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**May 2021**  
Issue 393

# Quartet

**The Parish Magazine**

For Higham, Stratford St Mary, Raydon and Holton St Mary

Sale of 22 sturdy metal chairs in blue fabric upholstered seats that are surplus to church requirements.

We are happy to divide them up into smaller lots.

All we ask is a donation to our church funds at Stratford St Mary.

For further information, Please contact: Jonathan Dewey 077 4599 6349.



### Help us with our campaign!

If you know any merchant or service provider living in one of our four villages, please let us know by emailing [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk). We will contact them and see if they would like a **free listing** in the Quartet

## Small Ads Pin Board

No charge for non-commercial ads placed for one month only, space permitting. Email [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk)

## Quartet Diary

### May

- 11 Raydon Parish Council Annual General Meeting
- 17 SSM Parish Council Meeting
- 18 Fair Trade Coffee Morning
- 20 SSM Annual PCC meeting
- 21 Coffee Morning Higham
- 27 R&DGC meeting (Cancelled)
- 28 HSM Annual Parish Meeting
- 31 SSM Annual Parish Meeting

### June

- 15 Raydon Parish Council Meeting  
Fair Trade Coffee Morning
- 21 SSM Annual Parish Meeting
- 27 R&DGC Coach Outing (Cancelled)

### July

- 12 SSM Parish Council Meeting
- 13 Raydon Parish Council Meeting  
Fair Trade Coffee Morning
- 22 R&DGC Meeting (TBC)

### August

- 10 Fair Trade Coffee Morning

- 14 R&DGC Summer Show (TBC)
- 27 Higham Art Exhibition preview evening
- 28-30 Higham Art Exhibition

### September

- 7 Fair Trade Coffee Morning
- 11 Suffolk Historic Churches Trust Ride and Stride
- 13 SSM Parish Council Meeting
- 14 Raydon Parish Council Meeting
- 23 R&DGC meeting (TBC)

### October

- 5 Fair Trade Coffee Morning
- 12 Raydon Parish Council Meeting
- 28 R&DGC Meeting (TBC)

### November

- 2 Fair Trade Coffee Morning
- 8 SSM Parish Council Meeting
- 9 Raydon Parish Council Meeting
- 25 R&DGC Social Evening (TBC)
- 30 Fair Trade Coffee Morning

# Editors Corner

You may have noticed over the past few months the Quartet has been getting thicker. There's a couple of reasons for this. Our advertising recruitment campaign has been very successful, with about a dozen new advertisers who need more space and we're gearing up ready for the summer and anticipating the start of local events again. It's good to see coffee mornings restarting, Suffolk Churches Ride and Stride hoping to go ahead and the Higham Art Festival is looking likely too. Information on all these can be found on the pages inside, along with an eclectic mix of other bits and pieces for your enjoyment.

We're looking forward to a busier summer so don't forget, if you have an event coming up, email us details at the Quartet and we'll include all articles from non profit making organisations free of charge.

We're striving to make the Quartet something that everyone in our villages will find useful, so keep sending in suggestions!

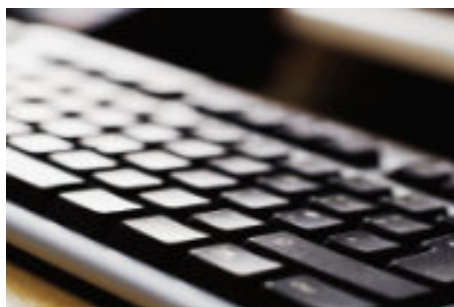
Happy reading

Anne and Jane



Send us details of companies living near you that offer services or things for sale - we'll contact them and offer free lineage in the Quartet. We can build a really useful directory of local resources!

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:  
**19<sup>th</sup> May 2021**

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# Rev'd Manette Writes

Dear friends

As I write this, Easter seems a long time ago. We are well and truly into spring and with the warmer weather everything has suddenly turned green and colourful and there are lots of signs of new life about. The keen gardeners amongst you will have noticed that it's especially the weeds that enjoy new life in abundance!

It was lovely to see so many of you during Holy Week and Easter and we all rejoice that we are able to meet in person. And it is wonderful that we can sing hymns outside! In the Church, we are still in the Easter Season when we rejoice in the resurrection of Jesus Christ, but we are now looking ahead to Ascension Day when we celebrate Jesus' ascension into heaven. This year we will be gathering on Thursday, 13<sup>th</sup> May at 10am in St. Mary's Church in Higham for our Benefice Ascension Day celebration, and we can chat over coffee in the churchyard afterwards. Come and be part of our worshipping community as we commemorate this important feast day!

On 23<sup>rd</sup> May we celebrate Pentecost and the gift of the Holy Spirit. Pentecost is regarded as the birthday of the Christian Church and the start of the Church's mission to the world. What better day to join in worship! We are hoping to meet for an outdoor service in Stratford St. Mary (location and details to be confirmed), and we will have a service of Evening Prayer at 6pm in Raydon.

From 13<sup>th</sup> – 23<sup>rd</sup> May the Church encourages us take part in 'Thy Kingdom

Come', a global prayer movement that invites Christians around the world to pray from Ascension Day to Pentecost for more people to come to faith in Jesus Christ. Since its start in May 2016, the 'Thy Kingdom Come' initiative has grown into a movement in which Christians from 172 countries have taken part in praying 'Come Holy Spirit'. People in all their diversity and with all their differences have joined in prayer, and every person, household and church are encouraged to pray in their own way. Let us pray that the Holy Spirit inspires us, too, and that our church may grow and show new signs of mission and outreach so that we share the love of Jesus Christ in our communities.

As your parish churches in Higham, Holton St. Mary, Raydon & Stratford St. Mary we are here for everyone in our parishes. If you would like to have your child baptised, or be baptised yourself, do get in touch. Perhaps you got engaged and are thinking about getting married. If you live in the parishes or you have a qualifying connection through your parents or grandparents, you may be able to get married in one of our beautiful churches and I would look forward to help you plan your marriage ceremony. And, of course, we are here as well for the sad times in life if you need to plan a loved one's funeral.

Please get in touch with me or with our Curate Nicola if we can help in any way.

