

**Stratford
St Mary**

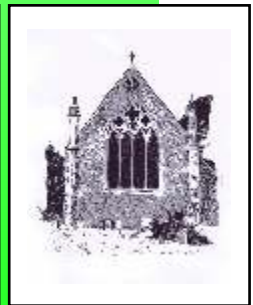
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



April 2017

Issue 344

Archimedes electric bath chair in excellent condition for assisted bathing. Telephone 01206 323804. Demonstration/ collection from Stratford St Mary

Attractive fine French mahogany 1820s "lit en bateau" with moulded panelled ends and sides on block feet. 114 cms x 220 cms Excellent condition Offers? 01206 337368

4 ikea pine bookcases

£10 each ono

36.5" wide x 74.5" high and 12.5" at widest point.

Tel 01473 311572

FOR SALE 12ft SuperTramp Trampoline

In very good condition
Can be seen in Holton St Mary
£50 donation to Holton St Mary Church
Locally delivery possible!
Please contact Frances on
07711080658

Fence Posts 6, 6 inches x 3 inches x 3 inches or 2 Mts x 75 x 75 mm treated , surplus to requirements

£2.50 each 14 available Will Split Can Deliver ?
M/B 07583413996



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

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



Colin the fishmonger has his fresh fish van in the lay-by at the bottom of Church Hill in Stratford every Thursday morning from 10.30am to 1.30pm

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,

I am safely back from my trip to India, still trying to process in my head and my

heart all that I lived through and experienced while out there, and still trying to think about how I can possibly add my tiny contribution to alleviating the terrible diseases of poverty and malnutrition that we came across everywhere we went. At some point I would love to have an evening with any who would like to share thoughts and photos of India, and perhaps

some good Indian food, and maybe raise some money to send to a worthwhile charity in that vast country of so many contrasts. I'll let you have a date soon. Meanwhile, here is me on the 'Diana bench' at the Taj Mahal - what a magnificent, ethereal building, well worth getting up at 5 a.m. to see!

Rosalind Paul
Rector



The Quartet Diary



April

- 1 Hadleigh Choral Society Concert
SSM Village Life Race Night
SESAW Easter Fair, Whatfield
- 5 Stour Valley Men's Probus Club
Men's Health Talk, East Bergholt
- 7 HSM Social Club AGM
- 8 R & DGC Members Spring Show
HSM Social Club Quiz Night
- 12 Stour Valley U3A Meeting
- 18 Raydon Parish Council Meeting
SSM First Responders AGM
- 19 Stour Valley Men's Probus Club
- 21 Good Friday Walk
- 22 Constable Singers Concert
Charity Walk in the Dedham Vale
Raydon Village Talk
- 23 SESAW Spring Fair, Long
Melford
- 24 SSM Annual Parish Meeting
- 25 Raydon Fair Trade Coffee
Morning
HSM Annual Parochial Meeting
- 26 HSM AGM & Annual Parish
Meeting

26-29 Dedham Players Performance

- 27 R & DGC Meeting
- 28 HSM Social Club Whist
- 29 SSM Church Clean Up Day

May

- 6 Church Clean Up, Raydon
- 8 SSM Parish Council Meeting
- 9 Breast Cancer Walk, Dedham
- 10 Stour Valley U3A Meeting
- 13 HSM Social Club Progressive
Dinner
Plant Sale, Raydon Village Hall
- 16 Raydon Parish Council Meeting
- 23 Raydon Fair Trade Coffee
Morning
- 25 R & DGC Evening Woodland
Garden Visit

June

- 1 AGM Constable Country Practice
Patient Participation Group, Capel
- 10 Book & Bric a Brac Sale, Raydon
- 11 Nayland Open Gardens

Editors Corner

Well, what a mixed bag we have for you this month! It's easy to tell the season is 'hotting up', it's difficult to squeeze all the articles in the magazine! I hope you will forgive us digressing slightly from the usual partitioning of the four villages into sections, as we've slipped a few from outside the immediate four villages in, as well as some general interest pieces.

I would like to bring to your attention (particularly relevant to Stratford readers) the piece from Langham Outreach Community Post Office on page 9. Perhaps this is something we should be doing in our four communities?

Page 9 also contains an article of interest to those who suffer from poor broadband speed, so do read this if this is a problem that affects you.

Finally I will just bring to your attention a general interest article we have been given on Celtic Christianity - an interesting read!

