

**Stratford
St Mary**

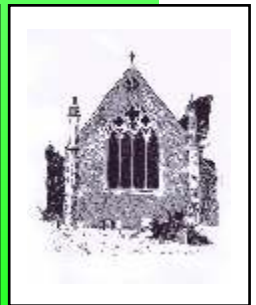
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



April 2019

Issue 368

Tall Chrome Towel Rail

170cms height x 60cms wide

Good condition all parts intact

£20

Mobile 07972098641

For Sale - solid, small, oval oak
extending table in fair condition.
Measurements 3' 6" x 2' 7"
extending to 4' 6". £30

Contact number 01206322148



Aluminium frame Marin, 24 Gear
cycle with lots of extras.

offers of above £175 to Wendy
Mumford on 01473 312123 and
for more details.



SSM First Responders are now
part of the Community Token
Scheme. Please support us at the
following Co-op branches -
Hadleigh, Dedham, Capel St Mary
and East Bergholt. The more
tokens we get, the bigger share of
£1000 we get.

Many thanks

Child's bed

size 1 metre by 70 cms, mattress
available, if required.

Free to good home,
donation to church of your choice.
01473 310320

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

The Quartet Diary



April

- 5 HSM Social Club AGM
- 6 R & DGC Spring Show
- 8 SSM Annual Parish Meeting
- 9 Raydon Parish Council Meeting
- 10 SSM Lunch Club, Parish Room
- 13 HSM Quiz Night
SSM Church Tidy Up morning
- 15 SSM Parish Church Meeting
- 17 Communion, SSM Parish Room

- 23 Raydon Fair Trade Coffee
Morning
SSM First Responders AGM
- 24 SSM Coffee Morning, Parish
Room
HSM Annual Parish Meeting

- 25 R & DGC meeting

- 26 HSM Whist

May

- 8 SSM Lunch Club, Parish Room
HSM Parish Council AGM
- 13 SSM Annual Meeting of the
Council

- 14 Raydon Parish Council Meeting

- 15 Communion, SSM Parish Room

- 19 HSM Open Gardens

- 21 Raydon Fair Trade Coffee
Morning

- 22 SSM Coffee Morning, Parish
Room

- 30 R & DGC meeting

- 31 HSM Whist

June

- 8 HSM Progressive Dinner

- 11 Raydon Parish Council Meeting

- 18 Raydon Fair Trade Coffee
Morning

- 28 HSM Whist

- 29 Raydon, Musical Evening

July

- 8 SSM Parish Council Meeting

- 9 Raydon Parish Council Meeting

- 16 Raydon Fair Trade Coffee
Morning

Editors Corner

Ah! That's better! April is here and now we are firmly rooted in spring, the landscape is getting greener and we can start to think about what to do in the summer. We hope you find lots of events to interest you in the coming months. The articles in the Quartet are testament to many volunteers throughout the four parishes organising all sorts of events from a Spanish Club (page 8) to Gardens Open in Holton St Mary (page 14), Lent courses (page 9) to a musical evening (page 13) and lots in between!

This month we also have a selection of general interest articles from various people. As editors we are always keen to bring you interesting and informative reading and we are grateful to the writers who are willing to spend time and effort to send them in. If you have a particular passion you would like to share, why not write an article for the Quartet? We'd be happy to hear from you, whatever your age or interests.

One more thing - don't forget to email us with your suggestions for good take-aways and restaurants in the area - we are hoping to bring you a useful page of recommended places to go in the near future.

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 2019

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Stratford St Mary

Stratford St Mary Parish Council website has now been updated. Please pop over to www.stratfordstmary.onesuffolk.net and let us know what you think. If you would like your event advertised on the website as well as in the Quartet, whatever it may be, please let the parish clerk know on parishcouncil@stratfordstmary.org.uk



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

07842 207598

INSTITUTE HALL BOOKING CLERK CHANGE

Please note that requests for bookings should be made through the bookings email address:

ssminstitute.bookings@gmail.com.

Information supplied to book should include a name with contact details and the nature of the event.

This results in a natural queuing system which ensures that first come is first served. I check this address every day and will respond accordingly.

Steve Kite

42 Strickmere

Stratford St. Mary, CO7 6YG

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. To book the hall and for general enquiries, please phone John Taylor on 01206 323908

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



We are desperately seeking a Treasurer to deal with the Stratford St Mary Church Accounts of which are in order and on the computer.

If you can help please contact

Stephen Fowler 07464 775215

100 Club winners

MARCH

13 B. Still	£40.00
119 J. Marshall	£10.00
151 M. George	£5.00

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



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!

Transport to Medical Appointments.

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

Please give us as much notice as you can.

