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August 2022
Issue 408

Quartet

The Parish Magazine

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

Quartet Diary

Details of events can be found within the magazine.

August

- 2 SSM Coffee Pot
- 3 Raydon Club
- 5 Social Club - Holton
- 6 Green Gym - Holton
- 7 Teas at Raydon Church
- 9 Coffee Pot - SSM
Raydon Fair Trade Coffee Morning
- 10 Raydon Club
- 12 Social Club - Holton
- 13 R&GDC Summer Show
- 16 Coffee Pot - SSM
Raydon Lunch Club
- 17 Raydon Club
- 18 Slow Stitch- Holton
- 19 Social Club - Holton
- 23 SSM - Coffee Pot
- 24 Raydon Club
SSM Parish Room Coffee Morning
- 26 Social Club - Holton
- 30 SSM - Coffee Pot

31 Raydon Club

September

- 2 FFOTMLC, Holton St Mary
- 3 Green Gym - Holton
- 4 Teas at Raydon Church
- 6 Raydon Fair Trade
Coffee Morning
SSM Coffee Pot
- 7 Raydon Club
- 9 Social Club - Holton
- 10 Suffolk Historic Churches
sponsored ride, drive and stride
- 12 SSM Parish Council Meeting
- 13 Raydon Parish Council Meeting
SSM Coffee Pot
- 14 HSM Parish Council Meeting
Raydon Club
- 15 Slow Stitch - Holton
- 16 Raydon Quiz Night
Holton Social Club
- 20 SSM Coffee Pot
- 21 Raydon Club
- 22 R&GDC Meeting
- 23 Raydon - England V Italy Live
Social Club - Holton
- 27 SSM Coffee Pot

Editors Corner

I'm writing the editorial sitting in the dark today - the sun is too hot for me to open the window or the blind, and there's a power cut - strange times we live in.

Looking through the pages though, it's good to see so many of you are planning events and getting on with things, despite the pitfalls of living in 2022. There are a huge range of events coming up from live bands at the pub - see page 8 to the annual Sponsored Bike ride - see your village section for local details. Not to mention the numerous coffee mornings, and regular clubs in all of our villages over the summer months.

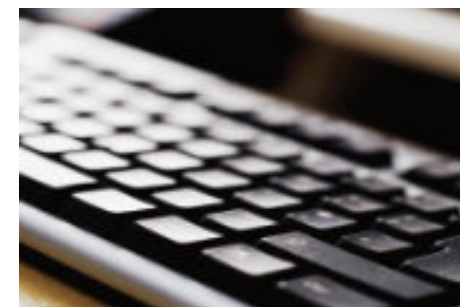
We have a couple of event reviews in this edition too, it's great to hear how things get on, and the recent Raydon Farmers Market appears on the front cover this month too.

I hope by the time you read this the weather will have calmed down a bit and you will all be ready to enjoy a lovely August.

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.



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Rev'd Manette Writes

Dear friends,

It is a common myth that vicars or rectors only work one day a week. I remember well that a few years ago, on a glorious summer afternoon, I popped into the supermarket to buy a few essentials on my way home. When I came to the till, I was greeted by a friendly and cheerful checkout assistant with the words 'wasn't it a lovely day today?' And I replied 'yes, I suppose so, but I haven't seen much of it.' She was very surprised and asked me what I had been doing. So I told her about the early morning service I had officiated at, followed by two long meetings, a pastoral visit and a long stint at my desk. Her mouth fell open and she said with real astonishment in her voice "Oh, I never knew. I honestly thought vicars only worked on Sundays!" When I had explained a bit more about my "job", we had a good laugh about it.

Many people think that priests just turn up for a morning service or a wedding or funeral and then go home and put their feet up. Well, nothing could be further from the truth. Few people realise that there are times when the workload means that seems like you're on call 24/7. Long days, short nights, and yes, I am known for sending emails well after midnight. Days off don't always happen and phone calls and callers on the door can intrude at odd hours. But would we have it any other way? Probably not, because being a priest is not an ordinary job. It's a calling and you always feel that you haven't done enough or you could have done more. As many of you know, my position is part-time and it is

not always easy to do what is basically a full-time job in half the time.

But for much of the time, the role of parish priest is also intensely rewarding. Last Saturday was one of those days which turned out to be very busy. I had two pre-arranged pastoral meetings, an unexpected visitor, and then I had to call from a nursing home in a neighbouring benefice which is in an interregnum (without an incumbent) to say that one of their residents was on end-of-life support and the family had asked for a priest to visit. I had two wedding rehearsals in different churches later that afternoon but I said that of course I would come. And I had the privilege to anoint and to pray the last rites for a 92-year-old lady who passed away that afternoon in the presence of her granddaughters.

