

**Stratford
St Mary**

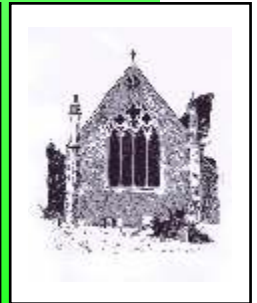
Higham

**Holton
St Mary**

Raydon

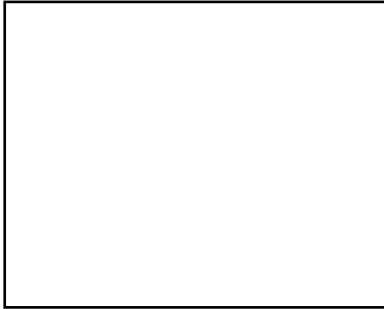
Quartet

The Parish Magazine



August 2017

Issue 348



Homecare

I offer a professional service to help clients continue to live as safely and independently as possible within their own home.

My clients include people needing short-term assistance as well as those having long term care requirements.

Naomi Ellis RGN
07790 811329
References available.

Power Cut? Call 105 | The New Free Way to Report Issues

www.powercut105.com

Experiencing a power cut? No matter who your provider is, **105** is the new number to call to get help and advice, free of charge on mobile and landlines. You can also call 105 with any welfare concerns related to a power cut, or if you are worried about the safety of over or underground electricity cables or substations.



You can place items for sale or wanted on the Small Ads Pin Board for free.
Just email quarteteditor@hotmail.co.uk with your advert.
We will place it for one month space permitting.

Small Ads pin board

Welcome



Dear friends,

This has been a bumper year for both baptisms and weddings, and we

thank God for those who get married in our churches and then continue their link with us by bringing their children for baptism. This month three of the Wilson family from SSM - Shelley (the Mum) and twins Eddie and Etalie - will be baptized during our family service on 6 August, so please pray for them. We always baptize people during our morning service, as baptism is all about bringing people into the family of the Church, so if you don't want that symbolic act for your child or yourself, with the intention of keeping up your connection with the Church, then you might be happier with a service of Thanksgiving for a Child, in which neither parents nor Sponsors have to make the commitment to bring up a child as Christian but would nevertheless like to make a statement about their love for their child in front of their local community.

Weddings, of course, are wonderful occasions of commitment of a man and a woman to each other (the Church of England does not currently permit same-sex weddings in its churches). We always try to make weddings as personal to the couple as possible, and though many like to keep to the traditional music to come in to and go out to, I have been known to play some truly weird and wacky songs through my sound bar at couples' requests. Couples now do not have to be members of our parishes, but if they have no connection with our parishes, they have

to commit to coming regularly (once a month as a minimum) to our churches for 6 months before the wedding itself. If you know of anyone who would like to be married in one of our beautiful churches, but didn't realise that that was now the case, please pass the message on - we love having weddings in all of our churches, and the couple can choose between 4 very different styles of church, big and small.

On 15 August each year the Church celebrates the patron saint of all four of our churches, the Blessed Virgin Mary. In 1950 Pope Pius XII declared this date to be the official date when the Roman Catholic Church would celebrate the Assumption of Mary the mother of Jesus. This doctrine states that at the end of her life Mary was taken both physically and spiritually into heaven to join her son for ever. As all 4 of our churches were of course Roman Catholic until the Reformation, they were dedicated to Mary, who was a very popular patron saint of churches in East Anglia, as elsewhere. Because this doctrine is not found in the Bible, the Church of England does not believe in it, but for the sake of unity between our 2 great historic Churches, we support the Roman Catholic Church in its wish to affirm this doctrine on the basis of tradition, as it was first mooted in the 5th century. So we shall be thinking about Mary in particular on 13 August in Higham at our 10 a.m. service; do come and join us to give thanks for her life and for her courage in saying yes to God when he chose her to bear his Son.

God bless you all.
Rosalind Paul, Rector

The Quartet Diary



August

- | | |
|-------------------------------------|--|
| 4 Stour Valley U3A Summer Dinner | 12 Raydon Fair Trade Coffee Morning |
| 5 Nayland Flower Show | 13 Stour Valley U3A Meeting |
| 6 Raydon Homemade Teas | 16 Village Life Quintuple Challenge |
| 12 Dedham Therapy Farm Open Day | 17 EBHS Car Boot Sale |
| 15 Raydon Fair Trade Coffee Morning | 19 Raydon Parish Council Meeting |
| 19 R & DGC Summer Show | 20 Stour Valley Probus Club |
| 26-29 Flower Festival, Coggeshall | 27 Holton - Talk about the brain |
| 28 Harvest Fun Day, Hall Farm | 28 R & DGC indoor meeting |
| 31 SSM Defib training | 29 Fashion Show, Raydon Macmillan Coffee Morning , Holton |
| | 30 SSM Choir concert |

September

- 1 Holton Lunch Club
- 2 Raydon September Surprise
- 3 Raydon Homemade Teas
- 6 Stour Valley Probus Club
- 9 Suffolk Churches Bike Ride
SSM Big Breakfast
- 10 Hever Castle Visit (Nayland)
- 11 SSM Parish Council Meeting

October

- 4 Stour Valley Probus Club
- 5 SSM More Stories by the fire
- 10 Raydon Fair Trade Coffee Morning
- 11 Stour Valley U3A Meeting
- 14 Devilish Quiz, Raydon
- 17 Raydon Parish Council Meeting

Editors Corner

I get the distinct feeling, reading through the Quartet this month, that its more about September this month than August. I think a lot of you good folks who organise things have decided to wait until everybody's safely back from holidays before launching into events. Not a bad plan by any means, but as we reach record temperatures again today, I wonder if more of us will decide to stay at home rather than go away for the holidays. Suffolk is a very nice place to be and has a lot to offer!