Graham/Diana Pearce 01206 321297
Jenny Symons 01206 322636

SSM Parish Council Meetings

08 April
 (Annual Parish Meeting)
 13 May
 (Annual Meeting of the Council)
 08 July
 09 September

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 afield. 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 Local area is covered by a CFR bag located in Langham (the bag was supplied by Stratford St Mary Parish Council) and also other bags in Dedham, East Bergholt, Capel St Mary and Manningtree. The bag is presently used by only one volunteer in Langham.

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 the Langham, Stratford St Mary, Boxted and Dedham areas to complete the training and then join me in covering our area. 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 Weather Watchers Report

Last March, the Beast from the East made headline news. This year, the sunny February with some record breaking daytime temperatures has made the news.

Firstly from my records, I will look at the winter of 2018/19 as a whole. The following are the monthly mean temperatures for the months November to February. Although November is classed as an Autumn month, on rare occasions it can be as cold as any Winter month. I have also included the total rainfall for each of these months:

November: Max temp 11.5C Min 5.7C
Rainfall 59.2millimetres (2.30inches)

December: Max temp 9.4C Min 4.7C
Rainfall 46.8mm (1.84")

January 2019 : Max temp 6.7C Min 1,5C
Rainfall 18.2mm (0.72")

February 2019 Max temp 11.5C Min temp 2.1C
Rainfall 19.5mm (0.77")

February had an estimated total of 144 hours of sunshine, a record and the maximum temperatures for 25th, 26th and 27th were respectively 15.5C, 17.8C and 18.8C. 20C was exceeded in Wales. Some June days have been colder! However, there were 13 air frosts in February so the minimum temperature was only slightly above average, a large diurnal range resulting. The average barometric pressure for February was 30.38 inches. unusually high.

Looking at the rainfall totals for the three winter months, the total was 85.3mm which was 65mm less than the normal average and should be of concern because reservoirs depend on adequate winter rainfall to top up their levels

Quite extensive moorland fires broke out at Saddleworth in North Yorkshire at the end of February due to the unusual warmth and dryness of the heather there.

Summing up ; the winter of 2018-19 will go down in the records as very mild. December was exceptionally mild and day time temperatures in February broke all records.

Eastern Europe was colder than average in January and a record amount of snow fell. Austria and Greece also had heavy falls. Extreme cold occurred in Canada and Northern U.S.A. On several days in January, the midday temperature in Chicago was minus 25C and also minus 26C recorded in Montreal.

The jet stream is the conveyor belt for our weather, first discovered in Japan during the Second World War when American bombs failed to reach their targets. It is a stream of air several miles up in the atmosphere which flows west to east with the rotation of the earth mostly between latitudes 40 and 60 degrees, both north and south of the equator. If it flows more or less straight from west to east. it can often be referred to as zonal. It can reach 200mph and is responsible for the very changeable weather at the start of March this year. During January and February, it snaked up and down (meridional) and was responsible for the extremes that occurred.

The end of February brought the butterflies out. On several days, I recorded a yellow Brimstone and also a Peacock. The Cabbage White butterflies are not usually about until mid April. Last year 80% of all the butterflies in my garden were Cabbage White, the caterpillars devastated my Nasturtiums. Bees and Ladybirds also emerged in late February but may not survive like the butterflies if the weather turns cold.

Please note that all the temperatures are values from my garden at Stratford St Mary.

Robin Jackson



Can you help in a **tidy up Morning**
in Stratford St Mary Churchyard?

Date : Saturday 13 April 2019,

9 am to 12 noon,

Refreshments available.

Bring your own ...Gloves,
Secateurs, Spade & Trowel .



Community
First Responders

You are invited to our AGM to find out
what's been happening over the last year
and to see if you could help in some way in
the next one.

Tuesday 23rd April 2019

Parish Rooms SSM

7.30pm

Stratford St. Mary Institute Hall Notice

Please be aware that the Institute Hall
has been hired by various Caravan Clubs
during 2019 on the following weekends:

5th, 6th and 7th of April

18th, 19th, 20th, 21st and 22nd of April

3rd, 4th, 5th and 6th of May

16th, 17th and 18th of August

Although caravans will be parked on the
field area, all play equipment will continue
to be available for the use of Stratford St.
Mary Residents.

These Caravan Club lettings brings a
substantial amount of revenue to the hall
funds, which in turn helps us keep the hall
in good shape.

The Institute Hall Management
Committee.

Stratford St Mary Parish Church

The annual meeting of parishioners will
take place on:

**Monday 15th April at 7.30 pm in the
Parish Room**
(please note, this is a change of date).

Refreshments will be served, please
do come along to hear more about the
work of your local parish church.

STRATFORD ST MARY

ANNUAL PARISH MEETING

Will take place on 8 April 2019 at
7.30pm

in the Institute Hall, Higham Road.

All residents are invited to attend.

Refreshments will be served.

**Need to email Stratford St Mary Parish
Council?**

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



**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.

Spanish Club



I'm currently learning Spanish and so am looking for people who would enjoy getting together say once a month for an evening of Spanish conversation and culture. Please call or email if you are interested.

