 710801 maggiemsimons@outlook.com

Secretary Margaret Smith 01793 710800 mbsmith5@hotmail.co.uk

Bookings: Lin and Kevin Clarke 01793 710326

Ashbury with Compton Beauchamp CE(A) Primary School and little Berries Preschool

Headteacher Rachael Smith 01793 710259 www. <http://www.ashburyprimary.org.uk>

office.3851@ashbury.oxon.sch.uk

Ashbury Village Shop 01793 710068

G.P. Surgeries Shrivenham 01793 782207 Lambourn 01488 71715/72299

Post Office at the Rose & Crown Wednesdays and Fridays 9.30-11.30am

Vale of the White Horse District Council 01235 422422

<http://www.whitehorsedc.gov.uk/>

Recycling/Rubbish collection queries admin.vale@biffa.co.uk

Food waste is collected weekly, green/black bins alternate each week. Garden waste brown bins fortnightly. Mondays except Bank holidays.

Your Local District Councillors are: Katherine Foxhall 07916 285305

katherine.foxhall@whitehorsedc.gov.uk and Viral Patel viral.patel@whitehorsedc.gov.uk

County Councillor: Yvonne Constance: 01235 751475/07976934884

yvonne.constance@oxfordshire.gov.uk

M.P. for the Wantage constituency: David Johnston

david.johnston.mp@parliament.uk 0207 219 3000

Newsletter entries for September 2023. Submit your entries for September by

25thAugust to: M. Turner Claremont, Ashbury SN6 8LN. marionlturner@me.com 01793

710302 For more of "what's on" and local information see the Ashbury Village Website

www.ashbury.org.uk and the community page on Facebook.