Saying that, there's still plenty going on in August - not the least being the Raydon and District Garden Club Summer Show. With categories as diverse as photography, jam making and crafts as well as vegetables and flowers, there's plenty of scope to join in. If you live in Raydon, Holton or Wenham, you don't have to be a member to take part, so if you have a passion for baking or photography, why don't you give Geoff a ring, get a programme and join in? His number is on the RDGC page -12.

We hope you all have a good summer whether you are going away or staying at home. Keep safe, and don't sit in the sun too long!

Happy reading

Anne and Jane,

Articles for the Quartet are included if we have room, and if, in the opinion of the editors, they are of general interest to our readers. Please remember all articles will be subject to editing. We prefer you to contact us via email where possible.



Copy deadline for next edition:
19th August 2017

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Stratford St Mary

PARISH COUNCIL MEETINGS AT THE INSTITUTE

11th September
13th November

7.30pm till 10.30pm

Hall Farm are holding a

Harvest Fun Day



on Monday 28th August.

10.00am – 4.00pm.

There will be a nominal entrance fee of £1.00 per person. Vintage farming equipment will be displayed along with a BBQ 12.00 – 3.00pm, live music, face painting, bouncy castle, milk the cow and lots more.

De fib training

This time all at the Institute.

Thurs 31st Aug

All 19:00-21:00 drop in sessions.

Stratford St Mary Church Forthcoming Events to raise money for church funds

September 9th 8.30am till 11am

BIG BREAKFAST

at The Parish Rooms, Stratford St Mary
Come and enjoy a traditional full English
breakfast or continental in a warm
and friendly environment.

September 30th 7.30pm

ST EDMUNDSBURY MALE VOICE CHOIR

At Stratford St Mary Church
Formed in 1988 by four teachers, St Edmundsbury Male Voice Choir currently numbers approximately 90 members drawn from Bury St Edmunds and its surrounding villages and as far afield as Ipswich, Norfolk and Cambridgeshire.

The Choir has a wide repertoire of songs from 1940s swing, Welsh hymns, spirituals, folk songs and material from musical theatre, to tunes from the charts. Besides performing locally in Suffolk, the choir has toured extensively both within the United Kingdom and Europe assisting many charitable organisations in their fund-raising activities.

Tickets £10 to include wine and canapés.

Contact Christine Cousins on 01206
322530 for details.

STRATFORD St. MARY PARISH ROOM

Letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.

all day - £38.00.

A session is 5 hours i.e. morning -
afternoon- evening

Special rates for regular bookings.

Heating and lighting are included

For booking please see or ring

Don Umfreville at Christmas Cottage,

Upper Street.

Tel : 322 626.

The Institute hall

can be hired at reasonable rates for a wide range of social activities. For more information please contact our booking secretary, Norman Woodard on 01206

323015, his email is

ssminstitute.bookings@gmail.com and his home address is 12 Swaynes, Stratford St Mary.

Many thanks to all our 100 Club subscribers for your continued support in helping us to maintain your village hall. Membership costs only £1 per month and you could win £40 first prize in our monthly draw. Contact Norman Woodward (address and phone number as above) if you wish to join.

Stratford St Mary Institute Committee

The sun shines on SSM Village gardens!

What a fabulous day we had on Saturday 24th June at the Open Village Event. The gardens were inspired and it was super to see many of those not open still tidying their frontages etc. The classic cars and boat rides were a great hit with everybody and we managed to get quite a few children following the nature trail and entering the photography competition. Scarecrows abounded and the Village Art Exhibition was a must see and an excellent opportunity to display our very own village talent.

Lunch and refreshments at the Old Kennels were superb and our bakers certainly did us proud. Finally the party at the Swan with the InFirm in the early evening was hugely supported and an excellent way to round off the day.

What a fun way to raise funds for Village Life and the Church Fabric Fund. All our hard work generated around £1500 net. We had great support from within the village as well as being able to welcome hundreds of people from other parts of the region. The response was overwhelming and what a buzz it created around Stratford.

So many people made so much effort to make this all happen so a huge thank you for all your hard work. Stratford can be proud!

Competition winners:

Quiz: The hamper was won by Phil Wyncoll with a score of 27 /30.

Photography competition: First prize goes to Harry Ems who wins £10.00 for his study of a flower while the runner up was Noah Clark who wins a finger spinner for his study of a beetle.

Many thanks to G Ranson Plumbing & Heating Services for funding of the printing and stationary costs and Hall farm for contributions to the hamper.

Junior Road Safety Officers At Stratford St Mary Primary School



On Wednesday 21st June 2017 Swans class took part in Halfords Gear Up! Workshop. The workshop gave the pupils hands on experience of basic bike maintenance and safety, including finding and fixing punctures, adjusting the saddle and handlebars and cycling hazards to avoid. The children really enjoyed the workshop and have learnt some valuable skills.

On Friday 23rd June 2017 the JRSOs attended the Junior Road Safety Awards Event at Endeavour House in Ipswich. The JRSOs met the Councillor, the cabinet member for Highways and Transport, listened to presentations from other JRSOs and participated in a question and answer session. The JRSOs were awarded a Gold award for their scrapbook which informed others of what they had done during the year to encourage and promote road safety within school. Great work JRSOs, we are very proud of your work and the Gold award.

Miss R Jones



Community First Responders

Interested in becoming a CFR?

Why not find out what it is about?

Look at the CFR link on the East of England Ambulance Services website.

You can even apply on line!

If you watch the training video - do not be alarmed - you are never expected to do mouth to mouth.

For further information, please contact your local co-ordinator.



Family Hour @ The Parish Room

Every 4th Sunday families and friends come together for breakfast followed by a 30 minute interactive church service.

- Breakfast is from 9.30
- Includes coffee, tea, juice, bacon rolls
- Followed by a short modern service
- A relaxed cafe style
- Everyone welcome
- No charge

Come and join us!