Julie
07989639583



Stratford St Mary Primary School are collecting the 'Lego for Schools' tokens which appear in the Ipswich Star and East Anglian Daily Times, from Saturday 9th February to Friday 3rd May 2019. **EVERY** school that collects a minimum of 1,000 tokens will receive £50 worth of Lego whilst the top three (as a ratio to registered pupils) will win £1,000 worth each. If you have any tokens please drop them off at Stratford St Mary Primary School.

Thank you for your support.

Higham

Easter Sunday is by tradition, the first Sunday following the first full moon after the Spring Equinox. This year the full moon happened to be on Good Friday, 19th April so Easter Sunday is on 21st April. As it happened, the previous full moon was on March 21st, the Spring Equinox. Had it been a day later, Easter would have been very early.

Last year Easter Sunday was on April 1st, the full moon being on the 25th March

The Spring Equinox is when the sun is above the horizon for 12 hours throughout the planet Earth, the sun being overhead at the equator

Thought has been given to having a fixed Easter but this would be need to be agreed internationally.

Easter being late this year means that 4 bank holidays occur within a period of 6 weeks, i.e May Day and Spring Bank Holidays as well as Easter.

Robin Jackson

Saturday 6 April

9.30am to 1pm

Higham Church Spring Clean

Any help with a bit of polishing, hoovering, hoe-ing, hedge clipping etc,

combined with a cup of coffee and a chat, even for just 30 mins,

anytime between 9.30am and 1pm would be enormously appreciated.

Lent Course 2019

2.30pm – 4pm

14th March All taking
21st March place at
28th March 5, Veyses End
4th April Stratford St Mary

7.30pm – 9pm

14th March Kingfisher Cottage, Higham
21st March The Old Rectory, Higham
25th March Heath Barn, Leavenheath
1st April Oaks Farmhouse, Holton St Mary

We will be following John Stott's book on The Beatitudes

(book will be provided)

Please contact Nicola Tindall 01787 212348 for further details

Raydon



Fair Trade Coffee Morning

It was a lovely warm and sunny day for our February gathering, not at all like winter! Everyone had

returned from their holidays and had lots of tales to tell making us all envious of their travels.

We were collecting potential participants to make up teams for our "fun quiz" on March 16th. Watch this space for the winning team, I expect true to tradition the team I'm in will get the wooden spoons! Well it's all good fun!

A very important date for your diaries was available as well, this is the Suffolk Historic Churches Trust sponsored ride and stride, so make a note of September 14th which is this year's sponsored event. It raises money both for the trust and for our Church so let's get ready to raise lots of money. If you don't feel able to "ride or stride" then you can be a recorder in the Church, you can be sponsored for that as well!

Well, another morning over and looking forward to our next get together on March 26th when we'll be celebrating four birthdays! Hope you can join us for some great coffee and a chat.
Thanks as ever,

Wendy Mumford
01473 312123

Sponsored Ride and Stride.

September 14th

Save this date to do your bit for
Raydon Church and Suffolk Historic
Churches Trust.

More details later..

RAYDON PARISH COUNCIL SCHEDULE OF MEETINGS 2019 All at 7.30pm in the KGF Pavilion

Tuesday 9 April (Annual Parish Meeting)
Tuesday 14 May (AGM)
Tuesday 11 June
Tuesday 9 July
Tuesday 10 September
Tuesday 8 October
Tuesday 12 November

***NB: if you would like to see copies of
the minutes of any Raydon Parish
Council meetings, please visit
www.raydonpc.org, or contact Jane
Cryer, Parish Clerk:***

**Jane Cryer
Clerk to the Council
Sunnyside Cottage, Overbury Hall
Road, Layham IP7 5NA**

**07920 713940 / email
raydonpc@gmail.com**



RAYDON VILLAGE HALL

A public meeting was held at 8.00 pm on Thursday 14th March to discuss the future of Raydon Village Hall. A proposal to sell the hall was put to the meeting and a vote took place after extensive debate. The decision to propose that the hall be sold had not been taken lightly by the Committee but spiralling costs coupled with difficulty in fund raising, low usage and the inability of the hall to meet today's needs e.g. lack of parking and poor access and difficulty in recruiting new members, left little option.

The decision to sell the hall needed to be confirmed by at least three quarters of the inhabitants of the village aged 18 years and above attending the meeting. The voting requirement was met and the hall will now be put up for sale subject to approval by the Charity Commission. All funds raised, after costs, will be invested for the possible future purchase of another hall or some other charitable purposes for the benefit of the inhabitants of Raydon.