A friend and mentor of mine used to call this the 'bread-and-butter stuff of parish ministry' – and what a privilege it is to be present at those key times in the lives of families. For me it was a long and tiring but very rewarding day, at the end of which I thanked God for his grace and blessings.

As I write this, we are in the middle of a heatwave with unprecedented temperatures. The dogs and the horses are coping better than expected, so who are we to complain!

I hope you are all staying safe and as cool as possible.

God bless, Manette

Stratford St Mary

Parish Room

We are open for business, subject to any government restrictions of course.

Please contact John Taylor on 01206 323908 for details and to book.

Coffee Morning

We have recommenced the monthly coffee mornings which take place on the fourth Wednesday of every month.

10.30 am in the Parish Room Do come along and socialise - £2.00pp. Money raised to date has contributed to the purchase of chairs and garden furniture for the Parish Room

STRATFORD ST MARY INSTITUTE HALL

Please note that requests 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



In Stratford

Hall Farm Shop Cafe and Restaurant
www.hallfarmshop.com

The mobile pizza co - 07982 427483

ABC Preschool - 01206 322466

Kate Baines, Virtual Assistant - 07799 391343

Orwell Electrical - 01206 322969

Andy Smith Roofing - 01206 322882

Jackson Plumbing and Heating - 01206 322063

Nigel Bruce Electrician - 01206 322751

Penrose and Partners - Vets. 01206 323414

Finest Gardens - 07756 364560

John Burrell Bespoke Bedrooms - 07734700507

Nexus Creative Print Production - gill@nexuscpp.co.uk

tim germain - furniture designer-maker. www.germain.co.uk

Gary Moye, plasterer - 07807 314911

Stratford St Mary Jubilee Planning Group.

Following the success of the Jubilee weekend celebrations in the village, we have received wonderful feedback. There has been a unanimous agreement that people would like more of these village events. The planning committee has teamed up the Village life executive to create a new group of people willing to organise and coordinate events for all to enjoy. If you would like to take part we will be holding a meeting in the Parish room on Tuesday 6th September at 7.30 pm, to discuss ideas for future events. We would love to see as many of you as possible with any ideas you may have.

Many thanks,

Sarah Brass

SUFFOLK HISTORIC CHURCHES TRUST (SHCT) CYCLE RIDE/STRIDE/WALK SATURDAY 10 SEPTEMBER 2022

10 Sep - a date for your diaries.

SHCT, in its normal format, will take place 09:00-17:00 on 10 Sep 22. You can walk or ride, to raise money for the church/chapel of your choice.

I have passed sponsorship forms to those who have taken part in previous years. If you would like to take part, you can contact me on 322259 and I will deliver a sponsorship form to you or you can visit Rosebank, Lower Street, to collect a form.

David Isaac

Stratford Chapel

Upper Street, Stratford St. Mary

Pastor: Mr. Adrian Gates

Youth and Children's Pastors: Jamie & Beckie Wyncoll

We are an independent mainstream Evangelical Church of around 60 people encompassing and providing for all age groups. We particularly specialise in the areas of Children's and Youth work, Bible Teaching and Evangelism.

Services and Groups:

Every Sunday:

10.30am Morning Worship and Junior Church

6.30pm Church Prayer Meeting

8.00pm Bible Teaching Group (currently on Zoom)

Monday: 8.00pm House Group (on Zoom)

Tuesday: 7.30pm Discipleship Group (at the Chapel)

8.00pm House Group (on Zoom)

Friday: 5.00pm "Sparks" Children's Club for ages 7 – 11 (at the Chapel)

7.30pm "Ignition" Youth Club for ages 12 – 16 (at the Chapel)

Other activities will be re-commenced shortly.

Web-site: stratfordstmarychapel.com

Enquiries: Children's & Youth: Jamie & Beckie (01206 323095) email: Beckie.w@live.com

General enquiries: Maggie Chapman (01473 311436)

THE DEDHAM EDUCATIONAL FOUNDATION

The Trustees invite applications from residents in the Parishes of Ardleigh, Bradfield, Dedham, Great Bromley and Stratford St. Mary for financial grants that are available in the following categories:

Secondary Schools & Sixth Form Colleges

Applicants must be at least 12 years old on the 1st August in the year of application.

Universities & Colleges of Further Education

Applicants must have lived in one, or more, of the five Parishes for at least 2 years prior to the application date.

For an application form, or further details, please contact the Clerk to the Foundation, Mrs. Claire Arculus, at dedhamefclerk@gmail.com or 07752201441.

Closing date for applications:- 31st October 2022.