With immediate effect, the new e-mail address for Stratford St Mary Parish Council will be parishcouncil@stratfordstmary.org.uk All other details remain the same.

SSM Rambling Club

Main contact is the chairman, Don Umfreville on 01206 322626. Unless stated otherwise, we meet up at 09:45 at the Parish Room, Upper Street, Stratford St Mary.

SSM Village Life

As its summer event for 2017, VillageLife joined with the Church Fabric Committee in organizing The Stratford St Mary Village Open Day.

From reports received, the various activities in Stratford St Mary on 24th June seem to have generated an ambiance in the village that was warm and welcoming, with many people commenting that as a result they had been encouraged to speak with other residents in the village that they had never conversed with before.

For VillageLife and I am sure for many others, that in itself was success.

The financial outcome is reported in detail by The Church Fabric Committee elsewhere in Quartet, but VillageLife thanks village residents for their unstinting contribution to the provision of not only a day that can do the reputation of the village no harm at all, but that also accrued much needed funds for village causes. VillageLife will devote its share of the money received to future activity to benefit the community and appropriately, given the garden focus of this particular event, this will include the on-going restoration of the Millennium Garden.

In conjunction with The Swan Beer Festival 2017

'VillageLife' is again organising

The 'VillageLife'

Quintuple (pub-games) Challenge

**A competition for village representative teams of five players
across five (traditional) pub-games:**

**DARTS, NINE MEN'S MORRIS, PETANQUE, SKITTLES &
SUFFOLK QUOITES,**

To take place at the SWAN INN, Stratford St Mary

SATURDAY 16th September 2017 commencing at 4pm.

**Entries are invited from teams of 5 players (any combination of age and
gender), representing Organizations, Clubs, Groups, Pubs, Families or
Groups of Friends or Neighbours**

Enquiries/ requests for further information

e-mail: villagelife@stratford-st-mary.org or contact:

**Brian Such, The Side Cottage, Lower Street, Stratford St. Mary, CO7 6JS.
01206 323 091.**

Copy of competition rules will be provided following receipt of entry.



PARKED CARS

If your car is going to be parked for any length of time, off the public highway, please ensure it is not blocking driveways, post boxes, noticeboards etc, as this can make access extremely difficult.

Thank you!

HISTORIC CHURCHES TRUST CYCLE RIDE/WALK – SATURDAY 9 SEPTEMBER 2017

9 Sep - a date for your diaries.

I will pass on sponsorship forms for the annual Suffolk Churches bike ride/walk to those from Stratford St Mary who have taken part in previous years, when I receive them. Newcomers are very welcome to take part, to support any church of your choice, and can contact me on 322259, or call into Rosebank, Lower Street, to collect a sponsorship form.

It is not too early to start finding sponsors to support your efforts.

Judi Isaac



**IGNITION Youth Club
Stratford Chapel
Every Friday night
7.30 to 9.30**

Age 11 - 16
contact Beckie.w@live.com

Stratford 100 Club Winners

winners for July!

| | | |
|----|--------------|---------|
| 48 | J. Thompson | £ 40.00 |
| 23 | R. Bodsworth | £ 10.00 |
| 90 | E. Pring | £ 5.00 |

STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

(known also as "Stratford Chapel")
Upper Street, Stratford St. Mary CO7 6JH
We are an evangelical/charismatic and community based Church attended by all age groups

Sunday Services:

10 a.m. Morning Praise & Worship followed by refreshments

10.15 a.m. - 11.15 a.m. "Sparks on Sunday" for children aged 5 – 11 years and Youth Group for ages 12-16 years.

6.30 p.m. Prayer and Praise

Mid-Week Groups:

Tuesday 7.30 am - 9.30 am - Men's

Recreational Evening (2nd Tues every month)

Wednesday 7.30 pm – 9.30 pm - Bible Discussion and Fellowship Evening

Friday 5 pm – 6.30pm – "Sparks on Friday" for Children ages 7 – 11 years

Friday 7.30pm – 9.30pm - "Ignition" Youth Club for teens ages 11 – 16 yrs

For further information:

Telephone: Phil (01473) 310728

Email : philipwyncoll@btinternet.com

<http://www.stratfordstmarychapel.com>

Electoral Review of Babergh

The Independent Local Government Boundary Commission for England is carrying out an electoral review of Babergh District Council.

Local people are being asked for evidence on a range of issues.

For more details, maps and to give opinions visit:

consultation.lgbce.org.uk

Consultation closes on 14th August.



Transport to medical appointments.

If you live in Stratford St Mary and have difficulty in getting to and from medical appointments our friendly team are happy to help.

We can also help with transport to visit people in hospital.

Please give us as much notice as you can.

ring:. **Charlie Ablitt on 01206 322684**
Lynn Badcock on 01206 323788

Stratford St Mary Parish Council Emergency Team

If an emergency does arise, please contact one of the following team members:

Hilary Cairns – Emergency Team Leader

6 Mors End 01206 323417

07712 591379

hilcairns@tiscali.co.uk

Norman Woodard

12 Swaynes 01206 323015

Norman.woodard@fatbloaters.com

Chris Griffin

Brook Farm, School Lane 01206

337363/07885 807567

chrisbrookfarm@gmail.com

Steve Kite

42 Strickmere 01206 322482

07958 515573

Bill Davies

3 Spanbies 01206 322990

billdav@hotmail.com



COMMUNITY SPEEDWATCH SCHEME

This has been in operation since 2013 and is run by village residents giving their time in order to make our village safer for residents of all age groups by encouraging motorists to drive through our village at no more than the legal limit of 30mph.

We would, however, welcome a few more volunteers into the scheme so if you could spare just 1 or 2 hours per month please consider joining us.

Please contact
Bill Davies, 3.Spanbies Road,
tel 01206 322990 for more details.

