

**Stratford
St Mary**

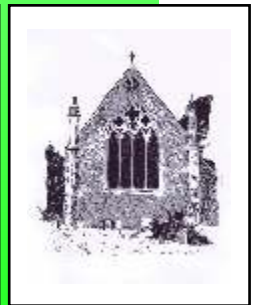
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



April 2018

Issue 356

For Sale -

4'6" Ornate French bed in white-painted oak.

£250.

Tel. 01206-230397



Do you need help with your any odd jobs?

(Leaf blowing, lawn mowing, cars cleaned etc, I have my own leaf blower) I am also available for babysitting, with 3 siblings and 9 younger cousins I have plenty of experience....

Competitive rates of only **£5 per hour**

I am a strong, reliable 15 year old trying to raise money for a turtle conservation trip to Malaysia so please contact me:

Sam Herbig on
sam_herbig@me.com and let me know how I can **help!**

Did you know

East Bergholt Co - op will be closed from 7th to 26th April for refurbishment?

Jennifer reminds me however, that Park Street Stores in Nayland is open as usual! Ring 01206 262335 for details.

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,

If you get this before
Easter Sunday,
please note that we
shall all be joining

together at Holton church for the Easter morning service at 10 a.m. There will not be a service at SSM that morning because work is about to start on replacing the stolen lead from the roof at long last, and we are not yet clear what the extent of the scaffolding will be. Please don't worry if you are getting married at SSM this summer - it will all be over before the first wedding of the year there.

I mentioned in last month's edition that I would like to set up a Carers' Group to have coffee together once a month just so that you know that you have somewhere else to go and relax from your duties. I have not yet been able to find a day of the week that suits everyone, so if you are a carer, please be in touch with me to let me know that you would like to take part, and we will see what we can do about sorting out some dates. Or just phone and come and have a coffee and a chat by yourself!

Some of us had a wonderful trip to Cambridge last month to attend Evensong at St John's College. Thank you to Martin O'Brien, our organist at Holton and Raydon, for borrowing a minibus to transport us there and back in the pouring rain for a feast of music and worship. We hope to do it again in the Easter Term, and would encourage even more of you to join us; I will let you know the date well in advance.

Here is a beautiful poem as an Easter gift, called 'Easter Wings' by George Herbert.

Lord, who createdst man in wealth and store,
Though foolishly he lost the same,
Decaying more and more,
Till he became
Most poore:
With thee
O let me rise
As larks, harmoniously,
And sing this day thy victories:
Then shall the fall further the flight in me.

My tender age in sorrow did beginne
And still with sicknesses and shame.
Thou didst so punish sinne,
That I became
Most thinne.
With thee
Let me combine,
And feel thy victorie:
For, if I imp my wing on thine,
Affliction shall advance the flight in me.

Happy Easter!

Rosalind Paul
Rector



The Quartet Diary



April

- 7 R&DGC Spring Show
- 17 Raydon Annual Parish Meeting
- 21 Raydon Lecture
- 23 SSM Parish Council Meeting
- 24 Raydon Fair Trade Coffee Morning
- 25 HSM Annual Parish Meeting
- 26 R&DGC Meeting
- 27 HSM Social Club Whist
- 28 Higham Quiz and Curry Night

May

- 5 Raydon Book Sale
- 12 Plant Sale, Raydon
- 14 SSM Parish Council Meeting
- 15 Raydon Annual General Meeting
- 19 HSM Social Club Quiz
- 22 Raydon Fair Trade Coffee Morning
- 24 R&DGC Meeting
- 25 HSM Social Club Whist

June

- 5 Raydon Parish Meeting
- 9 Raydon Church Spring Clean
- 17 R&DGC Coach Outing
- 19 Raydon Fair Trade Coffee Morning
- 29 HSM Social Club Whist

July

- 1 Higham Village Party
- 9 SSM Parish Council Meeting
- 17 Raydon Fair Trade Coffee Morning
Raydon Parish Meeting

August

- 14 Raydon Fair Trade Coffee Morning

September

- 8 37th Ride and Stride!
- 10 SSM Parish Council Meeting
- 11 Raydon Fair Trade Coffee Morning

Editors Corner

Around this time of year the Quartet team get together for our annual general meeting and last month we were able to confirm that advertising prices remain the same as last year. We are in the fortunate position of having a completely full magazine this month, with no advertising slots empty. It's great to know so many businesses are doing well and want to advertise in the Quartet!