Yours in Christ,  
Rev'd Manette

# Stratford St Mary



## In Stratford

Hall Farm Shop Cafe and Restaurant  
www.hallfarmshop.com

The mobile pizza co - 07982 427483

ABC Preschool - 01206 322466

Kate Baines, Virtual Assistant - 07799 391343

Orwell Electrical - 01206 322969

Andy Smith Roofing - 01206 322882

Jackson Plumbing and Heating -  
01206 322063

Nigel Bruce Electrician - 01206 322751

Penrose and Partners - Vets. 01206 323414

Finest Gardens - 07756 364560

John Burrell Bespoke Bedrooms -  
07734700507

## Stratford St Mary and Langham Community First Responder Group

**Have you ever thought about becoming a Community First Responder?** 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.



## SSM 100 Club Winners April

|                 |        |
|-----------------|--------|
| 31 Tracey Davis | £40.00 |
| 35 Anne Cousins | £10.00 |
| 76 Sue Ablitt   | £5.00  |

## STRATFORD ST MARY PARISH HOUSEHOLD COMMUNICATIONS



To date, more than one third of parish households have registered an e-mail address on the Parish Council e-coms register.

Thank you.

### Have you registered yours?

Complete the form delivered to your household in February and return it to one of the addresses provided on the form, or

e-mail: household identity, post code and e-mail address to

data.manager@stratfordstmary.org.uk

**Need a new form or have questions/ concerns about the register?**

Contact the Data Manager at above address, or

speak to a Parish Councillor.

See Parish Council » Stratford St Mary Parish Council (onesuffolk.net)

## Stratford St Mary Parish Council Emergency Team

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

### 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

**The current Emergency Team members are all over 70 years of age and, in the current climate, we would like to welcome younger village residents to join the team to assist anywhere in the village if called upon to help. If you feel you can be of use in any such emergency, please contact the parish clerk Mrs Jenny O'Hanlon on parishcouncil@statfordstmary.org.uk**

## Stratford St Mary Parish Church

The Annual Meeting of Parishioners (Election of Churchwardens) and the Annual Parochial Church Meeting (APCM) will be held on:  
Thursday 20<sup>th</sup> May at 7.00 pm in the church.



**SUFFOLK HISTORIC  
CHURCHES TRUST CYCLE  
RIDE/STRIDE/WALK –  
SATURDAY 11 SEPTEMBER  
2021**



**11 Sep** - a date for your diaries.

With permission from Government, it is hoped that SHCT, in its normal format, will take place in 2021.

I will pass on sponsorship forms to those 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.

David Isaac

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**STRATFORD ST MARY PARISH  
COUNCIL MEETINGS**

**PARISH COUNCIL MEETING CHANGES**

Following recent changes announced by the government, our parish council "Zoom" meeting scheduled for 10th May can no longer take place.

Instead, we are re-arranging our Annual Parish Council meeting to take place on

Monday 17th May and the Annual Parish meeting on Monday 31st May. Both meetings will be at the Institute Hall in Higham Road commencing at 7.30pm.

However, in order to comply with government Covid regulations the number of people attending will have to be limited so if any member of the public wishes to attend these meetings, please contact our parish clerk no later than 5pm on the day of the meeting so that your attendance can be confirmed. Her email address is [parishcouncil@stratfordstmary.org.uk](mailto:parishcouncil@stratfordstmary.org.uk) or telephone 01473 311191.

Should the government issue revised instructions between now and the meetings taking place, there may well be further changes to these arrangements. We will notify residents via our Website, Facebook and notice boards. Thank you

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**The Village Emergency  
Telephone**

If you are with a person who you suspect has had a cardiac arrest, immediately call 999 as normal. An ambulance will be dispatched as soon as possible, however due to the location of Stratford St Mary, this may take a while.

You will probably be alone with the patient and cannot leave them to go and get the village **defibrillator**, so we have a group of 10 volunteers who will respond to a telephone call from you. All the volunteers are on the same number and if a volunteer is available you give them your location, they will collect the **defibrillator** and come to your location, they will then assist in CPR and using the **defibrillator** until the ambulance or medics arrive.

The number to call these volunteers is :-

**01206 700919**

**STRATFORD ST MARY PARISH HOUSEHOLD COMMUNICATIONS**

**Council notices through your letterbox are likely to cease after circulation of the notice for the Annual Parish Meeting 2021, unless you have requested continued delivery of paper-based documents.**

**Have you registered an e-mail for your household?**

Complete the form delivered to your household in February and return it to one of the addresses provided on the form, or e-mail: household identity, post code and e-mail address to [data.manager@stratfordstmary.org.uk](mailto:data.manager@stratfordstmary.org.uk)

Need a new form or have questions/ concerns about the register?  
Contact the Data Manager at above address, or speak to a Parish Councillor.

See [Parish Council » Stratford St Mary Parish Council \(onesuffolk.net\)](#)



# Higham

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## In Higham

Brett Valley installations - Oil boiler  
servicer - 01206 337316

HC Smith Builders - 07468 456772

Derek Allen Fresh Fish (Thursdays)  
07967 755771

## HIGHAM VILLAGE COFFEE MORNING 11.00am FRIDAY 21st MAY



Please join our Higham Coffee Morning  
with Annie and her Queen Bee Coffee Van  
coming to **Higham Church** from 11am



This year's Benefice Christian  
Aid Service will be held at St  
Mary's, Higham on 9th May at  
10am.

Please do come and join us as  
our main subject will be the  
effects of climate change, which  
in spite of the global pandemic  
remains a topic that is of  
concern to all of us.

If you're unable to attend but  
would like to make a donation  
please contact Revd Nicola

## August Bank Holiday Higham Church Art Exhibition of Paintings

Evening Preview Friday 27th August  
Exhibition open Saturday 28th, Sunday 29th  
and Bank Holiday Monday 30th August

# Raydon

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## In Raydon

Blackwell Barn Holiday Let -  
[www.cottages.com](http://www.cottages.com)

Phil Avery Electrician 01473 311261

Ashley Short Carpentry 01473 311226

Gordon Short Decorator 01473 313053

SW Stiff Builders - 07811 005241

DIY Livery - 07710 540926

Infusion Grill - 07584 573474

Swift Garden Services - 07947 322429

Rheal Coatings - 07539 377740

Franklyn Nevard - Architect 07515  
351894

Fresh Eggs - Roadside stall Fox Farm

## Don't forget!

Send us details of companies living near  
you that offer services or things for sale -  
we'll contact them and offer free lineage  
in the Quartet. We can build a really  
useful directory of local resources!