You'll find all our regular contributors here as usual as well, with lots on offer for the coming months, so, 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 April 2017

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Stratford St Mary

PARISH COUNCIL MEETINGS AT THE INSTITUTE

24th April Annual Parish Meeting
8th May
10th July
11th September
13th November

7.30pm till 10.30pm



Junior Road Safety Officers at Stratford St Mary Primary School

This month, the JRSO's have been teaching the younger children how to cross the road safely. The JRSO's used the 'Cross roads' equipment which included road and pavement mats; they trained the children in Kingfishers Class and the children from ABC Pre - School. The children really enjoyed using the 'Cross roads' equipment, taking on the role of pedestrians and pretending to be cars. The children were taught to look left and right for vehicles when crossing the road and to remember to cross the road with an adult. Miss R Jones

SSM Open Gardens 2017

Be Prepared

Open Gardens is nearly upon us so watch out for the date in the next Quartet and on the posters around the village. As you all know we are trying to include more village activities:

ART EXHIBITION

A chance to show off our village skills so if you would like to display your painting, sculpture or craft work etc. in the exhibition LET ME KNOW

SCARECROW TRAIL

Get your creative thinking hats on to create a scarecrow to decorate your house or garden. LET ME KNOW if you are taking part then I can put your entry on the map!!

MUSIC

If you have hidden talents and would like to entertain us during the day
LET ME KNOW

Of course more open gardens the better!
There will be plenty more things to get involved in so keep your eyes peeled!
For more information drop a line to Julie on:
Julie@jj-associates.co.uk or
call on 07989639583

SSM Rambling Club

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

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

Men's Health

A talk by **Professor Chris Booth**
an entertaining and inspiring speaker!

Wednesday April 5

7.30 pm

Constable Hall

Gandish Road, East Bergholt

Refreshments available from 7 pm

Hosted by Constable Country Patient Participation Group



Come and join us on either a 12 or 6 mile Walk on the Riverside through beautiful Constable Country and help to raise money and awareness for research into Breast Cancer

The Walk, on Monday 8th May 2017, starts from and finishes at the Boathouse Restaurant in Dedham and the cost ranges from £10 - £25.

Suffolk Breast Cancer Now is a charity committed to fighting breast cancer through research and awareness and has established the UK's first dedicated breast cancer research centre.

For more information go to www.breastcancernow.org
For further details and an application form please contact:

Helen Allen

T: 01206 391654, M: 07850 916717,

E: helen.m.allen@icloud.com



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!

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 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.

Stratford 100 Club Winners March

27	H.Garland	£40.00
12	F. Poppe	£10.00
140	M.Wood	£5.00

Village Life Report

From the original Village Gathering held at Stratford Hills, the only event in the first year, VL has expanded its annual programme to include not only further Summer Fairs but also the Quintuple (Pub Games) Challenge at the Swan, The St Edmunds Pie Dances, The Christmas Light-up and the Stories by the Fire evenings (also at the Swan). In addition, in 2016, Village Life also took on the responsibility of maintaining the Millennium Garden as an ongoing activity.

In this connection, following the announcement of an 'Open Gardens' event in Stratford St Mary this Summer, VL have taken the decision not to hold a Summer Fair but instead to provide support for 'Open Gardens' with the specific intention of helping the event to become a genuine showcase for 'Life in a Suffolk Village in the 21st Century'.

Provisionally scheduled for late June, it is intended that the day will enable visitors and residents alike to not only look around Village Gardens large and small, but also to enjoy an exhibition of the work of local artists, demonstrations by local crafts people and a display of locally owned Classic Cars interspersed by opportunity to indulge themselves in a selection of locally prepared food and drink.

For the day to be the success that it can be will require as many residents as possible to contribute. Not necessarily by agreeing to open gardens but perhaps by submitting arts or crafts items for display, offering to help with refreshments or just making time available to undertake stewarding. Why not give us a call to volunteer.

Julie (Alexander) 07989 639 583 or Brian (Such) 01206 323 091



Community First Responders

Hall Farm support to the Village

Our Community First Responder Service is struggling to cover the number of hours it would like because of the difficulty of finding volunteers with available time.

One way of addressing this issue is to have public access to a life saving defibrillator available 24 hours a day in the village. Hall Farm have contacted us with an opportunity to provide just such a facility.

Just over 2 years ago a lady died at Hall Farm, in spite of great efforts to save her. As a thank you for those efforts the lady's family wish to donate a defibrillator to Hall Farm in memory of their mother, and also of a loved sister.

Although it is bequeathed to Hall Farm, and hence will be sited there, John, Myra and their family wish it to be available to the whole Community.

For this reason we are liaising with the Ambulance service to have it adopted as a Community defibrillator site. The defibrillator will be externally mounted in a heated box safe with a code lock which is accessed through the 999 service; Hence it will be available to all of us 24 hours a day, 7 days a week.