Your invitation to:

"THE COFFEE POT"

at Stratford St. Mary Chapel on Tuesday mornings between 9.45AM - 11 AM

All are welcome to come for FREE Coffee or Tea and Cake and enjoy a time of fellowship.

Parish Council Clerk Vacancy

Stratford St Mary Parish Council will shortly have a vacancy for a parish clerk and applications are invited from anyone who is interested in taking on this important position.

This is a paid role based on 10 hours per week working from home where you must have full telephone and internet access.

You will also be required to attend a minimum of 6 parish council meetings per year at the Institute Hall.

Full details of the job description for a Parish Clerk and Responsible Financial Officer can be found on the web site of SALC (Suffolk Association of Local Councils).

Please send your application to our Chairman, Bill Davies, at bill.davies@stratfordstmary.org.uk or if you like to discuss the matter with him first you can ring him during the day on 01206 322990.



SSM Parish Council Meetings

12 September

14 November

SPEEDING TRAFFIC IN HIGHAM ROAD

We understand from a Higham Road resident that not only is traffic speeding along Higham Road but there have been occasions where a cat has been run over and killed by a vehicle which then drives away without reporting the incident.

Whilst it is not always possible to know if/when an animal is suddenly going to dash across the road, it would reduce the likelihood of a fatality if motorists drove slower and with due care and attention to this type of incident.

STRATFORD ST MARY PARISH COUNCIL



STRATFORD ST MARY RAMBLING CLUB

Invite you to join them on their walks. Distances vary from 4 to 5 miles with shorter evening walks in the summer. Do join us on our walks

For more information, please phone Don Umfreville 01206 322626



Revival Classic covers band

Performing at The Anchor

30th July at 8pm

listen to your favourite tunes from the 60's through to the 00's.

Come and enjoy a musical journey through time



Winners of SSM 100 Club

The winners of the July draw are ;

£50 B Kill (No 81)
£10 Gerald Fox (No 78)

For just £1 per month be in with a chance of winning £50.

All surplus funds go towards the upkeep of the Institute Hall. Each member can hire the hall for free once a year.

Contact either Norman Woodard on Norman.woodard@fatbloaters.com or Phil Brown on philipbrown123@hotmail.co.uk for details

Stratford St Mary First Responders Annual General Meeting Minutes 2022

Date/Time: Tuesday 21 June
7.30pm at the Parish Rooms

Present: Brian Worton (BW), Peter Dawson (PD), Helen Garland (HG), Stephen Finch (SF)

Welcome -A short welcome was given by the Chair, Brian Worton

Apologies Received from Jane Lelliott and Luciana Hayward

Minutes from AGM 2019 These were previously emailed to everyone and confirmed as being accurate. The chair and secretary have signed them.

Matters Arising -Nothing arose from the previous AGM.

Treasurer's Report for the year ending 31 March 2022 - We have had £139.02 expenditure during the year, mainly on T-shirts and fleeces. There was £74.41 from the donation boxes, down on previous years due to the closure of the Black Horse and temporary closure of the Swan. Also, the box at the Anchor went missing during the change of ownership – this is to be followed up. The remaining income of £66.05 was via Easy Funding. The total income was £140.46 giving an overall income over expenditure of £1.44 for the year.

The question was raised whether it would be worth opening a Building Society account so that the funds in the account could earn interest. SF suggested we open a bank account which earns interest. He will look into this.

Income from the easyfundraising website is raised by accessing other websites through it and a small percentage of the spend at that latter website is donated to the responders. This is the link - <https://www.easyfundraising.org.uk/causes/stratfordstmarycfr/>

Chairman's Report I would like to start by thanking Peter, Stephen and Natalie, and the members of the committee for their

time and efforts invested in the group, and indeed all those that help with the excellent work the group does.

The Covid-19 situation created a strange time for us all and it shows the dedication of our responders that, for those whom it was safe to, have continued to provide our community with such important emergency care considering the personal sacrifice that this may mean. The area is lucky to have such dedicated responders, thank you Peter, Stephen and Natalie.

The group has provided a continuous increase in hours year on year, even in the pandemic, and this year have already averaged 100 hours, this clearly reflects the brilliant efforts and time provided by our responders to the community, many thanks.

The finances of the group are good, and I would like to thank the community at large for its support of this critical service to the local community.

Coordinator's Report The group has continued to provide cover on the Essex and Suffolk border throughout the pandemic and the numerous lock downs. In 2018 the cover was an average of 36 hours a month, 2019 48 hours, 2020 80 hours and 2021 128 hours. So far in 2022 the average is 100 hours. We are expecting this to increase through the year again.