## Fair Trade coffee morning

What a wonderful  
morning for our first Fair  
Trade coffee morning of  
the year on April 20th, in  
fact the first for six

months! The weather could not have been  
better, lovely warm sunshine and hardly  
any breeze. Just what we needed as it was  
an outside socially distanced event. The  
cheese scones were a joy to taste again  
and luckily our "Frinton Friends" hadn't lost  
the touch during the absence of coffee  
mornings. We were also lucky enough to be  
the recipients of a delicious selection of  
cakes provided by a local from the village.  
So a huge thank you to the "bakers" and of  
course a huge thank you to everyone for  
coming along to enjoy some company  
again. We had several new participants as  
well, some newly retired and some new  
village residents, including our new Rector  
Rev'd Manette Crossman and Rev'd Nicola  
Tindall.

Thankfully our mobile library van was back  
in action, do join if you don't already have a  
library card, the selection of books and  
DVDs are very good and you can also  
order for collection the following month.  
We had another visit from the "Pop Up  
Shop" called "Love refills" the range of  
goods available is great and if you haven't  
got your own empty container to refill then  
there are always some available. Store  
cupboard goods, household items, cleaning  
products etc are excellent value as you're  
not paying for packaging that you then  
throw away!! Do come and give it a try.

We next meet up on May 18th, if the easing of restrictions goes to plan then we should be able to meet inside the Church, but if the weather is as good as it was today then I think outside will be wonderful.

Thank you very much for supporting our Fair Trade coffee morning and pop up shop, looking forward to meeting everyone again on May 18th 10am-11.30am and perhaps some more new faces as well.

Thanks again

Wendy Mumford  
01473 312123



A very big thank you to all my family and friends for my cards and presents on my 90th Birthday  
I had a really lovely day, thank you all  
Betty Cooper

*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](mailto:raydonpc@gmail.com)

## Raydon Church Stall

In line with government rules we will be able to open our fundraising stall on April 12th. We look forward to welcoming everyone back to buy our books, bric a brac and plants which are all donated to us. Please make sure items you donate are clean and undamaged. You may leave your items in the Church porch or behind the wall by the stall.

Our storage space is very limited so we are unable to accept multiple boxes of car boot left overs, fabric items, large pictures or canvases, videos, tapes or electrical items. We hope you'll understand.

We thank you for supporting this valuable fundraising stall and look forward to receiving your goods and plants to sell on it.

With many thanks  
Wendy Mumford. 312123

## Suffolk Historic Churches Sponsored Cycle Ride.

Just to remind everyone that September 11th is the date for this most important fundraising event. We need extra cyclists or walkers this year as very sadly we have lost our greatest fundraiser ever for this event. Her target each year was 25 miles on her exercise bike which she always seemed to manage, and raise about £300 each year!! So dust off your cycle, clean your walking boots and start practicing, believe it or not it's great fun !!

Our Churches here are quite difficult to walk to, but you can drive to say Hadleigh or Ipswich and visit all the Churches there to get your sponsorship form signed.

Another way to help is to make some refreshments for riders visiting Raydon Church, and just to remind you we also need you to book a slot to welcome and sign in those from other Churches.

Please help if you can.

Many thanks from Wendy Mumford  
01473 312123

# Raydon and District Garden Club

We are well in "Springtime" and it's not been the warmest one for several years but not as wet as previous ones either. On my clay soils I need plenty of frosts throughout January & February to help it break down to a fine tilth, but that did not happen either so it's been a struggle to get a good prepared seedbed especially for the fine seeds of carrot, red beet, parsnip, lettuce to name a few. Because we have had several night frosts in March and especially April they are slow to germinate. They will grow ok once we get some warmer nights and a little rain but they do tend to come more uneven. Sometimes the second sowing (because it's two weeks later) seem to grow so much better.

Nature of course is in full gear ahead with nesting and feeding youngsters, butterflies out and about on the sunnier warmer days, newts in garden pond seem to have eaten all the tadpoles, but have not yet seen the resident grass snake (too cold) which would of course eat the newts. Seen overhead several Buzzard and also Red Kite, Grey Heron, along with Rooks, Crows, and Jackdaws. In the garden usual Blue and Gt Tit, Robin, Dunnock, Goldfinch, Chaffinch, Redpoll, Sparrows, Song Thrush, Blackbird and this week Mistral Thrush and Male Blackcap. Heard only Chiff Chaff. Daphne saw first House Martin this year but as yet no swallows.

Village hall sale update so far is going through albeit very slowly. Hopefully by next Quartet in June we will have good news. In the meantime we are planning to move up the road to the KGF playing field pavilion as soon as we are allowed to use it fully for meetings. Optimistic for a start late July but getting a guest speaker at short notice may be a problem so we will wait and see. As soon as your committee

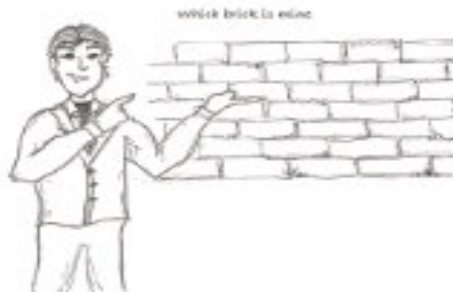
are able to meet face to face we hope to plan a small flower show to be held on Saturday 14th August if circumstances allow but we must be prepared to wait and have first meeting in September followed by October and November, anything will be better than 2020. It's so frustrating but we must abide by the rules and keep us all safe and hopefully by July all members will have had both 1st & 2nd jabs which I am told will give 80/90% protection so should give all members more confidence to venture out albeit with care. It will be great to meet you all once again, sure to have plenty to catch up on and talk about anything other than those dreaded words "Covid" & Lockdown.

Enjoy your gardens or somebody else's if you're able to visit during the wonderful month that is May. Watch as all the many different trees and shrubs break out in that wonderful colour green of so many different shades and most of all if possible get into your gardens and enjoy the sunshine, have a smile on your face, with perhaps a nice cuppa tea or coffee, or even a glass of wine and give a toast to your garden club which is celebrating 41 years and counting. See you all soon.