However we will need to raise some additional funding for the external box, so are approaching the village community for help. We are organising a raffle with some very attractive donated prizes and selling them via a door knock which will also give an opportunity to explain what is happening. We will give you a draw ticket for every pound donated and then we will enter these into a raffle. If we are lucky enough to raise more than is required, the extra money will go to the ongoing village Community First Responder service. The Draw will take place on Saturday 1st April at the Race Night.

We believe this will be a key development for the village and we hope we can count on your support.

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>

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,

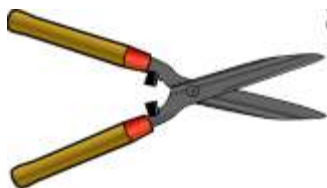
tel 01206 322990 for more details.

BOOK OF MEMORIES

Research continues into items for the book of memories which will document life in Stratford St Mary from quirky history to today's stories and characters. We still want to hear your stories because it will be your book! So dig out your old photographs or tales that you would like to share then send them to Julie@jj-associates.co.uk or call me on 07989639583.

We are also continuing to arrange a number of get-togethers in the Parish Room or the village pubs etc to get the old memory cogs working to help identify information for the book. These might be coffee mornings, cheese and wine evening and so on, where we can chat and perhaps get some of the old photographs out. They will be for everyone, all ages and old and new to the village so we can share stories and ensure they continue into our history so keep your eyes open for posters around the village and in the Quartet.

Stratford St Mary Church



On Saturday 29th April 2017 from 10am we are holding a clean-up day in the Churchyard, where we will be removing ivy from around the Yew trees and from the walls and also to pollard the lime trees. If you can spare an hour or two to help us with this we would be very grateful, and in return Sarah Brass will provide you with a delicious lunch!

Village Life

Race-Night

Raising funds for village causes



Saturday 1st April 2017 - 7.30pm
Stratford St Mary Institute
Higham Road, Stratford St Mary
Licensed Bar - Ploughman's Supper
Join us for an evening of fun and excitement.

Featuring the 'First Responders Defibrillator' Draw
Tickets Adults: £8.00 Children (u.15) £4.00 (inc. supper)
Available from:
Hall Farm Shop or Stratford St Mary Post Office
Or telephone:
Brian - 01206 323091; David - 322259; Norman - 323015
e-mail: villagelife@stratford-st-mary.org
Why not become a racehorse owner, trainer or jockey for the evening?
On sale before the race-night at £2.00 each



Community
First Responders

SSM First Responders AGM

Tuesday 18th April

7.30pm Parish Rooms

The Subsidy Scheme

basicbroadbandchecker.culture.gov.uk

Better Broadband

ABOUT THE SCHEME

The UK government is committed to providing every home and business across the country with access to a basic broadband service

If you can't get a broadband speed of at least 2Mb per second, you could qualify for a subsidised connection worth up to £350 to boost your internet speed

The scheme is delivered in partnership with Local Broadband Projects across England, Scotland and Northern Ireland

FIND OUT IF YOU'RE ELIGIBLE

- Visit basicbroadbandchecker.culture.gov.uk to find out if you are eligible for a subsidy
- Fill out a simple application form
- If you qualify you will be emailed a unique code
- Use the code with selected service providers to get a subsidised broadband service

The scheme is delivered in partnership with Local Broadband Projects across England, Scotland and Northern Ireland

Langham Outreach Post Office is at Langham Community Shop

**Monday and Thursday mornings
between 9 and 12.30pm**

Services include:

• All Royal Mail postal services for home and abroad including signed for and special delivery • Parcel Force 48 Service • Health Lottery • Mobile phone top ups • Foreign currency to order • Car Tax • Fishing Licences • Bill payments via cash, cheque or debit card • Banking for most UK banks including cash withdrawals, balances, cash and cheque deposits • Travel insurance • Pay Station payments for gas and electricity • Mail redirections and Keep Safe • One 4 All gift cards

There is a large free car park and everything that Langham Community Shop has to offer as well.

School Road, Langham CO4 5PA Tel: 01206 272431

email:
communityshoplangham@gmail.com
www.langhamcommunityshop.org.uk

Raydon



Fair Trade Coffee Morning

Our February 28th "Fair Trade coffee morning" was sadly hit by illness, medical

appointments and prior commitments! However, the regulars who were able to attend had a good catch up and as usual enjoyed the good coffee and cookies. A big thank you to the "Tea Team" who stood in for me and lets hope we are all able to get back together for the next event.

Many thanks to everyone as usual and a big thank you to everyone who supported the Big Brew for the Fair Trade farmers which raised nearly £100. Very much appreciated

see you all on March 28th.

Wendy Mumford 312123

Raydon Century Club Draws: March

£25	38	Mrs E Banyard
£15	58	David Lugger
£10	87	Michael Bush
£5	22	Phyl Banyard
£5	126	J-M Simonet
£5	92	Mrs G Mason/ Mr R Grant
£5	108	Graham Cousins

Attention All Wildlife Lovers!