One other thing we talked about and set up was our response to the new data protection regulation laws coming into force at the end of May. Every organisation and business has duties of safekeeping under the new laws, and we have made sure that all the personal information we hold about our advertisers and contributors is password protected on our computers and we don't pass on any personal information without permission. Of course, being a magazine we are passing on names, addresses and phone numbers every month - it wouldn't be a very useful publication without them! We want to assure you that this is only done in line with the aims of the magazine, and as you would reasonably expect.

If you have any queries about our response to Data protection, you are always welcome to email us at quarteteditor@hotmail.co.uk, or write to either Jane or Anne.

Here's hoping you have a good read this month!

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 2018

Contact details: Email:
quarteteditor@hotmail.co.uk

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quartet.advertising@gmail.com

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

Power Cuts

Support may be available free for those with medical needs, people of pensionable age or with children under 5.

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

or contact Hilary Cairns on 01206 323417

Need to email Stratford St Mary Parish Council?

**You will need to use
parishcouncil@stratfordstmary.org.uk**

PARISH COUNCIL MEETING DATES

23rd April - Annual Parish Meeting

14th May, 9th July

10th September, 12th November
7.30pm until 10pm



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!

100 Club March winners

48 J.Thompson	£40.00
13 B.Still	£10.00
70 B.Debenham	£ 5.00



SSM Rambling Club

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

IGNITION Youth Club
Stratford Chapel
Every Friday night
7.30 to 9.30
 Age 11 - 16
 contact Beckie.w@live.com

STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

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

Sunday Services:

10a.m. Morning Service and Junior Church followed by refreshments
 6.30pm Prayer and Praise time

Mid-week Groups:

Various House Groups meet at Stratford, Dedham and Capel St. Mary

Men's Recreation Evening: Meeting 3rd Wednesday monthly. All men welcome.
Friday 5pm to 6.30pm Sparks for children aged 7-11 years
Friday 7.30pm to 9.30pm Ignition Youth Club for ages 11- 16 years

For further information: Tel: Phil Wyncoll (01473) 310728 or email: philipwyncoll@btinternet.com

STRATFORD St. MARY PARISH ROOM

Letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.
all day - £38.00.

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

Special rates for regular bookings.

Heating and lighting are included

For booking please see or ring

Don Umfreville at Christmas Cottage,
Upper Street.
Tel : 322 626.

The Institute hall

can be hired at reasonable rates for a wide range of social activities. For more information please contact our booking secretary, Norman Woodard on 01206 323015, his email is ssminstitute.bookings@gmail.com and his home address is 12 Swaynes, Stratford St Mary.

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

Stratford St Mary Institute Committee

Community First Responders

CFR's are trained volunteers who are dispatched by the ambulance service to life threatening emergencies in local communities. The volunteers normally work within a radius of 8 minutes drive from their location but depending on circumstances this could be further. They can normally get to a casualty before an ambulance can get there, assess the patient and start possible life saving treatment immediately. If the situation changes the CFR can update Ambulance Control to give them an updated assessment of the patient.

The Stratford St Mary area is covered by a CFR bag supplied by Stratford St Mary Parish Council. This bag is presently used by 2 volunteers in Stratford St Mary and one in Langham. The area is also covered by other volunteers with different bags from Dedham, East Bergholt, Manningtree, Brantham and Bradfield.

A volunteer can be on call whenever they want, if you are logged off duty, you do not get called.

At the moment the Stratford St Mary bag is not utilised as much as it could be and I would like to improve this. Ideally I would like some volunteers in Stratford St Mary to complete the training and then become CFR for Stratford St Mary and the surrounding villages. The more hours we have the bag active the better cover we have for ourselves.

If you are interested in finding out more about becoming a CFR please contact me (Peter Dawson) on 07775 667753 and I can let you know more about it.

A.G.M. 7.30 p.m. 24th April 2018 in the Parish Rooms

All welcome. Hear all about the service we've provided in the last year as well as our exciting ideas for the year ahead.

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.



Transport to medical appointments.

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

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

Please give us as much notice as you can.

ring: **Charlie Ablitt on 01206 322684**
Jenny Symons on 01206 322636



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.



Community
First Responders

Interested in becoming a CFR?

Why not find out what it is about?

Look at the CFR link on the East of England Ambulance Services website.
You can even apply on line!