The responders were alerted to go on 70 calls and actually attended 55 patients, the difference between the two numbers is because some calls we would have been on were stood down en route or a crew arrived before us and did not need assistance.

We have managed to recruit a third responder who lives in Boxted. This now means there are three responders attached to the group. Natalie is still pairing up with myself or Stephen but has recently been on call by herself. This is the main reason that there will an increase the amount of hours covered by the group throughout 2022 and 2023.

The finances remain in a healthy state with £5096 in the account. Expenditure for the year was £139.02, this was uniforms and

all rental for our monthly training. The income was £140.46, this was from charity boxes from the Black Horse (£40), Langham Community shop (£12), The Birchwood Farm Shop (£22). There was also £66 from the Easy Funding Scheme. The Trust provided new equipment to the group, this included Blood pressure monitors and thermometers. We were also issued new phones. These are a great improvement as they have trackers so the Ambulance control knows where we are at any point in time, a navigation system which takes you directly to the patient and a panic button.

The group continues to train monthly in Stratford St Mary. This training is important and it keeps the responders updated on techniques, re-enforces skills and gives us new skills. Recently we trained on catastrophic bleeding and the use of tourniquets. This will be another piece of kit the trust provides and will mean that we can go on more trauma calls.

It is worth mentioning again that if help is needed the public must call 999, the ambulance service will then contact the responders, if they feel it is within our remit. The trust continues to be under a lot of pressure and all calls have to be prioritised, this means there are sometimes long waits for patients. Initially the call centre will probably give a worst case of timing. If a responder is with you they will continue to monitor the patient and if somebody deteriorates, they will update control and talk to a clinician to see if the priority can be changed. We know in times of crisis people are worried, anxious and can panic. Direct calls to responders from the public should not be made.

The group now maintains three defibrillators in Stratford St Mary, Langham and Dedham, these are all checked on a monthly basis.

Stephen and myself continue to drive front line ambulances as volunteers.

Election of Officers. Brian Worton was proposed as chair by PD and seconded by HG. Stephen Finch was proposed as treasurer by PD and seconded by BW. HG will continue as secretary for the

forthcoming year until Jane Lelliott is able to return to the role at which time HG will return to being a committee member. HG was proposed by PD and seconded by BW. Luciana Hayward will continue as a member of the committee, representing Langham along with PD.

Any Other Business SF queried whether we have an East of England Ambulance Service Trust Fund. HG remembered us having one when we first started and said there should be details in the paperwork handed to PD, but thinks the funds were used to purchase the original equipment. PD said he would look through the paperwork for any details.

PD raised the need for a second kit bag, as well as another phone, if we recruit any more responders. A kit bag would cost around £3,000 and the phone would be around £700. The lead time on a new kit bag is about six months. PD then explained the recruitment process and it was decided that the best time to order the kit bag would be once a new recruit is enrolled onto a training course. PD suggested it is sometimes possible to obtain a kit bag from another group if they are closing down. PD suggested it would be useful to have another recruitment campaign. SH suggested that Heart Start might be a good opportunity to publicise the group. SH and PD to look into this.

The meeting closed at 8.00pm.

Date of next committee meeting 18th October



Stratford St Mary Community Trust

The Trust's function is to manage certain properties bequeathed to the Parish, with the objective that any surplus income be used to provide short term financial help to Parish residents who may find themselves in temporary financial difficulty for whatever reason. This remit includes a particular focus on situations where individuals might require assistance to get into paid employment or transition to new skills.

If you are resident in the Parish of Stratford St Mary and find yourself in such difficulty, or you become aware of someone else who is, remember the Trust and contact us on:

Telephone: 07850668064

E-mail: trust@stratford-st-mary.org

We may be able to help.

All such contact will be in strictest confidence.

Board of Trustees
Stratford St Mary Community Trust (SsMCT)



Stratford St Mary Primary School

are collecting the 'Sports Equipment for Schools' tokens which appear in the Ipswich Star and East Anglian Daily Times, from Monday May 9 till Saturday July 16. Every school that collects more than 1,000 tokens will receive a pack worth over £120.

The schools collecting the most tokens (taken as a ratio to pupils) will receive a full primary athletics kit worth over £1,000 plus a visit from a professional athlete who has represented Great Britain. Second prize will be a Sports Hall triathlon kit worth £750.

If you have any tokens please drop them off at Stratford St Mary Primary School.
Thank you for your support



HELP

Your help is urgently required in assisting in the running of the Parish Room.

If you can help in any way then, please phone Don Umfreville on 01206 322 626.