Raydon



Fair Trade Coffee Morning

We had the same hot and sunny weather repeated for our July Fair Trade coffee morning, and as in June it was lovely and cool in the Church, a welcome relief for most of us! Some of our regulars were there almost before me today, rushing off on various missions, not before they had the usual good coffee and "Frinton Delights" though, this month lovely chocolate and banana cake as well as Scoffins!

Plans for the "September Surprise" are well under way, jam jars being delivered for the hoopla stall, various "bric a brac" items and more and more buttons are being sewn onto the waistcoat for the competition to guess how many there are!

Our toilet twinning fund is growing steadily with more donations today. I hope to be able to reach the target of £60 by the Autumn and help a community that is not as fortunate as us to have a loo, so if you could make a contribution it would be much appreciated.

The "Coffee morning" rota is underway! At our next event on August 15th it will be the "Sunday tea team" in charge and I will sit back and enjoy a chat with everyone! Do join the rota and run the event how ever you would like!

Many thanks and see you all on August 15th.

Wendy Mumford 01473 312123

Homemade Teas



At St Mary's Church, Raydon

Sunday 6 August 2017

Sunday 3 September 2017

**Teas served from
3.00 to 5.00 pm**

In aid of our Fabric Fund.



ATTENTION!

All Raydon parishioners should be receiving a questionnaire along with their parish magazine this week. We would be extremely grateful to receive your replies by 16th September. If you haven't received a questionnaire, or need help completing it, please contact Amanda Pyall on 01473 310050 - or any other member of the Parish Council. You can also download a copy of the questionnaire from the website - www.raydonpc.org.

September Surprise

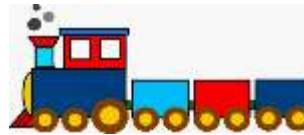
(Cos it's not the August Afayre)



Raydon Church

Sat. 2nd September 10.30 to 3pm

Stalls



Model Trains

Vintage Vehicles



& more

Renowned B-B-Q 12-2pm

Refreshments all day

(In aid of St Mary's Fabric Fund)

Raydon and District Gardening Club

So here we are in the middle of Summertime with the temperature sitting between 27 & 30 degree's which for me is to hot (now I am older) to do much outside workwise, so good reason to make use of the afternoon compiling these notes. As soon as it cools down a bit after dinner it will be outside for about a couple of hour's going round with the watering can refreshing all the pots (we have many) then its time for the two greenhouses to get the same treatment. Last month I mentioned lack of butterflies but since then numbers have increased which is great news with Peacock, Comma, Large white, Skipper, Meadow brown, Ringlet Small white, Red Admiral & Gate keeper to name but a few. The white ones are a pest if you grow brassicas but for the rest it's just wonderful to see. Talking of veggies we gardeners are now reaping the rewards of all the planting and TLC given to the garden over springtime as we harvest our efforts.

June 25th coach outing to Leeds Castle in Kent was another great day out for 49 members & guests and once again we enjoyed excellent weather. What a superb place to visit with such a lovely setting (castle surrounded by water) with a fantastic amount of History indoors, and lovely gardens + parkland + woodlands to walk around outside.

August 19th is our traditional village event, the annual Summer Flower & Produce Show once again so hope you are all going to have a go. If you live in the restricted villages (see schedule) you do not have to be a member to enter so why not join in the fun and have a go, who knows there's

prizes of silver ware cups & cash prizes to win. Children note:- don't forget to bring Mum & Dad along and get them to enter as well then again in the afternoon so they can see you lift a winning trophy. * Be in it to win it.* Entries to be pre-booked if possible by Wed 16th August, just post your entry forms + fees as usual either to High Elms The Street Raydon or The Old Forge Lower Raydon. If you need a schedule (or extra ones) please ask any committee member or call at High Elms. Photocopy entry forms are also acceptable if you wish.

Advance meeting dates :- Thursday 28th September (back in VH) Called Horticultural Snippets by Jim Marshall & Sarah Cook. Then Thursday 26th October Open to all Charity Night.

Your committee looks forward to meeting you all again at all these events and thanks you for all your support for what has been so far another great year.

Geoff Horrex (01473 310422)



RAYDON PARISH COUNCIL

Your Parish Councillors are:

Nev Davenport: 01473 311548

Kathy Herbig: 01473 310024

Sue Newton - Chair: 07808 818847

Amanda Pyall: 07925 108373

Jayne Tann: 01473 828283

Jane Cryer - Parish Clerk: 07920 713940

Raydon PC would like to welcome two new Councillors:

Christine Hempstead (tel 07891 236245)

and Keith Lovering (tel 07939 075143)

With next month's Quartet, Raydon parishioners will be receiving a questionnaire from the Parish Council - we are very keen to hear your views. If you do not receive a questionnaire, or have any difficulty completing it, please contact Amanda Pyall or any other member of the Parish Council who will be happy to assist

ADVANCE NOTICE

**Fashion Show
by Edinburgh Woolen Mill
In Raydon Village Hall**

20% discount on all purchases on the night, and a £5.00 voucher to spend in the Ipswich shop

September 29th 7.30pm

Tickets £5 each including lovely refreshments.

Numbers limited so book early

01473 312123 or 01473 310320

In aid of Raydon Church fabric fund.

October 14th Devilish Quiz in the Village Hall.

More details nearer each event.

Raydon Village Hall Century Club.

**** Requires A Volunteer ****

Due to retirement of the current Century Club administrator we now need a person to take on this post. The Century Club makes a valuable contribution towards funding the maintenance of the Village Hall (old primary school).

The role would involve gathering ticket monies from current members around the village (fees due July), reminding members that payment is due and recruiting new members if possible. Records of funds received would obviously need to be kept.

It is not necessary to be on VH committee, but you would be expected to attend at least two meetings per year. The position would ideally suit someone trustworthy, living in the village (upper or lower Raydon) and over 18 years of age. If you can spare a few hours, and interested in helping a worthwhile cause please contact in the first instance, Geoff Horrex, High Elms, The Street, Raydon. Call 01473 310422 or mobile 07810086143.