My name is Sam Herbig and I'm a year 10 Hadleigh High student and Raydon resident. I'll be taking part in the Alton Water fun-run on May the 7th to raise money for a World Challenge conservation trip I'm making next July 2018 to Malaysia to help the local turtle population and coral reefs. I have a target of £2500 and would appreciate any sponsorship for this worthwhile cause.

If you'd like to sponsor me to help me reach my target you can do it here: <https://www.justgiving.com/crowdfunding/sam-herbig-4>

Many thanks Sam

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

Tuesday 18 April
Tuesday 16 May
Tuesday 20 June
Tuesday 18 July
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

To all members of the Four Benefice Churches, I will be leading a walk of witness (a short story told in each Church) once again starting from Stratford Church. Arrive by 9.15am to leave on walk at 9.30am via the Stour marshes (3 styles) arriving Higham Church 10.40am, (comfort stop if needed) Leaving at 11.00am for Holton Church (uphill walking) arriving at 12.00am, then at 12.20 pm walk to Holton village hall for refreshments (chargeable) also (comfort stop if needed) At 1.30pm we leave for Raydon Church via Bluebell woods etc and finish at Raydon Church for 2.30pm. Short service for those who wish to stay. Finish at 3.00pm.

Please note :- All times approximate, Car parking at all Churches (for those who wish to join on route), Some parts may be muddy especially if wet so good walking boots will be needed, Mostly off road, some steep sections especially Higham to Holton, Dogs most welcome but must be on leads on some sections as not all public footpaths. Sheep + lambs, cattle & horses may be encountered on route.

This walk is open to anybody so come and join us for a walk on the wild side, and at the same time enjoy the true story of 2000 years ago.

Hoping the weather is kind and look forward to meeting you all., Geoff Horrex.

ADVANCE NOTICE

Make a date to join us for these great events.

June 10th, Book and bric a brac sale, 10am-12am inside Raydon Church.

June 24th Summer evening Folk Concert, Raydon Church

September 29th, Fashion Show by Edinburgh Woollen Mill. Village hall.

October 14th Devilish Quiz in the Village Hall

Watch out for more details nearer each event.

Elizabeth Garrett Anderson



A Lecture by Mark Mitchels on Suffolk's most remarkable lady in her centenary year

Saturday 22nd April
Raydon Village Hall

Tickets, inc light refreshments, £7.50
01473 310320 or 01473 312123
In aid of St Mary's Church Fabric Fund



- Please! -

Saturday 6th May
St Mary's Church
Starting 9.30 but come when you can,
for as long as you can
and make the church sparkling clean!
Coffee & buns supplied!

Raydon and District Gardening Club

We have just passed the Spring Equinox so we now have several months of lighter and hopefully warmer weather to look forward to in which to enjoy our gardens. It means more work i.e. cutting the grass, planting seeds and weeding but also we might have more times to enjoy other people's gardens along with a nice cup of tea and conversations.

It's a great time to be outside, either in the garden or the greater outside enjoying the natural beauty all around us. Soon the trees will be full of leaf colour (just think of all the different shades of green) but, before that, the bluebells will be at their best soon, a marvelous sight to behold and one of the highlights of Spring.

As the February meeting had to be canceled due to storm Doris and the March meeting held after printing deadline I can only mention April 8th Spring Show is fast approaching. If possible pre-book entries by Wed 5th April as usual by putting entries + monies into either the letterbox at High Elms Raydon or The Old Forge Lower Raydon please, then bring your exhibits to the village hall (The Old Primary School) on Sat 8th April open from 8.30am. **Note:-** no entries can be **accepted after 10.15am**. Hall open for viewing 2.30pm – 4.30pm. Help packing up and clearing hall etc is always appreciated.

The next meeting on 27th April will be Growing for the flower arranger by Maike Windhorst (a club first for this guest

speaker) Then in May we start our outside evening visits with a woodland walk. We are now taking bookings for our June 25th trip to Leeds Castle. Looking forward to your company at all these events.

Geoff Horrex (01473 310422)





Raydon Village Hall

PLANT SALE

**on Saturday
May 13th,
10am-noon,
also cakes craft stall
etc**

RAYDON PARISH COUNCIL

Your Parish Councillors are:

Nev Davenport: 01473 311548

Kathy Herbig: 01473 310024

Sue Newton - Chair: 07808 818847

Amanda Pyall: 01473 310050

Jayne Tann: 01473 828283

Jane Cryer - Parish Clerk: 07920 713940

Unfortunately we have noticed an increase in dog waste along The Street and on the playing field, and would like to remind everyone to PLEASE clear up after your dog! If you think there is a need for additional bins and would like the Parish Council to consider purchasing some more, please let us know. We would welcome your ideas and opinions on this, or anything else that affects Raydon. Please feel free to contact any councillor, or email the Clerk at raydonpc@gmail.com.