Geoff Horrex,  
01473 310422, or 07810086143

41<sup>st</sup> Year





## Bricks

A huge THANK YOU to all those who understood our problem and joined in the appeal for help with the Churchyard wall. A fabulous sum has been achieved and we have been able to place an order with the Contractor to proceed with the repair. It will take some time to complete the project but a start will be made shortly. Together with the repaired tarmac area the approach to the Church will soon look really inviting. Thank you again, The Churchwardens

## RAYDON PARISH COUNCIL

### SCHEDULE OF MEETINGS 2021

(all at 7.30pm via ZOOM until further notice)

Tuesday 11 May (AGM)  
 Tuesday 15 June  
 Tuesday 13 July  
 Tuesday 14 September  
 Tuesday 12 October  
 Tuesday 9 November

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

Jane Cryer, Clerk to Raydon Parish Council,  
 01473 824287 / 07920 713940,  
[raydonpc@gmail.com](mailto:raydonpc@gmail.com)

The Parish Council would like to thank all the parishioners who have taken the time and trouble to collect litter whilst out and about on their walks - this is much appreciated, especially as we are currently unable to organise an official 'litter pick' due to the current restrictions. Thank you very much for helping to make the village a nicer place to live.

### Raydon Quiet Lanes Initiative

Thank you to everyone who responded to the public consultation Raydon Parish Council conducted on 8 March with regard to the Quiet Lanes initiative in Lower Raydon. To clarify a few points raised:

- Suffolk County Council is subsidising this scheme following a successful pilot project in East Suffolk. They have recently announced an increase in their subsidy which means, following encouraging comments from the public forum, we will apply to include Wades Lane and Noakes Road in the scheme.

- The aim of the scheme is to raise awareness of other road users. It is not intended to draw further motorists to the area and therefore we do not foresee an increase in parking issues related to this initiative.

- Our current plans use existing signposts only, no additional signposts will be needed.

- Further information about this initiative can be found at [www.quietlanessuffolk.co.uk](http://www.quietlanessuffolk.co.uk).

Given the majority of positive responses, Raydon Parish Council agreed at its March meeting to proceed with the scheme.

**Jane Cryer**  
 Clerk to Raydon Parish Council  
 01473 824287 / 07920 713940  
[raydonpc@gmail.com](mailto:raydonpc@gmail.com)

# Holton St Mary



## Holton St Mary Social club

Finally we seem to be coming out of Lockdown and the Social club are hoping that we will be able to Open on Friday 21st May at 17.30.

Due to the uncertainty of what the government rules would be it was decided that we would not be organising VE Day event this year but instead would put on an event for the Queen's Jubilee celebration on June 4th 2022.

We also hope to have at least one Quiz night during 2021.

It would be good to see you when we open again. Further updates will be provided via the Village Facebook group and by the normal village gossip.

Take care  
 Bob Holmes

Any queries about the social club email me on  
[Bobholmes55@icloud.com](mailto:Bobholmes55@icloud.com)  
 Or phone on  
 07966266293

## Parish Council Meeting

The next Parish Council Meeting (Annual Meeting) will be held on 5th May 2021 at 8pm via zoom. Notices will be displayed before the meeting in the telephone box at Church Sq, noticeboard at Bacons Green, Holton St Mary website and on Facebook with details of the zoom link to attend the meeting, or you can email the Parish Clerk at [hsmpparishclerk@gmail.com](mailto:hsmpparishclerk@gmail.com)

## Volunteer needed for Village Local History Recorder Holton St Mary

A volunteer is needed for the role of village recorder. Marjorie Haste has been the recorder for 15 years noting changes in the street scene, recording events, collecting memorabilia and writing an annual report for the Ipswich Records Office. If anyone is interested in taking over this role further information is available at [slhc.org.uk](http://slhc.org.uk) or contact myself and I will pass your details to Marjorie.

Liz Sims Parish Clerk at  
[hsmpparishclerk@gmail.com](mailto:hsmpparishclerk@gmail.com)

## Holton St Mary 'Green Gym Group'

We will next meet on Saturday, 1st May. This will be in Church Square at 10.30am. Please contact Richard Appleton on 311487 if you would like some information on this community activity. Thank you.

The Green Gym Group



## Useful advice as hay fever season begins

With the Met Office's forecast of a high pollen count over the next few days, local health care professionals are offering some useful advice to those who suffer from a hay fever allergy.

Dr Hasan Chowhan, a GP in Colchester and chairman of NHS North East Essex Clinical Commissioning Group, said: "It's reckoned that one in five people suffer from hay fever and the high pollen count over the next few days marks the start of the hay fever season - which can be an uncomfortable time for many. The symptoms include a runny, itchy or blocked nose, sneezing and itchy, red and watery eyes.

"One of the best ways to control hay fever is with antihistamines, which you can buy without prescription from the pharmacy. Start taking them now so they can get into your system. Taking antihistamines regularly is much more effective than taking them only when your symptoms are bad.

Dr Christopher Browning, a GP in Long Melford and chairman of NHS West Suffolk Clinical Commissioning Group, said: "You don't need a prescription for hay fever medicine, so I would recommend patients with hay fever symptoms to make their pharmacy the first place to go for help and advice.

"Additionally, you can help protect yourself from hay fever symptoms by wearing wraparound sunglasses to protect your eyes. Taking showers and changing your clothes after being outdoors helps prevent pollen spreading around your home. Staying indoors when the pollen count is high and smearing a small amount of Vaseline inside your nose helps to prevent pollen settling on the inside of your nose."

## Anyone for tennis? Join us at Dedham Lawn Tennis Club!

Whether you've never held a racquet or are a budding Andy Murray or Heather Watson, we'd love to welcome you to our friendly village tennis club on the playing fields in Dedham.

With club sessions, teams in local leagues, coaching for adults and juniors and a wide range of membership options available, we're always on the lookout for new members.

And with Spring having sprung, there's no better time to come and join us!

Search online for Dedham LTC to find out more and see how you can get involved



Retired? No longer in full-time employment? Join nearly 400 local U3A members and 40 groups organised locally to keep you fit, both physically and mentally. Groups include walking, table tennis, language, kayak, singing, photography, garden visits and travel.

Monthly meetings and lectures currently via Zoom - April lecture "When Birds Sing" and May lecture "The History of Jazz Piano".

Visit Stour Valley website [u3asites.org.uk/stourvalley](http://u3asites.org.uk/stourvalley) for full information. New members are always welcome.