David King
Chairman

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

RAYDON CENTURY CLUB WINNERS -

5	Mr S Daldry	£25
82	Mrs I Brown	£15
30	Mrs W. Mumford	£10
63	Archie Cook	£5
96	Mr & Mrs Girling	£5
140	Rachel Goocg	£5
94	Mr B.Banyard	£5



EASTER LILIES

St. Mary's, Raydon

Sunday 21st April 2019

Please contact me if you would like an Easter lily displayed in the Church to remember a loved one.

Orders by 11th April please

Angela King

01473 311120

Raydon and District Gardening Club

So here we are in "Spring Time" once again and it's so refreshing to look out on your gardens and countryside at all the "NEW LIFE" springing up all around us. It stimulates the mind and it helps us to forget dark dreary days of winter, so we can concentrate on and hopefully make the best use of warmer, sunny days outside, whether it be gardening or just enjoying the wider outdoors. Just to stand outside your house, listen to the renewed bird song, watch them busy nesting, all the time taking in the perfumes of spring flowers as well as all the wonderful colours, not forgetting all the different colour greens that are appearing on trees and shrubs. Who does not enjoy Spring ?? Can even enjoy a cuppa outside.

Now hopefully we as a club had a interesting club night on March 28th learning all about "Pelargoniums" with Ken Abel. We most certainly did in February when Fay Jones came from Wickhambrook out towards Haverhill way giving us a most interesting and informative evening all about Nettles that most annoying weed mainly because they STING, ? but do they,!!! no not all do. They are good for insects and some butterflies lay eggs on them so if possible don't be too tidy, leave a small patch to help nature. April 6th is Spring Show day so please have a go and enter even if it's only one entry, now that's not to much to ask ?? and most people have flowers in their gardens, so pick up a show schedule and have a go, all entries to be booked in by Wednesday 3rd April please. Follow the rules carefully so as to avoid

disqualification by the show judges and who knows you could be a cup winner, or cash if entering in children's sections.

April 25th will be with John Henson with a wonderful evening all about SWEET PEAS. Every garden should have some just for wonderful colour and perfume, they are also easy to grow.

Summer coach outing Sunday 23rd June will be to Wrest Park in Bedfordshire. We are now taking bookings so either come to meetings or phone my wife Daphne on 01473 310422, to book your seat, and join us on what should be another great day out.

Geoff Horrex (Chairman)



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.

Community email group - if you haven't already done so, please join this group. It's a quick and easy way of disseminating information and email addresses are kept confidentially by the Parish Clerk only - all emails are sent out bcc. If you would like to be included, please email Jane Cryer at raydonpc@gmail.com



Pimms Or Prosecco?

Your choice for relaxation
At

A musical Evening

with
Yalda Davis and friends
St Mary's Raydon
29th June

More details to follow



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 p.m.

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

Ideal for your special event

The Raydon 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

Holton St Mary

HOLTON ST MARY



**Sunday 19th May 2019:
11 am to 5 pm**

Proceeds to Holton St Mary Church Fabric Fund

With over a dozen gardens open from small and cottagey to large and splendid, there will be lots to see and plenty to do.

Coffee and cake, sandwich lunches, ice creams and cream teas served during the day

Loads of parking

Plant stall, Wood turning, vintage vehicle displays and Madrigals in the Garden

Come and make a day of it!

Programmes/admission £7 per adult.
Available from gardens on the day

The 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 p.m. at a cost of £3.50 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 at 8pm

All are welcome, so please do come along
Next Dates :-

Friday 26th April Friday 31st May

Friday 28th June Friday 26th July

Future Dates:-

Friday 5th April AGM At 8:30 for 8:45pm.

Saturday 13th April Quiz Night 7:30 for 7:45

Teams up to 6 people £8 per person

Choice of :-

Cod & Chips, Chicken & Chips, Scampi & Chips, Vegetarian option & Chips

Anyone interested should either record their team name, contact & food choice on the notice in the Village Hall or contact Lee Barton by phone 07876 443317 by email lee.aptfarming@gmail.com

Saturday 8th June Progressive Dinner

Anyone interested should please contact Gil Mann on gilbertmann@btinternet.com

Opening Hours

Fridays from 8:30pm until 11pm

Sunday from 1:00pm until 3pm

Peter Longmate

quaywallslongmate1@btinternet.com

mobile:- 07957 910608

home:- 01473 314150

The Holton St Mary United Charities Trust

has some funds available to those residents 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.

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 Bookings secretary

Holton St Mary Millennium Green Trust

Winners of the Century Club Draws are :

January £25 No 60 Rosina Mann, £15

No 114 David Rose, £10 No 2 Keith

Hyland, £5 No 16 Malcolm Norton & No

64 Richard Appleton

February £25 No 58 Bob Holmes, £15

No 111 Joe Wells, £10 No 25 Barbara

Yorke-Edwards, £5 No 39 Michael Wilson

& No 44 Roger Jones

March £25 No 105 Roger Shipley, £15

No 73 Brian Keen, £10 No 72 Janet

Cracknell, £5 No 96 Natalie Unwin & No

10 Paul Smith

In Praise of Slow.