Raydon Club is open to residents of this parish and will in future be held on Wednesday evenings each week from 8.30 till 11 pm.

Licenced bar, pool, darts etc.
Look forward to seeing you!

CELEBRATE SUMMER!!

RAYDON & DISTRICT GARDEN CLUB SUMMER SHOW

SATURDAY 19TH AUGUST 2.30pm
RAYDON VILLAGE HALL

Flowers, vegetables, preserves,
baking,
Handicraft, artwork, photography.
All residents of Raydon, Wenham,
Holton
Are invited to enter

Schedules available from committee
members



Raydon Parish Council Schedule of Meetings All at 7.30pm in the KGF Pavilion

Tuesday 19 September
Tuesday 17 October
Tuesday 21 November
Tuesday 19 December

*NB: if you would like to see copies of the
minutes of any Raydon Parish Council
meetings, please contact*

Jane Cryer, Parish Clerk

Sunnyside Cottage, Overbury Hall Road,
Layham IP7 5NA

07920 713940 / raydonpc@gmail.com

Suffolk Historic Churches Bike Trust Ride and stride

9th.September 2017

9am-5pm



Calling all Raydon Riders.It is that time again to ask you to help our church with its upkeep by being sponsored to enjoy a day out or even part of the day cycling around our glorious countryside or walking between Churches or even being Sponsored to sit in the Church for a while!The choices are endless.

It is a beneficial and fun event. I would suggest a stop over at a pub between Churches but you may wobble on your bike and I don't want that responsibility.

Please have a think about what you are doing on September 9th and join in.

Sponsor forms will be available from the back of our Raydon St.Mary's Church as from August 1st.

Thank you for reading about our event. Half of the amount raised goes directly to our Church to assist us with general maintenance.

Please pick up a form.

Jan Hyland

Holton St Mary

Remembrance Day Knitted Poppy Waterfall

Join us in creating a Poppy Waterfall that will cover the front porch of our church, here in Holton St Mary, on Remembrance Sunday 2017.

You can knit, or crochet poppies using the official British Legion pattern, or your favourite poppy pattern, using any shade of Poppy Red wool. Copies of the British Legion pattern can be found on the internet and paper copies are available in the church porch.

Don't worry if you don't knit or crochet, you could make poppies from felt and there will also be the stage of assembling the poppies on the backing nearer the time.

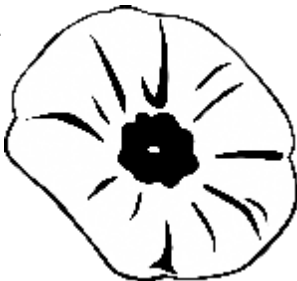
Why not invite your friends and relations to join us in creating this waterfall of Remembrance. They will be acknowledged on a map of participants. We could aim to have poppies from all over the world on our waterfall.

The sooner we start and the more that join in, the more impressive the Poppy Waterfall will be for our service of Remembrance.

For more information contact:

Jeanette Appleton
'Field View'
Holton St Mary.

07768418942



The First Friday of the Month Lunch Club



There will be no lunch in August.

we always welcome both new guests (current or ex residents of Holton St Mary) and new volunteers to help prepare and cook the lunches and to help on the day setting up the tables, clearing away, washing up etc. So if you would like to volunteer please contact Frances Torrington on 01473 312046.

Next Lunch date: Friday 1st September

The Holton St Mary United Charities Trust has some funds available to those resident in the village of Holton St Mary who are in need.

If you feel you might want to make an application please contact: Paul Torrington on

familytorrington@btinternet.com or
01473 312046.

SUFFOLK HISTORIC CHURCHES TRUST

Sponsored Bike Ride and Stride

Saturday 9th Sept 2017,
9am – 5pm



Cyclists and walkers of all ages are invited to take part in the annual Bike Ride and Stride.

If you enjoy cycling and/or walking, why not take part this year and cycle or walk around the Suffolk countryside and raise money for Holton St Mary Church?

Apart from discovering the beauty of our countryside, churches and chapels, you will find it is a challenge and a good day out.

If you do not wish to cycle or walk, you can still take part by being one of those who welcome and sign in visiting cyclists.

For more details and sponsor forms please contact:

Caroline Favell Tel: 01473 310268

Holton St Mary Social Club

WHIST - last Friday of the Month

Quiz Night

Following on from the roaring success of April's Quiz we are planning to hold another in October. Date and details to be advised.

Holton St Mary Village Hall

can be hired at very reasonable rates!

Available during the day and most evenings (not Friday) from £17.00
Saturdays from £35.00

For further information and booking please contact Rachel Eagle on 01473 310550

'The Brain: organ of fact, fallibility and faith'

by Professor Richard Appleton, Professor of Paediatric Neurology, Alder Hey Children's Hospital, Liverpool and Lay Reader, Holton St Mary

An interesting and accessible insight into the role of the brain in how, what and why we think as we do.

Holton Village Hall, Holton St Mary

Wednesday, 27th September at 7.30pm

Refreshments provided
All proceeds to the Church.

Great Community Mural

This competition is being run by the main church insurer company, Ecclesiastical Insurance. Anglican churches across the UK have been invited to submit a piece of original artwork that celebrates the role their church plays as part of the fabric of their local community.

The best entries will be combined to create the largest piece of community art ever produced in the UK. This mural will tour a select number of cathedrals after the unveiling in London. There is also a first prize of £10,000 and four runner up prizes of £2,500.

Holton St Mary got their artwork off to a fine start at the village Barn Dance. Over thirty people added their unique fingerprint to the section that celebrates this year's project of a Poppy Waterfall. Photographs of how our entry was made will be sent in with our entry form. Closing date is August 21st.