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

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

Higham



HIGHAM CHURCH

**SATURDAY 28TH APRIL
AT 7.30**

£10 PER HEAD - bring your own
wine and glasses

TO BOOK YOUR TEAM OF 4
CONTACT

JILL WILSON ON 01206 337271 or
KATE FAIRBAIRN ON 01206337302

**DON'T DELAY, NUMBERS
LIMITED!!**

PROCEEDS TO HIGHAM CHURCH

Saying 'Yes' could save your life

A hard-hitting campaign has been launched in Suffolk to encourage people to give consent for their patient records to be made accessible to health and care professionals in the event of an emergency.

In an emergency situation it is likely that the person treating you will only have access to your basic health information.

But if you have consented to share your patient record every health professional called upon to treat you will be able to access to more details about your health. Not only will this allow them to deliver the most effective treatment, it could mean the difference between your life and death. The health professional will always ask your permission before looking at your record, except in an emergency.

Most people have a Summary Care Record (SCR) containing basic medical information which is created from their GP record and includes details of the medicines you take and any allergies you might have. This is the only information that any health professional who needs to treat you in an emergency or out-of-hours setting will have access to.

However, by consenting to share your health record, potentially vital extra information can be added to the SCR, such as the reasons you take certain medication, any diseases you might have and your end of life care preferences. It's easy to agree to share – you just need inform staff at your local surgery that's what you want to do. Alternatively, there's a form you can fill in, sign and return to your GP practice.

HIGHAM VILLAGE PARTY

Save the date
Sunday 1st July 2018

Further details to follow
Please Contact Sara Carr – 01206 337325

Raydon



Fair Trade Coffee Morning

Our Fair Trade coffee morning on February 27th experienced another "first"! Well, actually two firsts in one! Firstly we

knew that the builders would be hard at work with the repairs to the Chancel Arch, so scaffolding was adorning the Chancel, dust covers everywhere and no entry into the aisle. This didn't affect our coffee morning though but what did was the "Beast from the East"!

It was bitterly cold and the snow was getting deeper, it looked so lovely but not safe for those who drive to our event. Swift phone calls were made to tell everyone to stay at home, the library van was another casualty not being able to get through.

Us lucky locals were able to walk to enjoy the usual great coffee, no Frinton goodies though as they too were victims of the "Beast from the East"

Well, I'm sure our next Fair Trade coffee morning on March 27th will go ahead with none of these trials and tribulations! Spring should be here so looking forward to seeing everyone again and remember we start at 10am as the library van comes earlier.

Many thanks,
Wendy Mumford 01473 312123

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

Sale Of
Books
Bric a Brac
Collectables
and other larger items



Raydon Church

Saturday 5th May

10 - 12noon

Refreshments available

In aid of fabric fund

Raydon Spring
Clean

Saturday 9th June

Meet 10am KGF

All hands needed!



WHAT DO YOU KNOW ABOUT THE HOXNE HOARD?

**HAVE YOU BEEN TO SUTTON HOO? DO YOU KNOW THE STORY OF
THE EXCAVATION?**

WHAT DID THEY FIND AT SNETTISHAM?

WHERE IS PRITTLEWELL?

THESE WERE

FINDS OF A LIFETIME

Come and learn more at a Talk

given by

MARK MITCHELS

On Saturday 21st April at 7.30

At Raydon Village Hall

Tickets, inc light refreshments, £7.50

From 01473 310320 or 01473 310422



Raydon and District Gardening Club

Having passed the "Spring Equinox" we all expect warmer days, however jotting down these notes on St Patrick's Day 17th March and glancing out of window we have about 2" of lying snow and the wind is very cold. The early flowers have their heads bowed or completely covered. Our temperatures seem to go from one extreme to another very quickly and it's been like this all winter. Nature must find it hard to adapt but it seems to cope. Birds are nest building, grass growing, flowers blooming, tree & shrub leaf buds are swelling and I guess animals coming out of hibernation to enjoy the "Spring" so it's all starting once again.

We gardeners will all soon be busy planting seeds & plants, cutting lawns, weeding etc but we must make time to view the wonders of each month.

Our February meeting held on 22nd was a very interesting and informative evening spent with guest speaker Ian Tinton. His subject was Quality garden alternative composts and how we can all change our dependency on using peat based products. We covered wool mix, ground up stone & volcanic rock which contain all the necessary minerals for plant health & vigour. Not the cheapest to buy but you do not need so much and I for one have purchased some so will trial it out this year to see how it compares.

April 7th of course means "Spring Show" once again. We have opened it up to non members as well but they must live in the restricted areas so check club rules in show schedule and if appropriate have a go. It's a traditional village event running since 1980 so please give us your support.