The next Slow Stitch group will be meeting on **18 April 2 - 4pm** in the village hall, Holton St Mary.

Everyone is welcome from beginners to experts. Some people bring a project they have started, others join in a group project and some come for the tea and chat.

For more information contact:

Jeanette Appleton m 07768418942

'Green Gym Group'

The March session saw the planting of a living willow tunnel on the Millennium Green. This was undertaken by a team of enthusiastic and energetic people, of all ages (the youngest being 3), and with representatives from the Trustees of the Millennium Green, Parish Council and the village community. Thank you.

The next session of the Green Gym will be on Saturday, 6th April at 10.30.

The Group will meet in Church Square. Leaf-rakes, brushes, paver-weeders, secateurs and robust bags (of the roadside litter, compost or 'Scrulch' type) would be helpful.

I look forward to seeing you there. Thank you very much.

Richard Appleton

Holton St Mary Parish Council

24th April - Annual village Meeting -
come and hear reports from all the village organisations and find out what's happening in your village

8th May - Parish Council AGM

8pm in the Village Hall - all villagers welcome



BRANTHAM ANNUAL GARAGE SALE 2019

Benefiting Nepal Children's Trust and the St Elizabeth Hospice

Saturday July 6th 9.00am – 3.00pm

Open garages selling items throughout the village. Look for the balloons and signs throughout Brantham the A137.

Table Top Sale at Brantham Village Hall and our main table will take place outside of the village hall.

Refreshments, Hotdog, hamburger, handcrafts and preserves, tombola, ice cream and much more.

We need £5 minimum donation to book your garage and £7.50 for village hall table.

If you would like to help in any way either on or before the date or wish to donate items for sale or for the Tombola, please contact Maya, Louise or Maggie (see contact details below).

Maya: mayawatling@hotmail.com / 07508 430671

Louise: Louloumadley@btinternet.com / 07792 236414

Maggie: maggie1woods@googlemail.com / 07867 546484

Facebook: Brantham Garage Sale
<http://nepalchildrenstrust.co.uk/>

'There will be no more tears'

*"He will wipe every tear from their eyes"
(Revelation 21: 1-8)*

Like rain, either a persistent drizzle or a torrential downpour, the tears of grief, of sadness, of anger, of despair will always fall, somewhere. All of us will have encountered tears, perhaps most recently at the murder of innocent adults and children, in prayer with God, in their place of worship in New Zealand. Next week's emotional forecast will undoubtedly bring further rain, possibly, with a feeling of loss or despair. The following may bring us some calm and hope in our personal storm.

'Something has changed and you don't want to try anymore
Nothing seems worth it; this despair just won't go away
So you break down, cry and start to pray
Life has been cruel and you wonder if you'll find your way
Find your way; you'll find your way

When you've lost your mind
Feel like no one's on your side
And you're lost in this lonely world
Living like it's over now
When you've lost all hope just know
When you're lost you can always be found

Never stop trying and never give up who you are
The grace and the love that you're searching for isn't that far
Then you breathe life and know you're not alone
It's worth believing, the faith will help you find your way home
Find your way; you'll find your way

Whenever things gone all wrong
I will be here
When everything's coming down I know
Never stop trying and never give up who you are

I will be here
When you've lost your mind
Feel like no one's on your side
And you're lost in this lonely world
Living like it's over now
When you've lost all hope just know
When you're lost, you can always be found'

We will never be lost from God's sight, or from God's hearing, or from God's presence. God was in our beginning and, whether our life's journey is long or short, healthy or unhealthy, happy or unhappy, ordinary or extra-ordinary, God will be at our end. Our life is embraced by God.

Richard Appleton

DEDHAM FOOTPATH GROUP

Enjoy walking, meeting new people?

Then why not come along to walks organised by the Dedham Footpath Group

We walk 4-5 miles on the first Sunday morning of each month from various locations.

Our April 2019 walk will be on Sunday 7 April at 1030 am.

Meet the free public car park on the A137 immediately opposite Ardleigh church for a 4-5 mile walk.

The group welcomes all walkers and those with well behaved dogs, kept on leads at all times, are welcome to join us.

For more information email
DedhamFG@gmail.com

A letter from James Cartlidge

It is often said that these are 'historic' times in Parliament. However, most constituents would assume that word was referring to the passage of Brexit, with all its ups and downs. In fact, I would like to think that I recently participated in the passage of a Bill that could at least a little historic in terms of its future impact on social trends. I refer to the 'Civil Partnerships' legislation which I supported in its final stages last month, having also spoken at Second Reading (i.e. its very first debate).

A Civil Partnership is a way for two people to show their commitment to one another, and to gain most of the rights reserved hitherto for marrying couples, without using the 'traditional' route offered by civil or religious marriage. However, at present, this form of union is only legally available to couples of the same sex. The purpose of the Civil Partnership legislation is to extend this right to heterosexual partners.