Richard and Jeanette Appleton

Macmillan Coffee Morning

Friday 29th September

10.30am

Holton St Mary Village Hall

Paula Partridge & Janet Cracknell are holding a coffee morning in memory of all who have lost their battle and those still fighting cancer, to raise money for Macmillan.

Come and join us for homemade cakes, coffee/tea and a natter! + Raffle

Nayland Flower Show Saturday 5th August, 2-5pm

Schedules are available for the 36th annual Nayland Flower Show. Classes for vegetables, fruit, flowers, flower arranging, photography, art, craft, cookery, family and children's sections. Non members, particularly children, are most welcome to enter. Schedules available from Nayland Post Office or www.naylandhortsoc.org.uk Entry deadline 2nd August.

Everyone is welcome to come along and enjoy the exhibits, produce stall, raffle and refreshments. Nayland Village Hall, Church Lane CO6 4JH



Hever Castle Visit Sunday 10th September 2017

Coach leaving Nayland 9:00, departing the castle at 4pm. The cost is £30 to include travel and entry. Refreshment and picnic areas are available. Open to non-members. We anticipate strong demand, so early booking is advisable. Booking forms available on www.naylandhortsoc.org.uk and can be returned to the Hort Soc box in the Post Office, or direct to Margaret Smy at 24 Harpers Estate. Cheques payable to Nayland & District Horticultural Society. For more information, contact Margaret on 262022 or trevor.smy@virgin.net.



EAST BERGHOLT CONGREGATIONAL CHURCH

Cemetery Lane, East Bergholt,
CO7 6RZ

Pastor -Mrs Maralyn Bambridge

Services - Each Sunday morning at 10.30 led by the pastor unless otherwise stated

Coffee Mornings - Each Thursday 9.30 to 11.30 am

Church Secretary – John Jeffreys
Tel 01206 298737

Email j.jeffreys.eb@btinternet.com



Stour Valley Men's Probus Club

On 5 July Lewis Tyler presented "Daddy, what is TV" and then on Wednesday 19 July we held our summer lunch to which we invited our Spouses and Probus Widows to join us. This year we moved to The Haywain and the occasion was enjoyed by all.

We don't hold a meeting in August and return on Wednesday 6 September when Tom Williams presents "Everyone has a book in them". On Wednesday 20 September Philip Roberts' talk is entitled "The Mary Rose". Our first October meeting is on Wednesday 4th when Roy Wood will tell us "How to enjoy a healthy retirement followed on Wednesday 18 October by David Ablewhite, who returns again, presenting "The Royal Family".

Our Club endeavours to be simple in structure, free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.

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Registered charity no. 1017476



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17th September

9.30am – 12noon

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Pitches:

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**On the day £1 extra
No traders**

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Nurture Dogs

Nurture Dogs inc Dedham Therapy Farm CIC is a community interest company that brings the pleasure and therapeutic value of the human animal bond to as many people as possible. We combine animal contact and activities with the therapeutic philosophy of Occupational Therapy. We major on empowering people, providing choices and opportunities where perhaps these do not exist. For more information on our sessions please call us on 01206 322070.

Come and visit on our Open Day on
Saturday 12th August from 11-3pm
at Mill Lane, Dedham

www.nurturedogs.org.uk



CONSTABLE SINGERS


We welcome new singers especially sopranos to join us, no audition, words provided, first session free we just sing to enjoy ourselves at the Lambe School East Bergholt each Thursday of the month starting at 7pm apart from the 2nd Thurs. when we meet at the Congregational Hall East Bergholt. We sing music from the musicals and various popular songs. We currently have members from 16 yrs. to 80 yrs. For more information contact Mel 01206298628 or Yvonne 01206298428

Waste & Recycling Collection Schedule 2017

| August 2017 | | | | | | |
|-------------|----|----|----|----|----|----|
| Mo | Tu | We | Th | Fr | Sa | Su |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

 Recycling collected this week

 Rubbish collected this week

 Bank Holiday Week - everyone's collection will be a day later

THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

On Wednesday 12th July Dr Stephen Ashworth, Senior Lecturer, UEA, talked on "Kitchen Chemistry". An interesting science show using readily available materials to illustrate some of the principles of chemistry. Acids, bases, catalysts & indicators are all part of this exploration of some of the chemicals that are all around us.

We do not have a speaker meeting in August but our popular Summer Dinner takes place once again at the Constable Hall on 4 August. Our speaker on 13 September is David Whittle, Vice Chairman of the Harwich Society, whose presentation is entitled "I Do Like To Be Beside The Seaside".

"Being a Woman Racing Driver & Racing at Le Mans" is the subject of our talk by Celia Stevens on 11 October. She will talk of her experience of racing historic cars three times at Le Mans Classic, once at Nuremburg & all over the UK. And she is still racing !

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December.

We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the Third Age Trust, have over 230 members and 21 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Val Pretty may be contacted.



Can you help a local charity?



Suffolk Family Carers is based in Old Ipswich Road, Claydon on Hill View Business Park. We provide information, advice, guidance and support for anyone who is caring for a friend, family member or neighbour. The person that they are caring for may be ill, have a disability, a Mental Health issue or be elderly and frail.

How can you help?

By calling a family carer each week – either from your own home or from our Claydon office - offering emotional support, a listening ear, and a friendly chat.

What do we offer?

Training and support for your volunteer role, out-of-pocket expenses, and the opportunity to meet new people and to make a real difference to the lives of family carers.

Who do I contact?

If you are interested and would like to find out more, please call the volunteer team on 01473 835450 or email us at volunteer@suffolkfamilycarers.org

Kenny's SESAW News

August already, but I'm writing in July before our Open Day which I'll tell you about in September. Confused? That's nothing! I found Mum in the kitchen with a sink full of water recently, not washing up but encouraging a gosling to swim. The poor little mite had splayed legs and Mum was supervising his hydrotherapy.