There are classes for adult & children with silverware and cash prizes to be won, but most of all join in and enjoy. Children bring along mum & dad and perhaps grandparents along to the afternoon viewing. Refreshments, prize giving, & raffle to finish off the day.

Also in April our next meeting on the 26th come and listen to our special guest Natalie Finch from East Bergholt (our Club President) on "Sweet are the uses of adversity"

We are now taking bookings for our coach outing on Sunday 17th June to Grimsthorpe Castle & Gardens. Members £31.00 pp with Guests/non members £34.00 pp, all inclusive. As usual we stop on route for coffee etc and we hold a raffle on the coach before we depart for home. Your committee looks forward to meeting you at all club events throughout the year.

Geoff Horrex 01473 310422.



Raydon Parish Council

Your Parish Councillors are:

Nev Davenport 01473 311548
Christine Hempstead 07891 236245
Keith Lovering 07939 075143
Sue Newton (Chair) 07808 818847
Amanda Pyall 01473 310050
Jayne Tann 01473 828283
Jane Cryer - Parish Clerk 07920 713940

The PC would like to remind residents of the importance of keeping hedges under control to improve visibility and safety for neighbours and motorists.

Parish Council meeting dates for the remainder of 2018:

Tuesday 17 April - Annual Parish Meeting

Tuesday 15 May - AGM
Tuesday 5 June
Tuesday 17 July
Tuesday 18 September
Tuesday 16 October
Tuesday 20 November

All at 7.30pm in the Pavilion, KGF

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!

Plant Sale



Raydon Village Hall

Saturday 12th May 10-1pm

proceeds go towards the upkeep of Raydon Village Hall.

If you have any plants for us to sell at the event, please bring it along on the morning or phone 01473 8222987 to arrange collection/delivery.



Ideal for your special event

The Rayon Pavillion is for hire

Fully carpeted room for up to 80 people
Kitchen and preparation room
Easy parking

Available Morning, afternoon, and evening.

For Details Call Clive Duddridge
Tel 01473 310162



Cricket

Yoga



Monday
Soup Club

Whist

Tea Dance

Parish
Ramblers

Book Club

Mother
and
Toddler



Knit and Natter



Advent Craft

Raydon Parish Council would like to encourage even more social groups.

We are already very fortunate to have Fairtrade Coffee Mornings, the Raydon and District Gardening Club and the Raydon Club here, but if you have another good idea and would like to start something up, we may be able to help by subsidising the first couple of months' hall hire.

The group must be self-financing and open to all residents of Raydon.

Please apply to Jane Cryer Parish Clerk at raydonpc@gmail.com for consideration at the next parish meeting.

Film Club

Zumba

Friday
Friends

Holton St Mary

Holton St Mary Millennium Green Trust

Many thanks to all who have supported us this year by participating in the Century Club Draw. Winners for the first 3 months are:

January: £25 No 97 David Morgans,
£15 No 113 Rik Clear,
£10 No 54 Bill Priestley,
£5 No 115 Martin Partridge
£5 No 37 Jean Styles.

February: £25 No 111 Joe Wells,
£15 No 87 James Lipscomb,
£10 No 56 Ernest Eagle,
£5 No 14 Helen Merriam
£5 No 66 Bridget Clark.

March: £25 No 20 Peter & Sally Longmate,
£15 No 25 Barbara Yorke-Edwards,
£10 No 99 Steve & Clare Lyes,
£5 No 116 Paul Oliver
£5 No 123 Justine Watson.

The **Annual General Meeting** of the Millennium Green will be held on Wednesday 25th April 2018 in the Village Hall at 7.45pm. It is just a short meeting ahead of the Parish Council's Annual Parish Meeting.



The First Friday of the Month Lunch Club



On the first Friday of every month (except August) 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: 312046/familytorrington@btinternet.com Or Sally Thurlow: 312080/salthurlow@gmail.com

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

Holton St Mary Social Club

Please remember that WHIST is always
last Friday of the Month
All are welcome, so please do come along
Next Dates :-

Friday 27th April
Friday 25th May
Friday 29th June

Quiz Night Saturday 19th May
(with Supper included)
7:30 for 7:45 start
Teams up to 6 people
£8 per person

Food Options:-
Cod & Chips
Chicken & Chips
Scampi & Chips.

To enter a team please record the details
on the notice board in the club,
otherwise contact Erik on 07969 459944.

Progressive Dinner

An evening always enjoyed by those who
take part. Each one of the three evening
meal courses spent at a different location
with different diners.