When I first heard of this change my instinct was to question if this would be a 'commitment lite' way of conjoining. On reflection, and on hearing testimony from constituents and others who strongly support this option, I concluded that this would offer a new form of commitment to those who would otherwise probably make no such commitment at all.

I should clarify that my wife and I chose to be married in church, using the traditional service, but it is a fact of life that millions of couples choose to live together without any formal binding of their relationship. In my view, far from 'threatening' marriage in church or even a registry office, for those who see marriage as outdated or too traditional (and I do not agree, but many feel that way) a Civil Partnership offers a way to bring greater stability to their lives – and those of any children they have.

I also feel that this measure will become much more popular for generations to come. If that delivers greater stability and less family breakdown, that will be all to the good, and truly historic.

James Cartlidge MP

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Email j.jeffreys.eb@btinternet.com

The start of a New Year time to start a New Hobby?

Do you know the basics of bridge and would like to play regularly in a social environment, then how about coming along to the Lambe School Wednesday evening bridge group. We meet up in Lambe School, East Bergholt at 7.30 each Wednesday. A regular partner is not essential as we ensure everyone who turns up gets a partner for the evening. If you would like to know more then phone Nigel Clover on 01206 323422.

Hadleigh Choral Society is pleased to announce the details of their upcoming spring concert: St. John Passion by J.S. Bach. This choral work will be performed in the original German text at St. Mary's Church, Hadleigh on Saturday 6th April at 7:30 pm, and will feature professional soloists along with the Colchester Symphony Orchestra, John Cooper on harpsichord and David Butcher on organ. Christopher Phelps will conduct this musical retelling of the story of Christ's arrest, trial and crucifixion, in what promises to be a memorable evening full of wonderful music-making.

Tickets are £14 (free admission for under 25s) and will be available on line through www.hadleighchoralsociety.org.uk, members of the choir, or The Idler bookshop in Hadleigh. For more information contact on 01473 823 791.



Stour Valley Men's Probus Club

Brian Wills presented a lecture of particular local interest on Wednesday 6 March when he spoke about "Constable and his Paintings" and we held our Annual General Meeting on Wednesday 20 March.

On 3 April Chris Parfitt will introduce us to the "Bhutan, Land of The Thunder Dragon" and David Ablewhite will return again and this time present "The Horrible Hanoverians" on 17 April.

Francis Boardman will talk about "Son Of A Gun - Woman in Nelson's Navy" on Wednesday 1 May and on 15 May Bill Roberts will recall "Memoirs Of An Armed Protection Officer"

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB. New members are welcomed.

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.

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2019**

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Toni Neobard and Kate Broad, family historians and authors presented "For Better or Far Worse" on 13 March. This was a light-hearted look at marriage and relationships through the eyes of Victorians. What happened if they didn't marry and what if you did but were not happy with your choice? It was a glimpse at bizarre goings-on showing wedded bliss wasn't always so. On Wednesday 20 March our first Member's Quiz Night took place in The Constable Hall. This event was much enjoyed by all present who thanked the organiser June Escott.

On 10 April the popular speaker Mark Mitchels will talk to us on "The Genius of Charles Dickens". Dickens rose to become a great novelist by sheer talent and determination. He worked a self-imposed schedule that never relaxed and in the end he probably brought about his early death. But the novels survive, to be rediscovered by each generation. What sort of man was he? His genius is astonishing and this talk uses biography and extracts from his books to re-create the man and his achievements.

Our speaker on 8 May is Dr Helen Geake, National Finds Adviser, Portable Antiquities Scheme. She will talk about local finds recorded by PAS, archaeology found by the public. She will explain what to do if you find an historic artefact whilst gardening, beachcombing or walking the dog. This talk will look at how archaeologists reconstruct items and will include details on local finds.

Dr Stephen Ashworth, Senior Lecturer at UEA will talk on "Lies, Damned Lies and Statistics" on 12 June. How good are we at intuitively judging probabilities? Should everyone be able to earn more than the average wage, is it a scandal that doctors/dentists/academics are below the national average? An excursion into statistics and probabilities, which is hoped

will encourage critical consideration of the statistics with which we are bombarded every day.

Each month, the Coffee Grinders meet at The Lambe School, Gaston Street, East Bergholt, CO7 6SD from 10-12 noon. This meeting especially welcomes new members but gives all members the opportunity of meeting the activity Group Leaders and the Committee whilst enjoying a cup of coffee. The next meeting is on Friday 22 March.

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, 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 340 members and 35 active 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 December. Whilst visitors are welcome to join us on a limited number of occasions, paying a donation each time, Members are given priority to speaker meetings due to the hall's capacity limit for safety reasons.

Remember it's never too late to learn! Join over 400,000 members across over 1,000 U3As throughout the UK today!