The Annual Parish Meeting will be held on Tuesday 18 April at 7.30pm in the KGF Pavilion. All parishioners are welcome to attend - the agenda will be posted on the noticeboards and on the website, and will also be emailed to all those who have signed up to the community email group - if you haven't signed up yet, please contact the Clerk. This is a really quick and easy way of disseminating information - and please be assured that all emails are sent out "bcc" so no one else will see your email address.

EASTER LILIES

In St Mary's,

Raydon

EASTER SUNDAY

16th APRIL



**If anyone would like to have lilies
displayed in the Church in
memory of a loved one at Easter,
please contact:-**

Angela King on 01473 311120

**I would appreciate orders by
MONDAY 3rd APRIL please**

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!

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!

Holton St Mary

Do you FB?



Did you know Holton St Mary have a Facebook page? It's a great place to share what you like about HSM. For villagers, there is also a closed

group - great for communicating with friends and neighbours without sharing with the world. If you would like to join, make a request. John Willoughby is the manager.

First Friday of the Month Lunch Club



On the first Friday of every month there is a Lunch Club in the Village Hall for residents of the village of Holton St Mary. All ages welcome!

A Light Lunch will be served between 12.30 - 2.00 pm at a cost of £2.50 per head.

The lunches are a collaboration between some of the organised groups in the village, and are non-profit making!

Any surplus funds will be reinvested.

If you would like to join us for lunch, please contact Frances Torrington on 312046 or Sally Thurlow on 312080 or email Frances on familytorrington@btinternet.com or Sally on salthurlow@gmail.com

We are also looking for volunteers to help run the lunches and help on the day.

HOLTON ST MARY CHURCH ANNUAL MEETING

The Annual Parochial Meeting will take place on

Tuesday, 25th April in the Village Hall at 7.45p.m.

All parishioners are invited and can vote at the first meeting to choose two churchwardens.

The second meeting which follows is to receive the reports of the Church for 2016. All are invited but voting is restricted to members of the Electoral Roll.

Jean Styles

Holton St Mary

Church News

New toy and activity packs for children aged 0 - 11 years have been placed on the bottom shelves of the bookcase, by the main entrance door. Do please help yourself to these resources when you come to church with your children or grandchildren.

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

Holton St Mary Millennium Green

The Century Club Draw will now take place every 3 months at the lunch held in the village on the first Friday of the month.

The winners to date in 2017 are:
January: £25 No 24 Ian Pearce, £15 No 115 Martin Partridge, £10 No 42 Geoff White, £5 No 116 Paul Oliver and No 8 Russell Thompson

February: £25 No 2 Keith Hyland, £15 No 20 Peter & Sally Longmate, £10 No 113 Rik Clear, £5 No 25 David & Barbara Yorke-Edwards and No 84 Paula Partridge

March: £25 No 78 Daphne Hood, £15 No 115 Martin Partridge, £10 No 90 Gareth Morgan, £5 No 14 Helen Merriam and No 97 David Morgans.

The AGM will be held in the Village Hall at 7.45pm on Wednesday 26th April just ahead of the Annual Parish Meeting. All welcome.

Holton St Mary Social Club

WHIST - last Friday of the Month

Next Date :- Friday 28th April

Progressive Dinner

Saturday 13th May

Please Contact John Partridge if you are interested in taking part.

(01473 311677)

Barn Dance on the Millennium Field

Saturday 15th July

(a date for your diary, more to follow)

Holton Golf Day

Friday 21st July

(a date for your diary, more to follow)

Kennys SESAW news

Easter Fair on 1st April, 11-3pm at Whatfield Village Hall

Green Island Gardens and Nursery at Green Island Park Road, Ardleigh, CO7 7SP. Sunday 16th April.

Spring Fair at the Old School, Long Melford on 23rd April, Open 10-3pm. Suffolk & Essex Small Animal Welfare, Reg.Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. 01787 210888 www.sesaw.co.uk

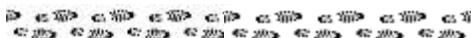
Nayland Open Gardens



Sunday 11th June
2pm-6pm

Tickets £5 per person, children free

Free parking at the Village Hall
Teas in the Village Hall



Mayor's Walk

With the Dedham Vale Area of Outstanding Natural Beauty (AONB) Chairman, Cllr Nigel Chapman.

The Mayor of Colchester, Cllr Julie Young, **invites you** to join her on a walk in aid of the Mayor's Charities (Beacon House, Open Road, Signpost, The Rob George Foundation, The Invicta Foundation) and the Stour Valley Environment Fund.