Higham

SHOP
LOCAL

In Higham

Brett Valley installations - Oil boiler
servicer - 01206 337316

HC Smith Builders - 07468 456772

Derek Allen Fresh Fish (Thursdays)
07967 755771

Rmk Chisnall - mower repairs 07557
771721



New Green Altar Frontal

A design has now been drawn up and we are very grateful to Kate for taking on this project.

More details about a workshop to learn how to make one of the panels will follow. Thank you for the interest that has so far been expressed in helping to create something for St Mary's to mark the Queen's Diamond Jubilee.

SUFFOLK HISTORIC CHURCHES TRUST (SHCT)

**Ride and Stride
Saturday 10th September**

Higham cyclists and walkers ... Get your cycle clips, shorts or walking boots ready.

If you would like to help raise money for the local charity SHCT which makes grants to help maintain the wonderful churches in our county, then please contact me for a sponsorship form, or collect one from the back of the church in Higham.

Any money you raise will be split between the Charity and the fabric fund of our beautiful Church.

Alternatively, (or as well!) if you have an hour, or even a half hour available on Saturday 10th September between 10a.m. and 4p.m. to help record the riders and walkers from around the County as they visit our Church, please contact me and I will prepare a rota.

The recording station will be outside the Church during the afternoon as there will be a wedding taking place.

There are notices with more details posted on the village notice board and in the Church porch.

Many thanks.

Martyn Carr Kingfisher Cottage Lower
Street 01206 337325,
martyn.kingfisher@btinternet.com

Higham Platinum Jubilee Party

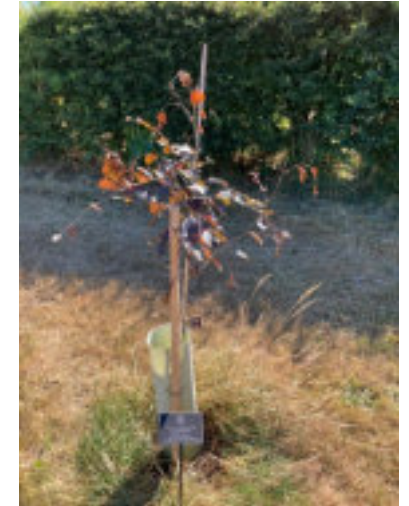
On Sunday 5th June Higham celebrated the Queen's Platinum Jubilee with a wonderful village party. Over 100 people attended the event, to enjoy picnics, live music, a dog show and a rounders match, with the most perfect cream tea to finish off the afternoon.

A commemorative Platinum Jubilee Tree was also planted in the Church car park field. The large tree on the village green was planted in 1953 to commemorate the Queen's Coronation - so everyone can see how much a tree grows in 70 years!

It was a fantastic afternoon bringing the village together in celebration. Of course none of it would have been possible without the army of village helpers who so generously gave their time to make the afternoon such a success. Firstly many thanks to the Fenwicks who very kindly let us use their beautiful field for the party. We are so grateful to the teams of marquee builders, floral and balloon decorators, music organisers, horse-box lenders, chair and table providers, dog show judges, Rounders Umpire and the

Village Photographer. Special thanks must also go to Gill Drake and her wonderful baking team, and to Hannah Lee for putting it all together.

Finally, a huge thank you to everyone who came along to celebrate the Jubilee - £550 was raised for St Mary's Church and the Suffolk Community Jubilee Fund.



Raydon



In Raydon

Blackwell Barn Holiday Let -
www.cottages.com

Phil Avery Electrician 01473 311261

Ashley Short Carpentry 01473 311226

Gordon Short Decorator 01473 313053

SW Stiff Builders - 07811 005241

Earth&Turf Garden Services -
07922078241

DIY Livery - 07710 540926

Infusion Grill - 07584 573474

Swift Garden Services - 07947 322429

Rheal Coatings - 07539 377740

Franklyn Nevard - Architect 07515
351894

Fresh Eggs - Roadside stall Fox Farm

Katie's Little Beauty Box - 07802
847628

Tarbins Bakes and Cakes - 07922
129825



Fair Trade coffee morning

Phew! it was very hot for our July 12th Fair Trade coffee morning and this month it was a case of two for the price of one! As it was so hot the coffee pot, cakes and some visitors were in the cool inside the Church, some of us were under the trees in the shade. It worked well and it was very nice to meet some more new residents from the village.

We were without our Frinton Friends today as they were on holiday, we missed the cheese scones but had a nice selection of homemade cakes and biscuits. If anyone fancies making some refreshments then just let me know, we'll be delighted to welcome any contributions.

We have a very special guest at our next Fair Trade coffee morning, Revd Manette is bringing her horse Oriente to visit again. He was so good last year and enjoyed all the attention, so do come along and say hello and perhaps have a carrot or apple in your pocket.