During July I enjoyed meeting lots of nice people at the Shelley Fun Dog Show and Copdock School Summer Fete - I don't think I've ever had so much fuss in one weekend! Some of our volunteers are on holiday so SESAW will be closed during August. It will also help us settle down again after all the Open Day excitement. If you want an interesting family day out, look out for us at the Wildlife Fair on 22nd and 23rd August at the beautiful Beth Chatto gardens. Elmstead Market, CO7 7DB. Bargains galore at Barbara's Bonanza Sale at the Parish Rooms, Stratford St. Mary, CO7 6JH, 10-2pm on 19th August. The kind villagers have donated quality items including a big dictionary which I'm reading. Apart from being the eighth month, August means "inspiring reverence or admiration". Surely that must be a reference to me, Kenny (the Boss) Chihuahua!

Suffolk & Essex Small Animal Welfare, Reg. Charity No. 1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888 www.sesaw.co.uk

PCC PUBLIC MEETINGS 2017

The Police and Crime Commissioner, Tim Passmore launches his 2017 series of public meetings in each of the 18 Safer Neighbourhood areas. The meetings are an opportunity for the public to ask questions of the PCC and the Constabulary, and to find out more about policing in the county. Each meeting will involve a quick overview from Tim Passmore and the local Superintendent and then the public will have an opportunity to ask questions. The local Inspector responsible for policing in the local area, will add operational context.

There is no need to book, please just turn up. All meetings start at 7pm, tea and coffee will be served from 6.40pm.

**Wed 15 November - Hadleigh Area
Village Hall, The Street, Capel St
Mary, IP9 2EP**

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Colin the fishmonger has his fresh
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Thursday morning from
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MOBILE LIBRARY

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November, 27 December

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Tally Ho! Corner - 11.25am - 11.45am
Strickmere (School Lane end) - 11.50am
- 12.10pm

Route 14

The bus stops every 4 weeks on
Tuesdays,
15 August, 12 September, 10 October, 7
November, 5 December

Holton St Mary

Church Square - 10.00 - 10.15am

Raydon

St Mary's Raydon - 10.20am - 11.05am

Lower Raydon

Sulleys Hill - 11.10 - 11.25am

Higham

The Green - 11.35 am to 11.50 am

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is staffed 9am to 5pm from Monday to
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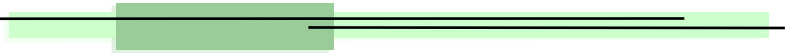


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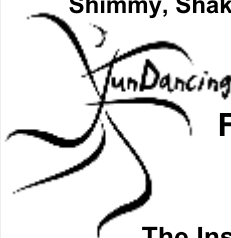
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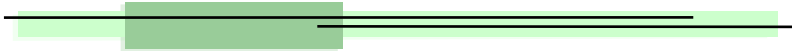
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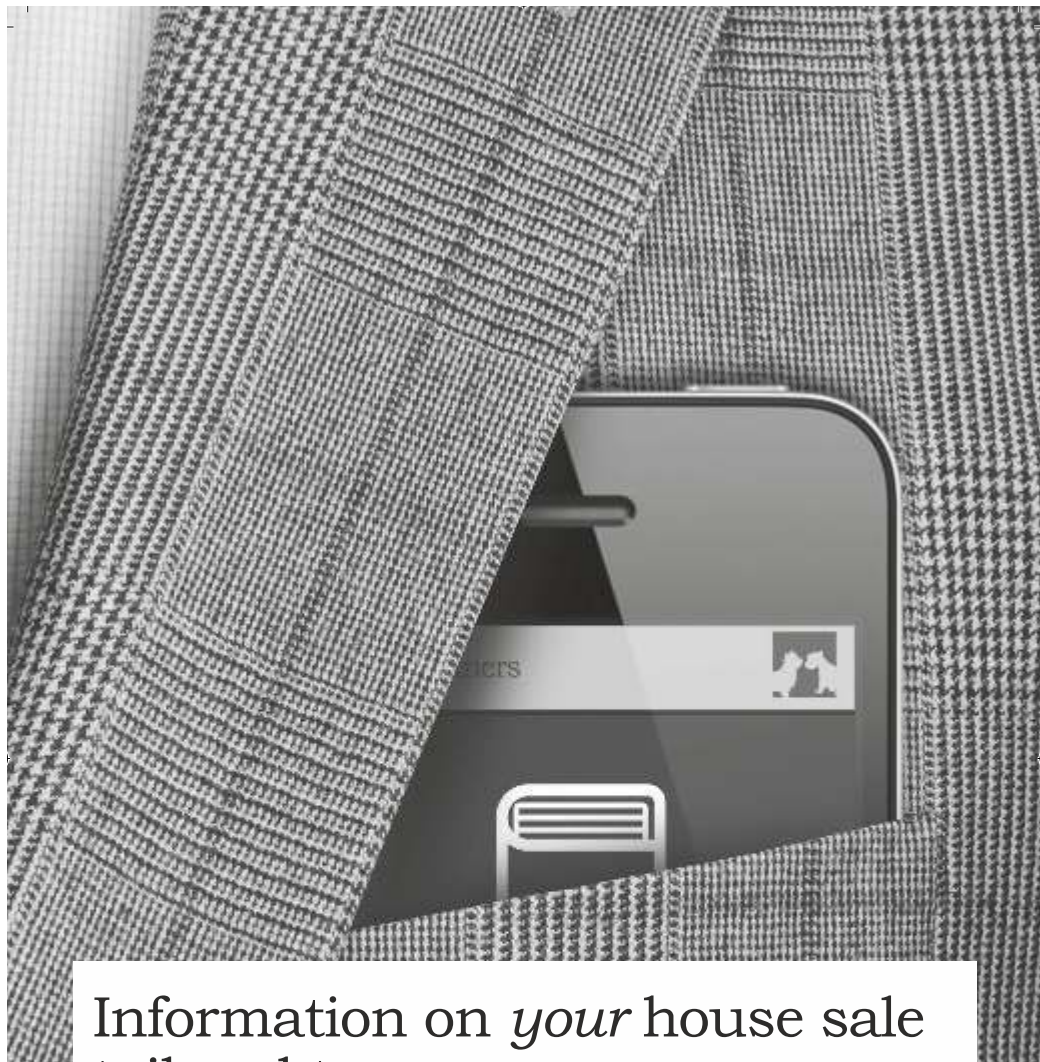
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Please contact the Rector direct to talk about baptisms, confirmations, weddings, funerals, or for home visits. **Please note that her normal day off is Friday.**