Walkers will need to be able to walk 14 miles on 22 April 2017 from Bures to Dedham through one of England's finest landscapes, the Dedham Vale Area of Outstanding Natural Beauty.

Walkers are requested to commit to raising a minimum of £50 to be split between the charities listed above.

Full details and booking information from Simon:
dedhamvale.project@suffolk.gov.uk or 07971 909649



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Saturday 1 April 2017

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CONSTABLE SINGERS CONCERT

**on Sat 22nd April
at
Congregational Church
East Bergholt
7p.m.**

Further details from Posters/magazines
nearer the time of concert.

Constable singers meet every Thursday at
Lambe School apart from 2nd Thursday
when we meet at Congregational Church
Cemetery Lane E.B. at 7pm. We sing music
from the musicals and pop songs. Words
provided no audition. Further details from
Mel 01206298628 or Yvonne 01206298428

Celtic Christianity



Celtic Christianity originates before Augustine (AD600) and (St) Patrick (circa AD400) and probably around 300AD, just before the Romans left England. Following their departure, the early Celts were pushed further and further West by the then rather more pagan Anglo-Saxons, ultimately leaving England for Wales and Ireland. There is archaeological and spiritual evidence of early links with Coptic (Christian) monks in Egypt, and specifically, Antony. Subsequent key figures in Celtic spirituality included saints Alban and Columba, the latter living on Iona and from which the Iona Community was established, and which is active today. The Community emphasises Christian living in one's personal calling, including prayer, meditation and social service. Columba was also responsible for the beautifully-illustrated manuscript, 'Book of Kells'.

Celtic spirituality is 'attractive' to many for three reasons. First, is its unifying style of spirituality and worship which, by reflecting its early links with the Middle East (Egyptian) Church and which preceded the subsequent denominational divisions, represents a fresh and open style of worship, free of ecclesiastical tinkering. Second, it is a spirituality that rejoices in and embraces the natural world. For Celtic Christians, creation reflected God's love just as much as his power and this is a constant theme in their prayers. Finally, it affirms women and their important – and equal role in both spiritual worship and decision-making. (St) Brigid is a major figure in Irish spirituality and with Patrick and Columba, comprise the trinity of its saints.


Celtic spirituality sits comfortably in both the Eucharistic and more reflective evening worship format. Silence, simplicity and reflection are important and valued elements of its worship.

Waste & Recycling Collection Schedule 2017

April 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

 Recycling collected this week

 Rubbish collected this week

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



On Wednesday 8th March Mark Mitchels spoke on "The Sutton Hoo Ship Burial". It was an illustrated lecture that attempted to re-create the moment. It told the story of the excavation and recounted when a remarkable people sent their leader on his final voyage. This was one of the greatest treasure ever found on English soil, and a Royal tomb.

On Wednesday 12th April Amanda Richmond's subject is "Two teachers

ascend of Everest" Amanda is a teacher, mountaineer skier, traveller & bell ringer. She will tell in an engaging way the story of two Suffolk teachers' ascent of Everest, the 6 years preparation, planning and hardships involved in tackling this formidable ascent.

On Wednesday 10th May Emma Roodhouse, Art Curator of the Colchester & Ipswich Museum Service will talk on "Leonard Squirrel", known as the 'grand old man' of East Anglian painting, it will highlight his prolific career concentrating on the artworks in the Ipswich Borough Council collection, including drawings, watercolours, etchings & pastels from 1912 – 1978.

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 ThirdAge 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.



Report from Constable Country Patient Participation Group

Report for March Men's Health Talk

Professor Chris Booth has kindly agreed to give a talk on Men's Health. This will be on April 5th at the Constable Hall, East Bergholt at 7.30pm. Refreshments will be available from 7pm. A small donation to help cover the cost of the hall would be welcome.

Annual General Meeting

Our Annual General Meeting will take place on June 1st at 7.30pm at Capel Methodist Church with refreshments from 7pm. We hope to have a range of health-related organisations who will have stands you can browse. All welcome.

Availability of appointments

We have had a number of comments recently about the lack of availability of appointments. If you have had any problems we would like to hear from you. Please either fill in a Patient Participation Group Comment card (available in both surgeries) or email us at constablecountryppg@gmail.com

Delays with prescriptions

We continue to get complaints about delays at the Capel pharmacy. Staff at Villapharm have worked hard to clear the backlog but if you are still having problems please let us know either on Comment cards or via email (as above).

PPG Meetings

Our meetings take place every month on the 3rd Monday and we always discuss any issues you raise with the practice manager and partners. We try to ensure that minutes appear regularly on the Practice website.