# Barry's Page

Another fever may soon be with us and the whole spectrum of debate will range from those who couldn't care less, to the party hardliners and activists.

Local elections normally don't have the gravitas of the national elections but with costs increasing and local government spending and services being constantly scrutinised, the turnout this month might be different.

This poem is about a previous election when someone fell at the final hurdle.

## Election Day

I clean my teeth, I clear my throat  
I'm off in a hurry it's time to vote  
I'm going down to the local school  
Where I'm allocated a cubicle  
I take my form and lay it flat

The pencil tethered by a string

Waiting for my offering

It's Election Day don't be late  
You heard the candidates relate  
To matters of utmost importance  
Good for you, good for me,  
Good for the whole country  
The trouble is they sound the same  
Never wrong never to blame  
Their predecessors made the mess  
This time we have learned,  
and we guess

We have the respect that we have now  
earned

Blue, yellow, orange, purple and red  
A touch of green it must be said

They will put the planet first  
But we are short of cash and that makes it  
worse.

As all the parties have a say  
On how they are going to make it pay.

Memos, phone calls, texts and faxes  
Looks like we will just put up taxes

Nationalise nationalise  
No room here for enterprise  
Any profit to the government coffers  
Managed by bureaucrats and layers of  
tossers

Costing a fortune but who cares

We're safe and sound for the next five  
years

My head is swimming I must confess  
Who said what and who was best  
Is something I no longer remember  
I pick up the pencil, my hand a tremor  
I close my eyes and make a stab  
I scribble a cross

I open my eyes and what have I seen  
I made my mark between red and green.

Weeks of campaigns and deliberation  
The papers spoiled and with  
consternation  
I feel relief that I couldn't decide  
I thought it might have hurt my pride

I folded the paper, popped it into the box

Job done  
But at what cost!

## Hadleigh u3a

### Restarting live activities in July – Come and join us!

We are all looking forward to the promised easing of restrictions from June 21 and we at Hadleigh u3a are planning to celebrate the relaunch of our regular activities with our annual Summer Party on Monday 12<sup>TH</sup> July at the Guildhall. After that our monthly speaker meetings will return to our usual venue at the URC in Market Place, Hadleigh on the afternoon of the second Monday of each month at 2.30 pm. During the covid period we have replaced these with a Zoom presentation at the same time every month.

### Don't know about the u3a?

Maybe wondering how to re-engage with people after so long at home? If you are no longer in full-time employment and looking for something interesting to take you out of home and daytime television? And who isn't after the year we have just had? Then read on.

### Our motto is Learn, Laugh and Live!

Here at Hadleigh u3a we have over 200 members. Now we are about to cast off the shackles of lockdown, we are more keen than ever to welcome newcomers. Nationally there are well over 1,000 u3as with over 430,000 members. And almost half a million people can't be wrong! Founded in 1982, the u3a is a UK-wide collection of locally run groups that provide a wide range of opportunities to come together to learn for fun and enjoy exploring new ideas, skills and activities together. Apart from being friendly and relaxed it also provides the perfect antidote to the issue of loneliness for anyone who has been left feeling a bit bereft of human company over the past year. There are no age limits and no formal qualifications required or to be gained.

Membership here in Hadleigh is normally £15 for a year (but currently only £12 per year due to reduced activities in covid period) and for that you get a monthly open meeting with a professional speaker, with the emphasis on interesting and entertaining subjects, plus the opportunity of joining one of over twenty small special interest groups ranging across a wide variety of interests. Have a look at our website for more information – just google Hadleigh Suffolk u3a.

We also organise theatre trips, days out to lots of places of interest and a Christmas lunch at Hintlesham Hall in December. All these are charged at cost and all the more enjoyable when shared with like-minded people. All members also receive a quarterly national magazine called Third Age Matters, full of interesting articles and what other u3a's are doing around the country.

To find out more do have a look at our website or contact me for an information pack.

We look forward to hearing from you!

### Sue Witham - Chairman

CONTACT DETAILS : Sue Witham -  
Telephone 07770 870405 – Email  
suetram@aol.com

## The glory of the garden

by Rudyard Kipling. (In Memory of Michael Mumford).

This poem read out by his son, at Michael's funeral but from Cornwall using modern technology as he was unable to attend due to covid restrictions.

Our England is a garden that is full of stately views, of borders, beds and shrubberies and lawns and avenues, with statues on the terraces and peacocks strutting by:

But the Glory of the Garden lies in more than meets the eye.

For where the old thick laurels grow, along the thin red wall, You find the tool- and potting- sheds which are the heart of it all;

The cold frames and the hot houses, the dung pits and the tanks, The rollers, carts and drain-pipes, with the barrows and the planks. And there you'll see the gardeners, the men and 'prentice boys, Told off to do as they are bid and do it without noise; For except when seeds are planted and we shout to scare the birds,

The Glory of the Garden it abideth not in words.

And some can pot begonias and some can bud a rose, And some are hardly fit to trust with anything that grows, But they can roll and trim the lawns and sift the sand and loam.

For the Glory of the Garden occupieth all who come.

Our England is a garden, and such gardens are not made, By singing;- 'Oh how beautiful!' and sitting in the shade, While better men than we go out and start their working lives, At grubbing weeds from gravel – paths with broken dinner knives.

There's not a pair of legs so thin, there's not a head so thick, There's not a hand so weak and white, nor yet a heart so sick, But it can find some needful job that's crying to be done,

For the Glory of the Garden glorifieth everyone.

Then seek your job with thankfulness and work till further orders, If it's only netting strawberries or killing slugs on borders. And when your back stops aching and your hands begin to harden, You will find yourself a partner in the Glory of the Garden.

Oh Adam was a gardener, and God who made him sees, That half a proper gardener's work is done upon his knees, So when your work is finished, you can wash your hands and pray.

For the Glory of the Garden, that it may not pass away!

And the Glory of the Garden it shall never pass away.



## Allotment Plots Available

Would you like an allotment plot?  
Dedham Allotment Association  
have plots available, please  
contact Diana for further details  
01206 321297

## East Bergholt WI

2020 was a difficult time for all of us. However, as a group we were pleased to be able to keep in touch in many ways and enjoyed sharing news and activities with each other through e-mail and meeting up in small groups when restrictions allowed. As the latest restrictions start to ease, we are making more positive plans for the months to come. We have used Zoom successfully for our last three main meetings. Our Craft group have been getting together virtually once a fortnight and we have also had lunch time and evening get togethers for members who wish to join in.