I will also have some sponsorship forms and the rota for recording visiting riders for the Historic Churches sponsored ride and stride. This is a most important fund raising event, so come on you cyclists and walkers, let's make it the best year yet. We have our wonderful "exercise bike" team again this year carrying on the fabulous work that Margaret Hammond did, or come and record visiting riders or make some refreshments, it all happens on SEPTEMBER 10TH. Contact me for all the information about this event.

August 9th is the date of our next event, also the Library Van (9.50-10.30) and Love Refills (10-11) will be here so do try and support them as well as enjoying our Fair Trade coffee, cakes and of course Oriente.

Many thanks
Wendy Mumford
01473 312123

*Raydon Community Lunch Club *

Summer is here, A wonderful time to get out and about and socialize.

We meet once a month for a good Lunch and lots of laughter, we cater for all ages,.

If you have a small appetite , you can have a small plate. children eat for Free.

Or Just pop in for a Free cuppa.

Lunch club is here for the whole Community

Our aim is to bring us altogether, and plan for future community events.

We are currently planning a kids club, if you are interested give us a call.

Next Lunch club is on August 16th

12 to 2.30pm

2 course lunch with drinks and cake £5.00

Small plate £2.50 Drinks Free Cake £1.00

Children eat Free with their Grown up

King George V Field, Raydon IP75LT

raydonlunch@gmail.com Telephone
07818813061

RAYDON PARISH COUNCIL

Parish Clerk Jane Cryer	01473 824287
raydonpc@gmail.com	
Chairman Sue Newton	07587 243678
Councillor Faith Backhouse	07999 018049
Councillor Keith Lovering	07939 075143
Councillor Jim Lowe	01473 313094
or 07923 546669	
Councillor Amanda Pyall	07925 108373
Councillor Trevor Sayer	07747 610317
Councillor Jayne Tann	01473 828283
or 07887 767478	
Councillor Jo Brothers	07875 329901
Councillor Colin Chapman	07731 477971

RAYDON PARISH COUNCIL

SCHEDULE OF MEETINGS 2022
(all at 7.30pm in the KGF Pavilion)

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.



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 Contact Mark Smout
Tel 07748 842750 or email
marksmout@gmail.com

Raydon and District Garden Club

August 2022 is here all ready and we see the cereal harvest in the fields well on the way to being completed once again. Writing these notes on possibly one of the two hottest days of this year, been watering the gardens and greenhouses daily (early before 8 a.m.) and then again (later at 8 p.m.) seems to be a regular occurrence every year.

The vegetable crops are taking a beating once again and it does make you wonder if these extreme hot spells continue each year how we will keep our garden vegetable crops alive. There is mention of possible rain by mid week so hopefully it did arrive and to cool everything down, replenishing the water butts (we have 7) which are almost empty. Anybody feel like leading a rain dance ??

Hope that most of you have enjoyed a much needed summer holiday away this year after missing out on summer 2020 & 2021 and come back refreshed and invigorated. At least this time of year the gardening jobs like cutting the lawn is not needed every week as the grass stops or slows down on growth so more time can be spent relaxing and enjoying the wonderful flowers, and perfumes and watching out for the lovely butterflies, or possibly trips out into the countryside and perhaps to the



coast.. We are so lucky to have all this nature around us and in most cases (car needed) of course, days out with the long daylight hours to be enjoyed.

So as a club once again we all enjoyed another evening visit to a local member's garden. The date was Thursday June 23rd just down the road in Hadleigh. The weather was fine and warm, a great garden full of many unusual plants, well looked after with everything in top order, our hosts made us very welcome and the evening finished off with some lovely refreshments. Thanks to our hosts and to all who kindly supplied cakes etc and helped make this a special evening. Looking ahead we should have had a evening meeting in July held back at the pavilion by Helen Chen with her fascinating subject "Asian Woodland Plants", more about that next quartet.

The main event of our gardening year is of course the "**Summer Flower & Produce Show**" which will be held at the KGV playing field and pavilion. As normally it's a larger event than Spring show, It's hoped that the main room will be full of flower arrangements, pot plants, vases of cut flowers, handicraft, photography, bread, preserves and home made cooking i.e. cakes etc. and not forgetting the children's sections. The vegetable sections and collections to be in smaller room at kitchen end, this means the refreshments will be held in small marquee positioned just outside of steps leading into pavilion. Prize giving will be held on the veranda.