Kathy Pollard, Chair Constable Country PPG
01473 311384

Email: constablecountryppg@gmail.com



Stour Valley Men's Probus Club

On Wednesday 1 March Joyce Kimber spoke on "Ciphers & Enigma" and at the Annual General Meeting held on Wednesday 15 March President Hew Naylor stood down after his year in office.

At our first April meeting on Wednesday 5th Julian Wong will talk about the good work undertaken by the charity "Mary's Meals" and on Wednesday 19 April Jim Lowe will inform us of the work undertaken by the "Alzheimer's Society".

Our Club endeavours to be simple in structure, be 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 by Stour Valley Men's Probus Club, 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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12.10pm

Route 14

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August, 12 September

Holton St Mary

Church Square - 10.00 - 10.15am

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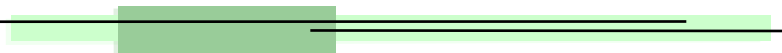


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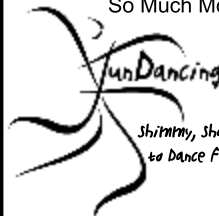
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A business card for John Parker, JP Handyman Services. The card has a wood-grain background. On the left, there is a partial image of a person's arm in a blue shirt holding a tool. The text on the card includes the name 'John Parker', the business name 'JP HANDYMAN SERVICES', a list of services: 'Bathroom/Kitchen Tiling', 'Painting/Decorating', 'Plastering', and 'Gardening', followed by the phrase 'The list is endless'. The phone number '07804 632645' and email address 'jtp1001@hotmail.com' are also listed.

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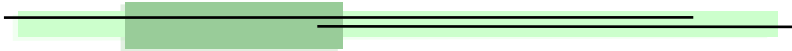
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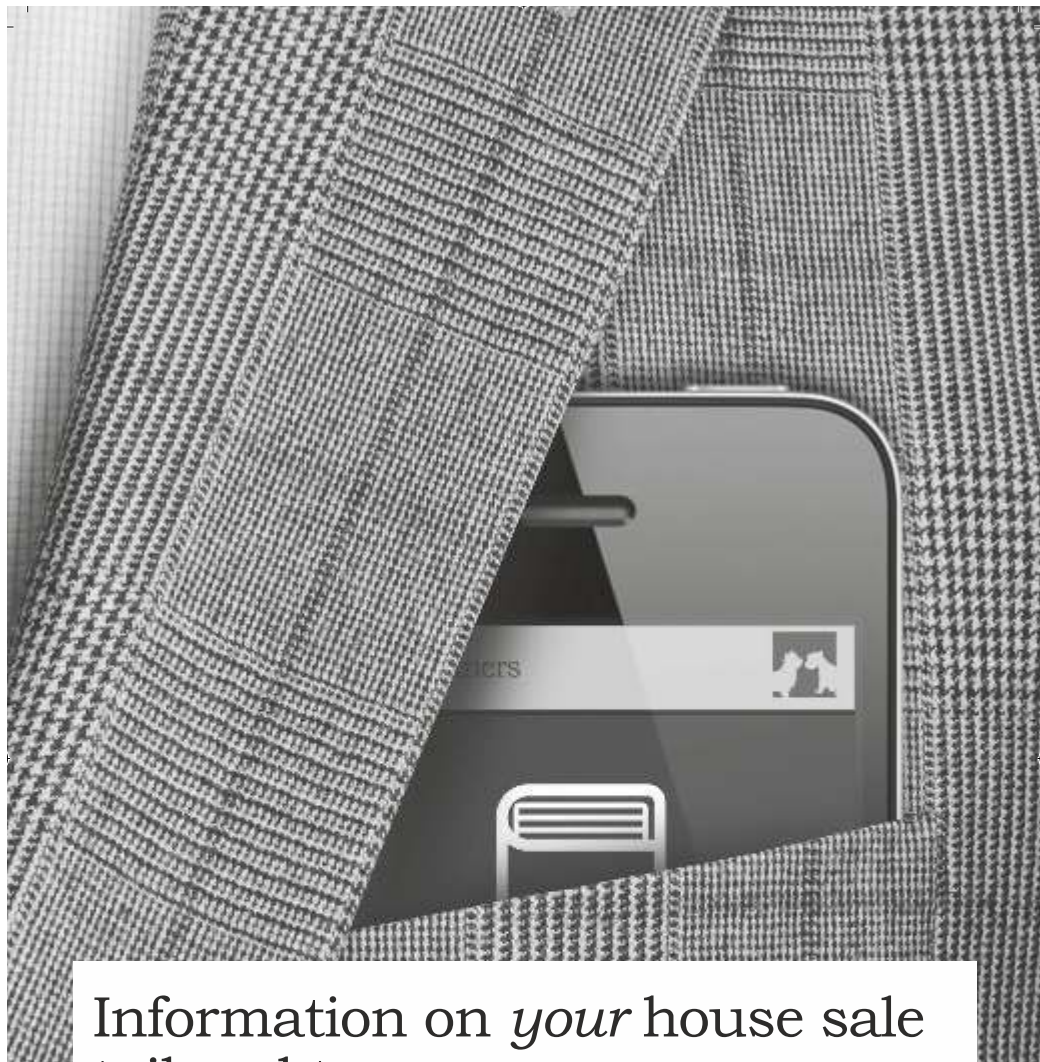
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Email: rosalind.paul@yahoo.co.uk Benefice website: www.4marys.org.uk