From 2021 the WI subscription year will run from April to March. Due to savings made in 2020, through the cancellation of our monthly meetings, we are pleased to be able to offer our members a reduction and our annual subscription for 2021 will be £34.

We would be pleased to welcome new members to share in our activities and friendships. If you would like to join us please contact our President Tina Hurley on 01206 298223, Gill Rattray on 01206 298380 or through our website. We look forward to meeting you.



## SESAW News

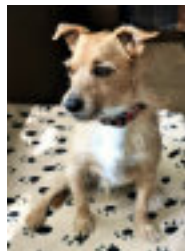
There's an unusual sight – Kenny still tucked up in bed at lunchtime! Seems the little chap is under the weather leaving the computer clear for me to give you a cat's eye view of life at SESA W.

Like most animal charities, we've had few dogs in since Covid.. Those that have arrived are generally very needy, requiring special new homes. Rolo, a Yorkie cross and Nokie, a terrier cross, are not moving on anytime soon. The five year olds are great friends but trouble with humans. Both need special homes with someone prepared to give them time and space. An experienced owner will end up with a rewarding relationship with one, or maybe even two, of these dogs if they are the right person.

Some become permanent residents like Bobby, a terrier rescued from death row in a London dog pound. After failing to find his forever home he settled nicely with dear old Maisie, a springer spaniel who loved her life at SESA W despite health problems. Unfortunately we lost her last year but Bobby has a new long term pal. Bruno is a terrier chihuahua cross, people say he's a bigger version of Kenny which I can confirm. That pesky dog likes to sleep in the airing cupboard but he doesn't dare challenge me if I get there first!

Which reminds me, time to see if Little Lord Fauntleroy is up and about. Yes, as I approach the kitchen I can hear him yapping to greet me. Ollie (the Black) Cat.

Suffolk & Essex Small Animal Welfare, Registered Charity  
No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888 [www.sesaw.co.uk](http://www.sesaw.co.uk)



Here's a little something I pulled out of the archives - Thank you Brian R.

How good are you at cryptic clues? - answers on page 24

### CHRISTIAN NAMES.

Cryptic clues for Male and Female christian names.

01. It's evil that returns after a century?
02. Four and why?
03. An admiral name?
04. A Frenchman claims this beverage?
05. Elizabeth Regina returns with a cross?
06. A sweet girl in America?
07. Diana masquerades as her?
08. Thick metal rod needs a maiden name?
09. The AA embraces five?

## THE SMALL MIRACLE

I was born, and grew up, in East Bergholt, Suffolk. My father ran the 'Grocers and Providers' store opposite the Carriers Arms. Mr Butcher, the carrier and charabanc owner, lived along the road. The Carriers Arms was run by Jack Bloomfield, and in the adjoining house lived Mr & Mrs Downes. In the next cottage lived Mrs Woods, with her son Dick.

In the early part of WW2, when I was around 13/14 years old, on a dark evening

a German bomber flew over and dropped a batch of incendiary bombs on our corner.

The sky lit up as if it were Firework Night. My father shouted "Get out of the house" People were rushing around with buckets of water trying to douse the flames, which were mostly in their front gardens.

One bomb had dropped in front of our living room window, and began to ignite the wood of the window frame. It was quickly extinguished. Another bomb had gone through the slates of the wash house lean-to at the back of the house. This took a little longer to extinguish as the rafters were oak, and well alight.

The houses around us were mostly timber framed and therefore more vulnerable, but none were lost. More upsetting to many was that their precious front gardens had been bombed and then trampled upon.

There was only one person injured, Dick Woods. He tried to kick away a bomb that was threatening his rockery, setting his trousers alight, and getting a nasty burn on his leg also.

All the excitement died down, and Dad came to look for us. He found us across the road under a tree. My mother was clutching the cash-box and I had the cat. Dad looked at us and said "I see you got your priorities right"

Next morning someone pointed out a hole in the tiles of our roof. The Bomb Squad was called and found an unexploded bomb lying in the attic. They dealt with it.

### The Small Miracle

Greta Mason (nee Tarbin)



## Things that go bump in the night

Quite frequently householders don't realise that they have uninvited 'guests' in their homes until they get woken up one night to hear things moving about in their roof spaces. This quiet, undisturbed part of the house is very often where a variety of pests are to be found.

Rats, mice and squirrels will not only keep you awake at night, they will happily chew wood, plastic pipes and wires, which could have disastrous consequences. Wasps and bees often use roof spaces and chimneys to build their nests and cluster flies will return year after year to hibernate in their hundreds, sometimes thousands, in favoured properties.

A new pest to the UK, the Harlequin Ladybird, has also taken to hibernating in large numbers in lofts. Given the opportunity, some birds will also make their nests beneath your roof and a surprisingly large number of houses will have bats taking up residence at certain times of the year. So, what do you do about your unwanted guests?



### Roof spaces are potentially dangerous places

Firstly, you need to find out what you've got – but a word of warning. Roof spaces are usually unpleasant and dangerous places to work in. Unless they have been fitted with retractable ladders and have been boarded out, they are often difficult and dangerous to access and investigate.

Coming face to face with an angry squirrel or a swarm of wasps, in the dark, whilst balancing on rafters on all fours, is not to be recommended.

Secondly, you then need to decide what to do once you've identified the intruder – without breaking the Law. The UK has some of the oldest and most comprehensive Laws protecting wildlife of anywhere in the world.

*There is lots more information on our website [www.eandspestsolutions.co.uk](http://www.eandspestsolutions.co.uk) or if you prefer to speak to a human, please feel free to contact us for further advice or assistance on 01473 328092 or 07979 301334.*

Mandie Collinson - Essex & Suffolk Pest Solutions Ltd



## Provision of Psychological Therapies to be expanded across east and west Suffolk

Services supporting people in east and west Suffolk with common mental health presentations such as low mood and anxiety disorders are to be expanded.

The NHS Ipswich & East Suffolk and NHS West Suffolk clinical commissioning groups (CCGs) approved the £1.6 million expansion of Norfolk and Suffolk NHS Foundation Trust's Wellbeing Suffolk service at their respective Governing Body meetings earlier this month.