If you haven't already picked up a show schedule please contact any member of committee or you can collect from High Elms, The Street or some should be available in Church. Entries should if at all

possible be handed in by Wednesday 10th August, this allows your committee to lay out and making enough space for each class on Friday 12th. **NOTE: Late entries on show day 13th will only be excepted if room on tables allows.**

Why not have a go, provided you **live in the parishes** of Raydon (Upper & Lower), Shelley, Higham, Holton St Mary, Stratford St Mary, and Gt & Lt Wenhams. **Only Associate members** based outside of these areas (ie Hadleigh, Layham etc) are also entitled to submit entries.

On show day the pavilion will be opened at 8.30a.m. to receive actual exhibits, **last exhibits accepted 10.15.a.m.** allow at least minimum time of 15mins to stage your exhibit, if several please come earlier.

Judges arrive 10.15 a.m. for coffee etc. **Judging starts at 10.30.a.m sharp.** All exhibitors must exit hall before judging starts except committee members / stewards needed to run the event.

The show will be open (free) for viewing by general public from 2.30 – 4.30p.m. **No entries to be removed** from show tables before 4.15p.m. Our President Mrs Diana Hunt will present the prizes at 3.30p.m. (approx.) Refreshments available from 2.30pm onwards and a grand raffle will be held at 4.00p.m.

Refreshments and raffle prizes always gladly accepted.

So come along in the afternoon with family & friends, enjoy a nice cuppa and of course catch up on news with your members, and neighbours and let's hope the weather is kind. As I said last month let's make this a special day as the 2020 (40th anniversary) and 2021 had to be cancelled.

Thursday September 22nd will be our next meeting in pavilion at 7.30p.m. with guest speaker Jan Michalak. Subject (he has several) will be confirmed in September quartet.

Your committee looks forward to meeting you all once again at summer show and following meetings.

Geoff Horrex. 310422 / 07810086143

Suffolk Historic Churches Trust.

Just to remind everyone that the sponsored ride, stride and drive fundraising event is taking place on September 10th, this year:

- * We need people to be in the Church to check in the riders who visit and to sign their forms.
- * To offer drinks and other refreshments
- *We need volunteers to make or help to provide refreshments i.e. cakes, biscuits, fruit or sweets.
- * To sponsor our riders
- * Rota will be at the back of the Church for you to add your name to for help on the day, an hour or so is a great help.
- * Come to our Fair Trade coffee morning on August 9th to collect some sponsors or to sign up to help

Thank you very much, look forward to seeing you

Wendy Mumford
01473 312123

Don't forget

that the exercise bike team will be taking part in the Suffolk Historic Churches Trust sponsored ride.

The team of 4 are taking part again in loving memory of Margaret Hammond, who herself did hundreds of miles and raised thousands of pounds for the Trust and St Mary's Church Raydon.

They completed 81 miles last year which was the age Margaret was when she passed away, will they aim for 82 this year?

Please sponsor them if you can, and many thanks to Cindy and her team for taking on the challenge again.

for more information contact Wendy Mumford 01473 312123

VILLAGE BBQ & RAFFLE

with music from
JAZZ GALORE



St Mary's Church, Raydon
Sunday 18th September 2022
12 noon to 2.30pm

Summary of the minutes of the Parish Council meeting

PUBLIC FORUM

Parishioners raised the following issues, which would be considered by the PC: overgrown hedges narrowing footpaths and making life difficult for pedestrians; speeding; lorries belonging to waste contractor JG Williamson were using Woodlands Road on a regular basis.

BABERGH DC

Councillor Ward confirmed that Cabinet had approved plans to revitalise the Hamilton Road Quarter in Sudbury, and also the initiative to bring new workspaces to Hadleigh. In response to a question, he said Babergh's business plan was being updated, together with design guidelines, with the aim of reaching a zero carbon footprint. Babergh was looking at creating

a comprehensive rural network of cycle routes, although this would depend on funding. BDC and SCC would try to work together to try and solve the problem of HGVs using Woodlands Road, thus causing problems for cyclists and walkers.

SUFFOLK CC

Councillor Hall confirmed that SCC had formally objected to the National Grid's proposals for the East Anglia GREEN project. With regard to the ANPR trial, she confirmed that the posts would be installed within the next 14 weeks. Additional funding had been announced by Cabinet to fund more SEND places for students in Suffolk. In response to a question about the 'Reclaim the Rain' initiative, there was no more funding at the moment. However, if the three projects chosen were successful, it was possible that further funding could be made available in the future.

CLIMATE CHANGE

Councillor Lowe encouraged members to respond to Huw Roberts, a Hadleigh Town Councillor, with feedback on Hadleigh Town Council's draft plans.

CIL FUNDING

A list of possible CIL-funded projects had been circulated prior to the meeting. Following a discussion, it was agreed to further explore some of the ideas; members would bring further information and costings to the September meeting.