Have your say on proposed future speech, language and communication services

Parents and carers of children and young people in Suffolk with specialist speech, language and communication (SLC) needs have been invited to have their say on a proposed new model for delivering services. The integrated model was co-produced by education, health and care specialists in partnership with parent carer representatives.

All those involved have previously acknowledged that Suffolk services for supporting the development of children's SLC needs required urgent improvement.

The key areas highlighted as requiring improvement included:

- reducing the time children and young people had to wait to receive speech and language therapy
- better skills, training and tools for those working with children and young people in order to provide early support and a better understanding of when they needed referral to therapy, and
- consistency of support available across the whole of Suffolk.

It was these concerns, coupled with the findings of the 2007 Bercow Report into services for children and young people with SLC needs, that helped shape the new model for Suffolk.

Parents and carers have until Monday 22nd April to give their feedback on the model, which can be accessed via the Suffolk County Council website and searching in 'Consultations'

It is well known that if children do not get the help they need early enough in their

lives, the negative impact on them and their families can be significant and enduring. In additional £1 million has been agreed over the next two years to recruit more therapists, invest in outreach and fund training and diagnosis tools to reduce waiting times. There has been a financial commitment to the significant investment that was desperately needed.



Constable Singers

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

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Coaching for juniors & adults available or just come along & give tennis a try.

More details at www.clubspark.lta.org.uk/dedhamlta

or email: dedham-tennis-committee@googlegroups.co.uk

SESAW NEWS

At last that precocious Chihuahua is preoccupied, leaving the computer unguarded for me to write this month's news from the feline point of view. Most importantly, I must tell you about two cats, mother and daughter Fat Cat (I can hardly bring myself to type such a name!) and Betty. They have been with us far too long and need a quiet, understanding household

to help them overcome their timid natures. A more dignified name for the mother wouldn't go amiss either! Kenny would have my guts for garters if I didn't tell you we have dogs too.

The volunteers appreciated the warm spell in February but it's back to wellies and warm jackets as the rain trickles down the office window. Hopefully the Spring will be in full flourish for our Easter Fair at the Old School, Long Melford, CO10 9DX, 10-3pm on 14th April. Lots of lovely items for friends, family and your pets, a big raffle and tombola, refreshments, free parking and only 50p admission.

We will be helping at the Nayland 10K on 30th June and hoping for good weather. SESA W is one of the lucky charities being supported by this popular event which attracts many runners. Register via the website: Nayland 10K | Constable Country 10k, 5k & 1k fun run If anyone has a sturdy gazebo surplus to requirements we would be glad of it for this event and for our annual Open Day in July. Now it's time to accompany Mother on her evening rounds and then to bed next to a radiator for me, Ollie (the Black) Cat

Suffolk and Essex Small Animal Welfare, Reg.Charity No.1124029. Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888 www.sesaw.co.uk Usually open 10-1pm Thursday to Sunday

Bin Collection Schedule

Week Commencing

Refuse Week

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Recycling Week

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1st April

15th April

29th April

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Email: recycling@baberghmidsuffolk.gov.uk

25th March

8th April

Visit www.recyclenow.com to find your nearest recycling banks

22nd April

6th May



Bank Holiday Week - Everyone's collection will be a day later this week.

Sunday 14th April,

10-3pm

SESAW Easter Fair,

**The Old School, Long
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Gifts, collectables, crafts, jewellery,
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East Bergholt Horticultural Society

Talk by Jim Buttress



With his trademark bowler hat Jim Buttress is a familiar figure to garden lovers. As head judge at the RHS he presided over Chelsea and Harrogate Shows and was Superintendent of the Royal Parks. He's also known as the People's Gardener and was a popular judge on the BBC's Big Allotment Challenge

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www.eastbergholthorticulturalsocietyonesuffolk.net • email: ebhs@btinternet.com

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- 12.10pm

Route 14

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26 March, 23 April, 21 May, 18 June, 16
July

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Raydon

St Mary's Raydon - 9.50-10.30am

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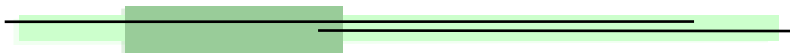
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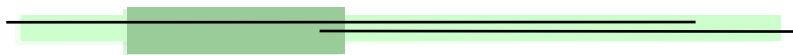
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The Quartet benefice Newsletter and events schedule

Dear Friends

Here we are thirteen days into spring already, and with spring I think daffodils, but this year, they have been flowering since the last week in February. I am reminded of William Wordsworth's poem. As he speaks of seeing a host of golden daffodils, their heads in sprightly dance, but little thought what wealth the show had brought, and ending, and then my heart with pleasure fills, and dances with the daffodils. How the humble daffodil in all its glory cheers the heart after the dark winter days.