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
Jean Styles 01473 828532 (Elder)

Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

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

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 **19 April**.

Lent Course

A reminder that the Lent Course concludes on 12 April, 2.30 p.m. at the Rectory, on the theme of 'Called to be Me'. All are welcome.

Services in April and May

	8.00 a.m.	10.00 a.m.	NB. 6.30pm
2 nd April		SSM	Holton
9 th April		Higham	Raydon
16 th April		SSM and Holton EASTER DAY	SSM
23 rd April	Higham	10am Raydon	
30 th April		10.30am Deanery Eucharist, Hintlesham	
7 th May		SSM	Holton
14 th May		11.00am Higham + Christian Aid Lunch	Raydon
21 st May		Holton	SSM
28 th May	Higham	SSM Parish Room Raydon	

Services over Holy Week (the week before Easter)

- 10 April Higham)
 11 April Holton) 6.30 p.m. Compline
 12 April Raydon)
 13 April 6.30 p.m. SSM, Maundy Thursday Liturgy with
 Stripping of the Altar
 14 April Good Friday Walk of Witness, starting from SSM at
 9.15 a.m. and ending at Raydon at 2.30 p.m.
 15 April 7.30 p.m. Easter Vigil, Raydon



New Testament Readings and Collects for weekdays in April

2 April: *Lent 5.* Gracious Father, you gave up your Son out of love for the world; lead us to ponder the mysteries of his passion, that we may know eternal peace through the shedding of our Saviour's blood, Jesus Christ our Lord. Amen.
 3rd John 11.28-44

- 4th John 11.45-end
- 5th John 12.1-11
- 6th John 12.12-19
- 7th John 12.20-36
- 8th John 12.36-end

9 April: **PALM SUNDAY.** True and humble King, hailed by the crowd as Messiah, grant us the faith to know you and love you, that we may be found beside you on the way of the cross, which is the path of glory. Amen.

- 10th Luke 22.1-23
- 11th Luke 22.24-53
- 12th Luke 22.54-end
- 13th Luke 23.1-25. MAUNDY THURSDAY
- 14th John chapters 18 & 19. **GOOD FRIDAY**
- 15th John 2.18-22. EASTER EVE

16 April: **EASTER DAY.** God of glory, by the raising of your Son you have broken the chains of death and hell. Fill your Church with faith and hope, for a new day has dawned and the way to life stands open in our Saviour Jesus Christ. Amen.

- 17th Mark 16.1-8
- 18th Luke 24.1-12
- 19th Matthew 28.16-end
- 20th Luke 7.11-17
- 21st Luke 8.41-end
- 22nd John 11.17-44

23 April: **Easter 2.** Risen Christ, for whom no door is locked, no entrance barred, open the doors of our hearts, that we may seek the good of others and walk the joyful road of sacrifice and peace, to the praise of God the Father. Amen.

- 24th Ephesians 6.10-20. George, Martyr, Patron of England, c.304
- 25th Acts 12.25-13.13. **Mark the Evangelist**
- 26th John 20.19-end
- 27th John 21.1-14. Christina Rossetti, Poet, 1894
- 28th John 21.15-19. Peter Chanel, Missionary in the South Pacific, Martyr, 1841
- 29th John 21.20-end. Catherine of Siena, Teacher of the Faith, 1380



For your diaries

22 April 7.30 p.m. Raydon Village Hall, Mark Mitchels lecture on Elizabeth Garrett Anderson

29 April 10-12.30 SSM Church Clean-up Day

ANNUAL PAROCHIAL CHURCH MEETINGS

24 April Raydon, 7.30 p.m. in the church

25 April Holton, 7.45 p.m. in the Village Hall

26 April Higham, 7.30 p.m. in the church

27 April SSM, 7.30 p.m. in the Parish Room



For your prayers

- For Nicola Tindall as she comes to the end of her studies to become a Reader.
- For those who are ill or in need:

Holton: Ron Golding, Gerard Noel, David Yorke-Edwards

Raydon: Cliff Cooper, Stella Hyland

SSM: Laura Kerry, Trina

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