Churchwardens

Higham Martyn Carr 01206 337325 (Elder)
Hugo Parker 01206 337234

Holton Paul Torrington 01473 312046
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Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

Stratford Christine Cousins 01206 322530 (Elder)
Jonathan and Janet Dewey (Elder) (01206 322148)

Readers

Richard Appleton 01473 311487
Nicola Tindall 01787 212340

Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **16 August**.

Watch out in next month's edition for information about our new Home Group.

Prayer Walks

1 August Start from Holton church at 11 a.m. and walk to East Bergholt for lunch
10 August Start from Higham church at 11 a.m. and walk to SSM for lunch
14 August Start from Raydon church at 10 a.m. for an hour
22 August Start from SSM at 11 a.m.
31 August Start from Holton church at 11 a.m.
7 September Start from Higham church at 11 a.m.

A Prayer Walk starts and finishes with a prayer for our neighbours in all our parishes. So do come and join us, if only for the exercise and food! Children and dogs welcome.

Services in August and September

| | 8.00 a.m. | 10.00 a.m. | NB. 6.30pm |
|-----------------------|-----------|---|------------|
| 6 th | | SSM (HC and Baptism) | |
| 13 th | | Higham | |
| 20 th | | Holton | |
| 27 th | | Raydon | |
| 3 rd Sept | | SSM Harvest + Baptism | Holton |
| 10 th Sept | | Raydon Harvest | |
| 17 th Sept | | Holton Harvest | SSM |
| 24 th Sept | | 10am SSM Family Hour 11am Higham Harvest + Lunch | |



New Testament Readings and Collects for weekdays in August

30 July: *Trinity 7*. Generous God, you give us gifts and make them grow; though our faith is as small as a mustard seed, make it grow to your glory and the flourishing of your kingdom, through Jesus Christ our Lord. Amen.

31st 2 Corinthians 11.1-15. Ignatius of Loyola, 1556

1st 2 Corinthians 11.16-end

2nd 2 Corinthians 12

3rd 2 Corinthians 13

4th James 1.1-11. Jean-Baptiste Vianney, Curé d'Ars, Spiritual Guide, 1859

5th James 1.12-end. Oswald, King of Northumbria, 642

6 August: ***The Transfiguration of our Lord***. Lord God, your Son left the riches of heaven and became poor for our sake; when we prosper save us from pride; when we are needy save us from despair, that we may trust in you alone. Amen.

7th James 2.1-13

8th James 2.14-end. Dominic, Founder of the Dominicans, 1221

9th James 3. Mary Sumner, Founder of the Mothers' Union, 1921

10th James 4.1-12. Laurence, Deacon at Rome, Martyr, 258
11th James 4.13-5.6. Clare of Assisi, Founder of the Poor Clares, 1253
12th James 5.7-end

13 August: *Trinity 9.* Gracious Father, revive your Church in our day, and make her holy, strong and faithful, for your glory's sake, in Jesus Christ our Lord. Amen.

14th Mark 1.1-13
15th Luke 11.27-28. ***The Blessed Virgin Mary***
16th Mark 1.21-28
17th Mark 1.29-end
18th Mark 2.1-12
19th Mark 2.13-22

20 August: *Trinity 10.* Lord of heaven and earth, as Jesus taught his disciples to be persistent in prayer, give us patience and courage never to lose hope, but always to bring our prayers before you, through Jesus Christ our Lord. Amen.

21st Mark 2.23-3.6
22nd Mark 3.7-19
23rd Mark 3.19-end
24th John 1.43-end. ***Bartholomew the Apostle***
25th Mark 4.21-34
26th Mark 4.35-end

27 August: *Trinity 11.* God of glory, the end of our searching, help us to lay aside all that prevents us from seeking your kingdom, and to give all that we have to gain the pearl beyond all price, through our Saviour Jesus Christ. Amen.

28th Mark 5.1-20. Augustine, Bishop of Hippo, 430
29th Mark 5.21-34. The Beheading of John the Baptist
30th Mark 5.35-end. John Bunyan, Spiritual Writer, 1688
31st Mark 6.1-13. Aidan, Bishop of Lindisfarne, Missionary, 651
1st Mark 6.14-29. Gilles of Provence, Hermit, c. 710
2nd Mark 6.30-44. The Martyrs of Papua New Guinea, 1901 & 1942



For your diaries

| | |
|--------------|---|
| 6 August | 3-5 p.m. Tea in the Church, Raydon |
| 2 September | 10-3.30 'September Surprise', Raydon |
| 3 September | 3-5 p.m. Tea in the Church, Raydon |
| 30 September | 7.30 p.m. SSM St Edmundsbury Male Voice Choir |



For your prayers

For Shelley Churchman and Aurnyn Morgan, getting married in Holton St Mary on 19 August

For Shelley, Eddie and Etalie Wilson, to be baptized in SSM on 6 August, and for their families

For those who are ill or in need:

Holton: Gerard and Ralphia Noel, David Yorke-Edwards

Raydon: Cliff Cooper, Stella Hyland

SSM: Nancy Ablitt, Laura Kerry, Trina

Others: Tory Cook, Helen Gregory, Steve Kupfer, Gail O'Dell