Pre- event agree to cook either a starter
main or dessert . Then meet at the Village
Hall to find out where your other two
courses will be, then set off. Meet back at
the Village Hall to round off the evening.
Date TBC.I am looking to arrange this for
either the end of May or during June.If I
have not already spoken you but are
interested in taking part then please
contact me as per the details below.

peter longmate
quaywallslongmate1@btinternet.com
mobile:- 07957 910608
home:- 01473 314150

HOLTON ST MARY ANNUAL PARISH MEETING

Will take place on 25th April 2018
at 8pm in the Village Hall

All residents are welcome to attend

Holton St Mary Village Hall

can be hired at very reasonable
rates!

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

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

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

If you feel you might want to make an
application please contact: Paul Torrington
on familytorrington@btinternet.com or
01473 312046.

Nayland Church Fete,

Monday 28th May

1.30-4.30pm

Nayland Playing Field

Traditional stalls and sideshows, Childrens' and Adults Sports, Tug of War, Jazz Band,

Classic Vehicle Display. Refreshments

Admission: Adults £2 Concessions £1

Children 50p.

Proceeds to St. James Church Fabric Fund.

Tree Planting Volunteers Wanted!

The Dedham Vale AONB & Stour Valley team have got over a thousand trees to plant in early 2018, to increase biodiversity and improve the environment

If you could help we would be delighted.

Work-parties are usually on a week day between 10 am and 3 pm but any time you could spare is welcome.

No special skills required, just bring waterproofs and lunch.

Teas, coffees and biscuits are provided.

FOR A LIST OF DATES
please contact Alex Moore Da Luz,
River Stour Project Officer on
07734 967782 or email
Alex.mooredaluz@suffolk.gov.uk



CAN YOU HELP?

Do you have some spare time to help with leading the ponies or sidewalking the riders for Ipswich RDA?

Our sessions are as follows: Adults on Tuesdays 10 - 11.30 a.m. Children on Thursdays 1 - 2.30 p.m. term time only.

You do not need to do a session every week - just as often as you like!

If you would like to know more or come along to visit during a session at Bentley Riding School please contact

**Frances Torrington on 01473
312046/07711080658**

You will receive a very warm welcome, make new friends and be involved in something that is very rewarding!

Previous experience with horses helpful but most certainly not essential.

One form to fill in and an Advanced DBS check required unless you have had an Advanced DBS check with another organisation within the last six months.

Nayland Horticultural Society

Nayland Horticultural Society's AGM is due to take place in the Church Hall, Bear Street, Nayland on 17th April. There is usually coffee, a raffle and a Fun Quiz with a horticultural twist to test your gardening knowledge and win a prize! Come along and meet other like-minded, green-fingered folks! Why not join us? Single membership is £3 per annum, joint £5. Contact Trevor or Margaret Smy, details on the website.

Nayland - with - Wissington Conservation Society

Notional Charity No. 261016

NAYLAND OPEN GARDENS

SUNDAY
10th JUNE

2018

2pm-6pm

Tickets from
Gardens & Hall

£5 - children free

TEAS
in the Village Hall

www.naylandconservation.org.uk

Der Kleine Chor (a choir from Bielefeld, Germany), in concert with Daniela Bechly.

Sat April 14th at 5pm.

At Old House Barn, Oldhouse Rd, Great Horkesley, CO64EQ.

Music by Felix, Fanny and Arnold Mendelssohn, Lechner and Isaac, and other songs selected by Daniela.

Entry; £8.50 Students/ children free.

Refreshments will be served.

Details and tickets;
www.pimlottfoundation.org
or 01206271291

**Sat and Sun 9/10th June
Old House Gardens Open,
Art Exhibition and Concert.**

Old House, Oldhouse Rd, Great Horkesley, CO64EQ

In aid of The Cancer Centre Campaign.

Gardens open, and art exhibition viewing Sat 9th and Sun 10th June.

Concert Sun 10th June

Further details, artists and concert times/ details;
www.pimlottfoundation.org or
01206271291

Freedom from Stress

On Sunday 6th May, 2.30 p.m. and Wednesday 9th May, 7.30 p.m. Dr Charlotte Bech will speak about *Freedom From Stress, using simple natural procedures, such as the right light, timing, diet, oils, spices, mental and emotional training, yoga and meditation* (both talks are identical), at Firstsite Art Gallery, High St, Colchester, CO1 1JH.