Wellbeing Suffolk's Improving Access to Psychological Therapies (IAPT) service provides free access to evidence-based psychological support for people who are 16 or older and experience depression, anxiety, post-traumatic stress disorder, obsessive compulsive disorder, specific phobias and problems with sleeping.

Evidence demonstrates those with long-term physical health conditions (LTCs) are more likely to develop mental ill-health. It is estimated that people with two or more LTCs are seven times more likely to experience depression than those without.

Building on previous work to develop IAPT-LTC services, the recruitment and training of clinical and support staff will make IAPT services accessible to at least 18,645 adults by 2024, an increase of nearly 2,500 people.

People in Suffolk with LTCs can already access online cognitive behavioural therapy (CBT) support called 'Living Life to the Full' (<http://www.lttf4suffolk.com>).

The service also provides a specific six-week course - 'Living Well with Physical Health Problems' - as well as telephone-based CBT sessions adapted to those with LTCs.

Wellbeing Suffolk has also developed and implemented disease-specific support and intervention pathways for people with

heart disease, chronic obstructive pulmonary disease (COPD), diabetes, irritable bowel syndrome (IBS), musculoskeletal conditions and cancer. Patients with those LTCs under the care of the acute hospitals in east and west Suffolk can be directly referred to Wellbeing Suffolk for support.

Patients can also refer themselves for free support by completing the self-referral form on the Wellbeing Suffolk website ([www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)) or by calling 0300 123 1503 (8am – 8pm), where details can be given in confidence.

Once a patient has been referred to the Wellbeing Service they will be contacted within three working days to arrange a one-to-one telephone appointment where a clinician will assess their needs and decide the best way they can be supported to make positive changes.

The service also provides one-off taster sessions that can be accessed by anyone aged 16 or over who is registered with a Suffolk-based GP. Full details of these can be found on <https://www.wellbeingnands.co.uk/suffolk/get-support/courses/>

Wellbeing Suffolk is a key partner in the transformation of community mental health services, which are working towards fully integrated IAPT services within primary care. The service already has link workers integrated in GP surgeries and has introduced more wellbeing practitioners to primary care settings to enable seamless referral routes to wellbeing interventions.

Richard Watson, Deputy Chief Executive and Director of Strategy and Transformation for the Suffolk and North East Essex (SNEE) Integrated Care System, said: "We know that around 9.5% of all people in Suffolk registered with a GP have depression, and following the pandemic this figure is likely to have risen sharply.

"IAPT therapies are extremely beneficial, not only for those with depression, but also for people suffering from a number of other mental health conditions. I am delighted



with the expansion of these therapies, which will help to meet the increasing need identified in the local population."

Robyn Fiorio, Wellbeing Suffolk Service Manager, said: "This additional investment will allow us to expand our services to support even more people every year.

"This will be especially important in the wake of the COVID-19 pandemic, which has resulted in a significant increase in demand for our services.

"We would encourage anyone who is experiencing common mental health problems such as low mood, depression or anxiety to visit our website to find out more about the variety of ways in which we can help."



Answers. (no groaning please)

1. Clive.
2. Ivy (IV + y).
3. Nelson.
4. Monty (Mon + Tea).
5. Rex (R. E. + x).
6. Candy.
7. Nadia.
8. Barney (bar + nee).
9. Ava.
10. Hugh (Hue).

## Holy Family Roman Catholic Church

Ipswich Road, Brantham CO11 1TB  
Parish Priest: Fr. Paul Vincent OCD  
Assistant Priest: Fr Bineesh Elenjikkal  
OCD 180 Hawthorn Drive  
Ipswich IP2 0QQ Tel: 01473 684963.  
www.stmarksparish.org.uk

The weekly Newsletter, with Mass times, is always displayed in the cabinet alongside the Church's front door and may also be read on the regularly updated website [www.stmarksparish.org.uk](http://www.stmarksparish.org.uk) together with other Parish news.

Fr Bineesh Elenjikkal is the Ipswich Hospital Catholic Chaplain assisted by Deacon Rev Clive Brooks (01026 396319) .

All are very welcome to attend Holy Family services; it is not necessary to be a Catholic and enquiries about the Catholic Faith are always welcome. Please contact The Priory, as above, or a local person whom you know is a Catholic

Services planned for MAY 2021

|            |                       |
|------------|-----------------------|
| Sunday 2   | 5th SUNDAY OF EASTER  |
| 9am        | Mass                  |
| Tuesday 4  |                       |
| 9.20am     | Eucharistic Adoration |
| 10am       | Mass                  |
| Sunday 9   | 6th SUNDAY OF EASTER  |
| 9am        | Mass                  |
| Tuesday 11 |                       |
| 9.20am     | Eucharistic Adoration |
| 10am       | Mass                  |
| Sunday 16  | 7th SUNDAY OF EASTER  |
| 9am        | Mass                  |
| Tuesday 18 |                       |
| 9.20am     | Eucharistic Adoration |
| 10am       | Mass                  |
| Sunday 23  | PENTECOST SUNDAY      |
| 9am        | Mass                  |
| Tuesday 25 |                       |
| 9.20am     | Eucharistic Adoration |
| 10am       | Mass                  |
| Sunday 30  | THE MOST HOLY TRINITY |
| 9am        | Mass                  |

## Local Services

### The Constable Country Medical Practice

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CO7 6RT

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Telephone 01206 298272  
Fax 01206 299010

36 The Street, Capel St Mary, Ipswich  
IP9 2EE

#### Surgery opening hours

8.00am – 6.30pm Monday to Friday

Dispensary 8.30am – 6.15pm  
(closed between 1-2pm)  
Telephone 01473 310203  
Fax 01473 311722

### Crime prevention

<http://www.suffolk.police.uk/safetyadvice/reportacrime/tellthepolice.aspx>

PC 1347 Gilkes Pcco 3041 Cooper  
[babergheast@suffolk.pnn.police.uk](mailto:babergheast@suffolk.pnn.police.uk)  
Telephone...101



### MOBILE LIBRARY

#### Stratford St Mary - Route 11

The bus stops every 4 weeks on Wednesdays, subject to current restrictions

12 May, 9 June

Black Horse - 11.05am - 11.20am  
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

