

## **BENEFICE CONTACTS, SERVICES AND EVENTS**

**Priest-in-charge:** Rev'd Manette Crossman: Tel. 07947 737789  
Email: [revmcrossman@gmail.com](mailto:revmcrossman@gmail.com)

**Curate:** Rev'd Nicola Tindall: Tel. 01787 212340  
Email: [revnictv@outlook.com](mailto:revnictv@outlook.com) \* *please note new email address*

**Lay Elder:** Sandy Ranson 01206 322156  
Email: [sandyranson29@gmail.com](mailto:sandyranson29@gmail.com)

Please contact Rev'd Manette if you would like to know more about Baptisms or Weddings, or if you need to arranged a loved one's funeral.

Bishop Mike will be leading **Confirmation services** on **14<sup>th</sup> August** and on **18<sup>th</sup> September**.in Higham. Please talk to Rev'd Manette if you would like to know more about being confirmed.

**If you would like to receive Home Communion, please contact Rev'd Manette or Rev'd Nicola.**



Regular updates about what is going on in our parishes can be found on the Benefice Facebook page:

**<https://www.facebook.com/4-Marys-Benefice-111433503828636>**

**Benefice website: [www.4marys.org.uk](http://www.4marys.org.uk)**

### **Churchwardens:**

**Higham** Hugo Parker 01206 337234

**Holton** Richard Noel 01206 298276  
Paul Torrington 01473 312046

**Raydon** Geoff Horrex 01473 310422

**Stratford** Jonathan Dewey 01206 322148

### **Benefice Safeguarding Officer:**

Frances Torrington: 01473 312046 [familytorrington@btinternet.com](mailto:familytorrington@btinternet.com)

## Church Services for July

Please check our Facebook pages and the 4-Marys website for updates. If there are any significant changes, those who are on our regular email contacts list will be notified.

**Sunday 3rd July** 10am: Holy Communion Stratford St. Mary  
St Thomas the Apostle

**Sunday 10th July** 10am: Holy Communion Higham  
Trinity 4

**Sunday 17th July** 10am: Holy Communion Holton St. Mary  
Trinity 5

**Sunday 24th July** 10am: Holy Communion Raydon  
Trinity 6 10am: Family Hour Stratford St Mary Parish Room

**Sunday 31st July** 10am: Benefice Family Communion Holton St. Mary  
Trinity 7 Join us for coffee (or tea) and croissants at 10am, followed by a shorter and more informal communion service.

**Family Hour, the Higham Hangout and our evening services will return in September. Details will be published in future editions of the Quartet.**

Covid infection rates continue to be high in Suffolk and North Essex. Being vaccinated does not offer full protection and you can still pass on the virus. When meeting in church or in other places, please observe social distancing and respect that many wish to avoid physical contact such as shaking hands. Whilst wearing masks in enclosed indoor spaces is not a legal requirement anymore, some people prefer to wear them and they offer a degree of protection.

If you feel in any way unwell, or you have a cough, a temperature, a sore throat or a runny nose, even if you don't test positive for Covid, please stay at home until you feel better.

## Family Hour in Stratford St Mary at 10am

Family Hour in the parish room will take its usual break over the school summer break. The next meeting will be on **Sunday, 25th September**. All are welcome to join us for this short family service, bible input and craft fun! Breakfast (bacon rolls / juice / tea / coffee) served **from 9.30 am**. We look forward to welcoming you!  
The Family Hour Team.



## Sunday Hangout in Higham

A Sunday church group, aimed primarily at children, but open to any age! Sunday Hangout is a time to create with others, a chance to reflect on our faith and to learn in a fun way. An opportunity to hang out with friends, whilst getting involved in fun activities that the whole family can enjoy. We meet for about an hour at 4pm and snacks and drinks will be provided. The Higham Hangout will be meeting again in September – dates will be published in future editions of the Quartet.

**Chat, Prayer & Coffee every 3<sup>rd</sup> Wednesday of the month**  
in the Stratford St Mary Parish Room, on 20th July at 10am

## Benefice House Group

The House Group will meet on **Friday 22nd July at 2.30pm** at 5 Veyses End, Stratford St. Mary. Please contact Jonathan for more information at: dewey57jon@gmail.com  
\* Please note the change of day.

## **Benefice Churches Open**

All our churches in the benefice are open every day for private prayer and for visiting.



Loving God, we pray for the people of Ukraine, for all those who are suffering or afraid, that you will be close to them and protect them.

We pray for world leaders, for compassion, strength and wisdom to guide their choices. We pray for the world, that in this moment of crisis, we may reach out in solidarity to our brothers and sisters in need.

May we walk in your ways so that peace and justice become a reality for the people of Ukraine and for all the world. We offer our prayer in the name of Jesus Christ, our Saviour. Amen.

Lord of time,  
as we inch our way along the ruler of our lives,  
help us to remember that you hold each end in love.  
You are the one who is above, below, around and beyond  
our earthly lifespan, and so we trust in you,  
because you know the end from the beginning  
and the meaning beyond our understanding.  
Thank you that our times are in your hands. Amen. *Martyn Payne*

Please pray for all those who will be preparing for Confirmation in August and September.

We pray for those who are in pain, distress and grief, among them:

**Higham:** Amanda Berry, Penny Watkins

**Stratford St. Mary:** Laura Kerry

**Holton St. Mary:**

**Outside our parishes:** Helen Gregory, Rev'd Joyce Willis

We remember all those who have died, among them Grace Turner-Hutton and Ether Wright. May they rest in peace and rise in glory, and may those who mourn them be comforted in their grief.

*If you wish to be added to our email mailing list to receive updates about what is going on in our benefice, please contact Rev'd Manette at: revmcrossman@gmail.com*