Dr Bech is the author of seven books, two of which have been best sellers in Denmark, on the topics of healthy diet, fertility, hormones, women's health and children's health. She has a weekly column in the largest national ladies' magazine in Denmark and is frequently on Danish radio and TV.

Dr Bech studied medicine at Copenhagen University and she has taught at the medical school there. She has worked as a surgeon in gastrointestinal surgery, as a medical doctor in the area of hematology at the most renowned referral hospital in Denmark and in the field of internal medicine/obstetrics in Tennessee, USA. She has her own private clinic in Copenhagen, supplementing modern medicine with Ayurveda, the world's oldest system of natural medicine.

To book: <http://uk.tm.org/web/essex> or



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

www.powercut105.com

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

Constable Singers

This would be a good time to come and join our choir as we start on new songs for the coming season. We sing each Thursday at The Lambe School East Bergholt and on the second Thursday of each month at The Congregational Church E.B. starting at 7pm. No audition and words provided and the first session is free after that £5 per session so come along and enjoy.

For further details contact Mel
[01206298628] or Yvonne[01206298428]

Waste collection schedule

April 2018						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
						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



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stated

Coffee Mornings - Each Thursday 9.30
to 11.30 am

Church Secretary – John Jeffreys
Tel 01206 298737
Email j.jeffreys.eb@btinternet.com

SESAW EVENTS

Tables available at SESA Spring Fair in
Long Melford on 22nd April. Please
phone 01206 263269 to book your space.

These are both fundraising events for
Suffolk & Essex Small Animal Welfare,
reg.charity no.1124029



"The Life And Times Of Sir Alfred Munnings" was the subject for our popular 14 March meeting. Marcia Whiting, Curatorial Associate at The Munning's Museum gave an illustrated presentation exploring his life & wide ranging subject matter, including portraits, landscapes & rural scenes as well as the horse paintings for which he is so well known.

On Wednesday 11 April Professor Wendy Harwood will speak on "GM Crops – where are we now?" She will cover what the technology is, how it has developed from the first GM crops, how the new technology of gene editing fits in, the current situation worldwide and what is in the pipeline. Roger Kennell will talk on "William Pretty – A Suffolk Family & Corset Manufacturer" on Wednesday 9 May. His illustrated presentation follows the major corset making business of William Pretty & Son at Ipswich (& its outpost factories) which was part of the Footman Pretty department store, now Debenhams. Our 13th June speaker is Tony Diamond who will tell us of the history of the colourful discovery and spread of the hot drink to Europe, astonishing aspects of chocolate and an overview of the financial importance of chocolate to the UK.

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, chess, mahjong, science, singing, 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 nearly 286 members and over 35 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Gillian Gibbs may be contacted.

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 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.

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Stour Valley Men's Probud Club

On Wednesday 7th March Grant Elliot returned again and this time his subject was "The Life of Chic Murray" Our Annual General Meeting was held on Wednesday 21 March when the President, Treasurer, Secretary, Speaker Secretary and Committee were voted in.

On Wednesday 4 April Bob Milne will talk on "The assignation of the Italian Barber". Oliver Paul, from the Suffolk Food Hall, voted the best Local Food venue in the UK & Ireland in the Countryside Alliance rural Oscars, will speak to us on Wednesday 18 April and his subject is "Food and Farming Heritage". We have two interesting speakers in May, Joyce Kimber will speak on 2nd May on "Britain's Finest Hour" and on 16th May Brain Kelly will enlighten us on "The Life Of a British Consul".

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB

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 for 10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.

Brantham Garage Sale

Last year was the first year that the Brantham Annual Garage Sale was organised by the Nepal Children's Trust, a small local charity. The turn-out was good, the support for the charities was high, but the overwhelming feedback was that warmer weather would have been nicer.

This year we will be holding the garage sale on the **16th June, 9:30am - 3pm** hoping for clearer skies and sunshine. If you would like to book a garage, or a table in the village hall then please contact us:

Maya Watling: 07508 430671
mayawatling@hotmail.com

Margaret Woods: 07867 546484
maggie1woods@googlemail.com

Louise Madley: 07792 236414
louloumadley@btinternet.com

SESAW news

Winter is over at last and I've been out again, meeting lots of people at the SESA W Gift and Craft at Whatfield last month. Best of all, my friend, Princess Poppy the Chihuahua was there with her owner, Betty and the Copdock and Washbrook Knitters. The ladies make lots of things for many charities including the Memory Lane Cafe, St. Elizabeth Hospice and SESA W. They meet once a month, new members welcome, phone 01473 730357 and give Poppy a cuddle from me if you meet her.