18 May, 15 June

#### Holton St Mary

Church Square - 9.30-9.45am

#### Raydon

St Mary's Raydon - 9.50-10.30am

#### Lower Raydon

Sulleys Hill - 11.30 - 11.45am

#### Higham

The Green - 11.55am to 12.10pm

The **customer service line 01473 283838** is staffed 9am to 5pm from Monday to Friday and can handle any library customer queries renewals and reservations to any general library queries. An answer phone is available outside of operating hours and people can also email [help@suffolklibraries.co.uk](mailto:help@suffolklibraries.co.uk)

# Bin collections

|  |                      |                |         |
|--|----------------------|----------------|---------|
| Week Commencing  | 3 <sup>rd</sup> May  | Recycling Week | BH Week |
|  | 10 <sup>th</sup> May | Refuse Week    |         |
|  | 17 <sup>th</sup> May | Recycling Week |         |
|  | 24 <sup>th</sup> May | Refuse Week    |         |
|  | 31 <sup>st</sup> May | Recycling Week | BH Week |
|  | 7 <sup>th</sup> June | Refuse Week    |         |
| Waste Services 0300 1234 000 (option 4) Email: recycling@babberghmidsuffolk.gov.uk Visit <a href="http://www.recyclenow.com">www.recyclenow.com</a> to find your nearest recycling banks |                      |                |         |
|  |                      |                |         |

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Register on UK Power Networks website <http://www.ukpowernetworks.co.uk/internet/en/help-and-advice/priority-services-during-a-power-cut/>



**Tell us your favourite local service - could be a pub or restaurant or takeaway, or other service you think would benefit getting a recommendation...If we agree, we'll print it here**

**The Layham Queen** take out service on Fridays & Sunday Roasts - Steve and Tannith are very community minded and give a very good service

**Simply Thai** Manningtree - It was simply delicious! Freshly cooked, and arrived within the quoted time frame. 01206 396060. Delivers to Holton St Mary

**Zaynab and Mother Indian** at Capel. Really good and highly recommend. They don't deliver, but it's made quickly for pick-up.

**Brantham Bull** 01473 328248  
**Lucca Enoteca** Manningtree 01206 390044

**Oranges & Lemons** East Bergholt 01206 299000

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# Hall Farm

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updates also available on the Benefice FB page

### **Churchwardens:**

**Higham** Hugo Parker 01206 337234

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

**Raydon** Geoff Horrex 01473 310422  
Simon Tennent 01473 310320

**Stratford** Jonathan Dewey 01206 322148

### Services for May.

Please check our Facebook pages and the 4Marys website for details, as well as the various weekly emails which will be circulated. We hope that many of you will be able to join us for the following services:

Sunday 2nd May - 10 am: Stratford St. Mary Easter 5.

Sunday, 9<sup>th</sup> May - 10 am: Higham (*the focus of this service will be Christian Aid and coffee will be served outside after the service.*)

Thursday 13<sup>th</sup> May – 10 pm: Higham  
Ascension Day service followed by coffee outside

Sunday, 16<sup>th</sup> May - 10am: Holton St. Mary  
Easter 7. / Sunday after Ascension

Sunday, 23<sup>th</sup> May – **Pentecost service**

10 am: Family Hour outside ( Parish Room garden or Stratford St. Mary Churchyard – *location to be confirmed – details will be shared on Facebook and emailed to those on the parish lists*)

6pm: Evening Prayer in Raydon

Sunday, 30<sup>th</sup> May - 10 am: Higham (5<sup>th</sup> Sunday) Trinity Sunday

### Forthcoming Annual Parochial Church Meetings (APCMs)

Higham - Wednesday 24<sup>th</sup> May at 7.00 pm in the Church

Raydon - Wednesday 19<sup>th</sup> May at 7.00 pm in the Church

Stratford St. Mary - Thursday 20<sup>th</sup> May at 7.00 pm in the Church

Holton St Mary - Tuesday 25<sup>th</sup> May at 7.00 pm in the Church,

### Family Hour

We hope to be back in the parish room from May onwards, using the outside garden space initially. More details will be circulated nearer the time. We are very much looking forward to seeing the children and their families again.

All best wishes from the Family Hour Team.



### Mid-week Morning Prayer in Stratford St. Mary.

Unfortunately, the monthly midweek morning prayer service is temporarily suspended due to current restrictions.

### Elders

Our Benefice is fortunate to have three lay elders, appointed locally and licensed to help and assist with certain aspects of church ministry. For example, they may undertake pastoral work e.g. visiting people in their homes or in hospital, work with young people in running family and children's services and assist with general church services. The lay elders work as part of our local ministry team and may be contacted about local church matters if churchwardens are unavailable.

Christine Cousins 01206 322530, Janet Dewey 01206 322148, Sandy Ranson 01206 322156

\*If you wish to be added to the weekly email mailing list, to receive updates and links to online services, the daily bible readings and the current prayer list, please contact Sandy Ranson at: [sandyranson@hotmail.com](mailto:sandyranson@hotmail.com)



## **Benefice churches open for private prayer**

The Lady Chapel in **Stratford St. Mary** church will be open for private prayer on Wednesdays & Saturdays 10.00am to 4.00pm (access via the churchyard).



**A Prayer for 'Thy Kingdom Come'**, the prayer initiative which encourages us to pray that others may find faith in Jesus Christ. 'Thy Kingdom Comes runs from 13<sup>th</sup> – 23<sup>rd</sup> May.

Almighty God,  
your ascended son has sent us into the world to  
preach the good news of your kingdom: inspire  
us with your Spirit  
and fill our hearts with the fire of your love,  
that all who hear your word may be drawn to you,  
through Jesus Christ our Lord. Amen.

### **For your prayers:**

We continue to pray for HM The Queen and all the Royal Family and for all those who have lost loved ones. We also pray for healing and for those who are ill or in need in our parishes and beyond, including:

**Higham:** Amanda Berry, Val & Ian Boothman, Penny Watkins, for the Vickers family and for Lindsay Francis, Peter Snelling and their families mourning the loss of Margaret, Tim and John Cox.

**Raydon:** Margaret Luggar and Janie O'Brien and their families, May Peacock, Cindy and the family of Margaret Hammond.

**Stratford St. Mary:** Nancy Ablitt, Laura Kerry.

**Others:** Helen Gregory.