My thoughts then turn to the creator of those daffodils and the full splendour and mystery of the whole of creation. Matthew 6 v 28 – 29 compares the care God shows in providing for the lilies, with the care God shows in providing for his people, and Wordsworth's words come back to me – "how my heart with pleasure fills and dances with the daffodils", at the thought that God loves us all and has promised to care for us.

Ecclesiastes chapter 3 tells us – To everything there is a season and a time for every purpose under heaven.

Which brings my thoughts to The Easter celebration, and what it means to us. The feast day of Easter was originally a pagan celebration of renewal and rebirth. As I understand it the early Christians memorial of Christ's resurrection occurred about the same time and was merged with pagan celebrations which became known as Easter.

The venerable Bede, a monk from the 7th – 8th century wrote that in the month which early Christians were celebrating the resurrection of Jesus, had been called Eosturmonath in old English referring to a goddess named Ostrava or Eostre, goddess of spring and new life.

The word Pascal or Paschal which means 'relating to Easter', also Pesach or Passover is a spring festival which during the existence of the temple in Jerusalem was connected to the offering of the first fruits of the barley.

The Easter egg is an ancient symbol of new life likely linked to pagan tradition of decorating eggs for Easter and dates back to the 13th century, also rabbits and hares along with eggs are fertility symbols of antiquity, and no biblical connection with Easter. For the Christian, Easter is a time of reflection, a time when we may ask the question, Father how much do you love us? If you cannot tell, look up at the cross where He opened his arms and died, and I think his reply would be "I have done all this for you, this is how much I love you", in order that we turn from our own selfish desires and with newness of life to live as God intended.

Wishing you a very peaceful Easter time

Janet Dewey (Lay Elder, Stratford St Mary)

BENEFICE CONTACTS, SERVICES AND EVENTS



BENEFICE CONTACTS, SERVICES AND EVENTS

Reader:

Nicola Tindall: 01787 212340 nicolajtindall@btinternet.com

Please contact Nicola to discuss any aspect of faith and services in the Benefice including home visits.

Benefice Administrator:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

Please contact Frances to talk about baptisms, confirmations, weddings and funerals.

Benefice website:

www.4marys.org.uk

Churchwardens

Higham Martyn Carr 01206 337325
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 in April and May

	10.00 a.m.	NB. 5 p.m.
7 th April	Passion Sunday with Baptism SSM	Holton
14 th April	Palm Sunday - Higham	Raydon
21 st April	Easter Day - Holton	
28 th April	Raydon	Higham
5 th May	SSM with Baptism	Holton
12 th May	Higham with Baptism	Raydon
19 th May	Holton	SSM
26 th May	Raydon Family Hour, Parish Room, SSM	Higham

Compline: Compline will be held at 6.30 pm as follows:

Holton: Mon 15th April Raydon: Tues 16th April SSM: Weds 17th April
Higham:

Maundy Thursday: On Maundy Thursday there will be Stripping of the Altar & Communion Service at Higham at 6.30 pm.

Holy Saturday Vigil: This will be held in Raydon Church at 7.30 pm.

Midweek Communion: A short service of Holy Communion will be held in the Parish Room at Stratford St Mary at 10am on Wednesday on 19th April.

Morning Prayer A service of Morning Prayer will place on Thursday 25th April at Higham Church at 10–10.30am, followed by coffee. All are welcome or do just come for the coffee.

Good Friday Walk: The Annual Good Friday Walk will start with a service at SSM at 9.00 am & end with a service at Raydon at 3.00 pm. It will go via Higham (approx 10.45 am) and Holton (approx 12.15 pm) where a light lunch will be served in the Village Hall at 12.45 pm.

The Annual Parochial Church Meetings within the Benefice will take place in the churches all at 7.30pm on the following dates:

Holton: Thursday 4th April (Village Hall) Higham: Tuesday 9th April

SSM: Monday 15th April (Parish Room) Raydon: Wednesday 24th April

Further details to be announced within each parish.

Lent House Groups

Thursday 4 April 2.30 - 4 pm:: at 5 Veyses End, Stratford St Mary

Monday 1 April: 7.30pm: Oaks Farmhouse, Holton St Mary

Both groups will be following John Stott's book on The Beatitudes

Stratford St Mary Churchyard Clean Up: Sat 13th April: 9.00 am to 12 noon.

Elders

Our four church Benefice is fortunate to have five lay elders who are 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.

Martyn Carr 01206 337325, Christine Cousins 01206 322530

Janet Dewey 01206 322148, Sandy Ranson, 01206 322156

Peter Snelling 01206 337590



For your prayers

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Holton: Ron Stedman

Raydon: David King, Michael Mumford, May Peacock

SSM: Nancy Ablitt, Laura Kerry, Pat Ablitt and Family

Others: Serena Benson, Tory Cook, Helen Gregory, Steve Kupfer

We pray for Martyn Carr as he continues with his Auxiliary Ordination Programme