Ollie (the Black) Cat says we have a trio of ex-feral cats that are desperately looking for jobs as vermin exterminators. They need a warm place to sleep and regular supply of food. If you are interested Mum says we can visit and advise how to introduce working cats to your environment and support you should they become ill and need to go to the vets.

Time to hit the send button because I'm all behind again and don't want to keep the Editor waiting. Don't forget to call in at our Spring Sale if you are nearby, it starts at 10am, 22nd April at The Old School, Long Melford, CO10 9DX.

That's all folks, from me, Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare, Reg.Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP, tel: 01787 210888
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Kenny with girlfriend Poppy

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- 12.10pm

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August

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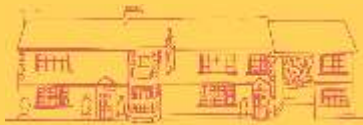
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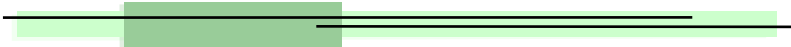
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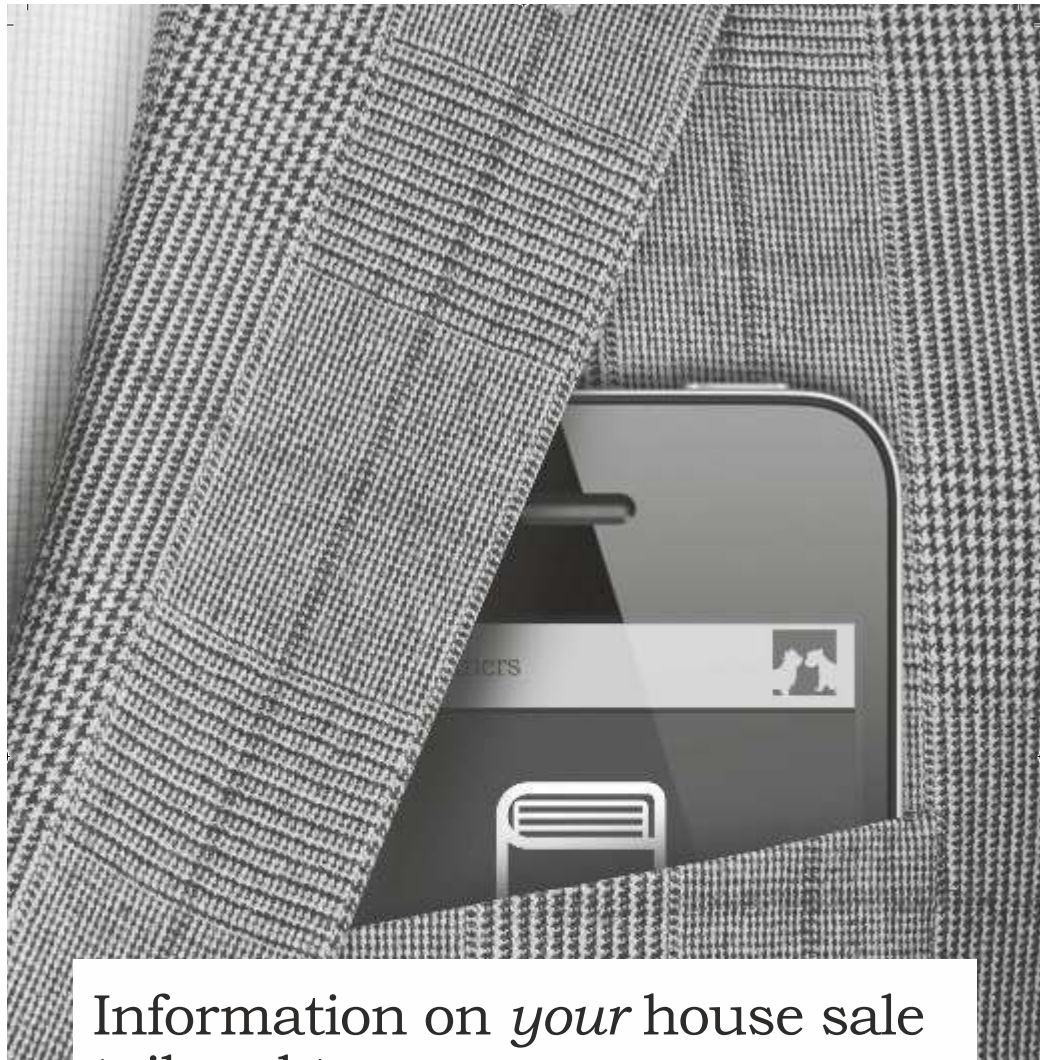
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Please note that her normal day off is Friday.

Churchwardens

Higham Martyn Carr 01206 337325 (Elder)
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Readers

Richard Appleton 01473 311487
Nicola Tindall 01787 212340

Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **18 April**.

Lent Group

Our Lent group meets for the final time on 12 April 2.30 at 5 Veyses End. We shall then look at what to study for the future. All are welcome.

Silent Prayer Group

This group meets at the Rectory on the first Monday of the month at 11.30 a.m. for an hour on the following dates: 9 April, 7 May, 4 June, 2 July.

Carers' Coffee

Anyone who is a Carer is welcome to come for coffee at the Rectory. I haven't been able to find a monthly date that is suitable for everyone, so if you are interested, could you please contact me to see what we can do.

Services in April and May

	8.00 a.m.	10.00 a.m.	6.00 p.m.
1 st April		Easter Day Holton NB No service at SSM	
8 th April		Higham	Raydon
15 th April		Holton	SSM
22 nd April	Higham	Raydon + SSM	
29 th April		10.30 am Deanery Eucharist, Bildeston	
6 th May		SSM	Holton
13 th May		Higham	Raydon
20 th May		Holton	SSM
27 th May	Higham	Raydon + SSM	



New Testament Readings and Collects for weekdays in April

1 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.

2nd 1 Corinthians 15.1-11

3rd 1 Corinthians 15.12-19

4th 1 Corinthians 15.20-28

5th 1 Corinthians 15.29-34

6th 1 Corinthians 15.35-50

7th 1 Corinthians 15.31-end

8 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.

9th Romans 5.12-end. **The Annunciation of our Lord to the Blessed Virgin Mary**

10th Colossians 1.15-end. William Law, Priest, Spiritual Writer, 1761

11th Colossians 2.1-15

12th Colossians 2.16-3.11

13th Colossians 3.12-4.1

14th Colossians 4.2-end

15 April: *Easter 3*. Risen Christ, you filled your disciples with boldness and fresh hope; strengthen us also to proclaim your risen life and fill us with your peace, to the glory of God the Father. Amen.

16th Luke 1.1-25. Isabella Gilmore, Deanconess, 1923

17th Luke 1.26-38

18th Luke 1.39-56

19th Luke 1.57-end. Alphege, Archbishop of Canterbury, Martyr, 1012

20th Luke 2.1-20

21st Luke 2.21-40. Anselm of Bec, Archbishop of Canterbury, 1109

22 April: *Easter 4*. Risen Christ, faithful shepherd of your Father's sheep, teach us to hear your voice and to follow your command, that all your people may be gathered into one flock, to the glory of God the Father. Amen.

23rd Ephesians 6.10-20. **George, Martyr, Patron of England, c. 304**

24th Luke 3.1-14. Mellitus, Bishop of London, 624

25th Acts 12.25-13.13. **Mark the Evangelist**

26th Luke 4.1-13

27th Luke 4.14-30. Christina Rossetti, Poet, 1894

28th Luke 4.31-37

29 April: *Easter 5*. Risen Christ, your wounds declare your love for the world and the wonder of your risen life; give us compassion and courage to risk ourselves for those we serve, to the glory of God the Father. Amen.

30th Luke 4.38-end

1st James 1.1-12. **Philip and James, Apostles**

2nd Luke 5.12-26

3rd Luke 5.27-end

4th Luke 6.1-11. **English Saints & Martyrs of the Reformation**

5th Luke 6.12-26

APCMs

18 April Higham, 7.30 p.m. in the church
23 April Raydon, 7.30 p.m. in the church
24 April SSM, 7.30 p.m. in the Parish Room
26 April Holton, 7.30 p.m. in the Village Hall



For your prayers

We give thanks for those to be baptised in our parishes over the next few months:

Aiyana Clubb at SSM on 6 May
Florence Cook at SSM on 5 August
Coben Leonard Bilton-Heenan at SSM on 7 October

And we pray for healing for those who are ill or in need, in our parishes and beyond:

Holton:	Ron Stedman, Ralphia Noel
Raydon:	David King, May Peacock
SSM:	Nancy Ablitt, Barrie Cavendish-Tribe, Laura Kerry, Trina
Others:	Betty Arbuthnott, Helen Gregory, Steve Kupfer, Gail O'Dell