BINS

Councillors discussed possible locations for another dog refuse bin on the playing field. Guidelines from Babergh stated operatives were not expected to walk more than 50m to empty a bin, which should be accessible from a publicly maintained highway. It was agreed that if a mutually acceptable location could be agreed, the Clerk would order a new bin. A parishioner had suggested there should be a general litter bin near the entrance to the playing field. The Clerk would bring options and costings to the September meeting.



Raydon Club

The Raydon Club opens every Wednesday evening at the Pavilion.

By popular request, from the start of 2022, the bar will open earlier, at 7:30pm, and will close at 10:30pm.

A good selection of beers, ciders, wines and spirits are available at considerably less than pub prices.

Membership of the Club is open to all residents of the village (over 18s only) and anyone wishing to join is welcome

LIVE SCREENING OF SPORTING EVENTS AT RAYDON PAVILION

Following successful trials, Raydon Pavilion is planning to host regular sporting evenings with live broadcasts of selected matches.

We plan to "kick off" with Gareth Southgate's England team taking on the current European Champions, Italy in a Nations League and World Cup warm up fixture on **Friday, September 23rd at 7:45pm.**

The bar will be open from 7:00pm offering a draught ale, in addition to the usual range of bottled / canned beers, wines and spirits. Entry is free for Raydon Sports & Social Club members (membership open to village residents).

Other planned events this year will include England's matches in the Football World Cup and next year we hope to broaden things out to show 6 Nations Rugby, FA Cup Football and Wimbledon Tennis.

St Mary's Church, Raydon



Teas, Teas, Teas
Here comes Summer!
Sunday 7th August
Sunday 4th September
Sunday 2nd October

St Mary's Church Raydon
3.00 – 5.00
Come and join us!



Glass recycling

Please remember that glass should not be put into household blue or black bins, but should be recycled.

There are glass recycling bins in Hadleigh (Magdalen Road car park and Crockett Road recycling centre), and there is also one at the Playing Field in Upper Layham (entrance on Brett Green).

Holton St Mary

SHOP
LOCAL

In Holton

Love Refills mobile shop -
www.loverefills.co.uk

Ann Mason Care - 01206
233372

Freshen Up Decorating -
07900 242 141

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 past and present 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 £3.50 per head.

NEXT LUNCH 2ND SEPTEMBER

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.

HSM Social Club

Every Friday in the Village Hall 17:30 to 22:00. New members always welcome. If you want any further information contact Bob Holmes
Email bobholmes55@icloud.com
Tel No 07966 266293

The Holton St Mary Progressive Dinner - a review

On 9th July the ever-popular Progressive Dinner (AKA Roving Dinner or Safari Supper) returned to Holton St Mary. 15 pairs prepared their homes and a (pre-agreed) course for 6 people, and met up in the Village Hall to find out where they were going. To add to the mystery, the different courses were in different envelopes and this year we provided a map of the Village with the house names on. It was a really enjoyable evening, with feedback about meeting people who they had never met before, in lovely homes and gardens, eating delicious food, drinking lovely drinks, and enjoying each other's company.

A joint event; by the Social Club, who kindly donated the post prandial cheese & biscuits and port, and paid for the hall, and as a Church fundraiser, with £260 raised for Holton St Mary Fabric Fund. We plan to do it again next year but will move it back into June so that fewer people are on holiday. We will also look at whether courses and people could come to one house to allow those who are less mobile, or with children to take part.

Thanks everyone, for making it successful and enjoyable.

Sal Thurlow (salthurlow@gmail.com)

Holton St Mary Parish council are looking to appoint a **Footpath Warden and a Tree Warden** who will be responsible for reporting back any issues to the Parish Council. These are voluntary positions and if you would be interested then please contact the Parish clerk via email - hsmparishclerk@gmail.com

Thanks & Regards
Faye



Green Gym

We will meet again on Saturday, 6 August at 10.30 in Church Square. We would welcome some additional helping hands as we will be clearing the footway from opposite Farthings and down towards the Four Sisters junction, before it becomes impassable for people and particularly parents with pushchairs. Pedestrians should not be forced into the busy road to walk through the village. You will need gloves, weeding tools, shears or secateurs and some thick plastic bags. Thank you very much.

A small group of Holton St Mary residents and friends get together on Millennium Green at five o'clock every Thursday through August and on until the evenings cool, to drink a glass of something we bring ourselves, and pass the time, just for an hour or two if the weather permits.

Everyone is welcome (including those without something to drink!).

We congregate at the picnic benches



Holton St Mary Village Hall

The Hall is back in use and taking bookings again. Please contact Tanya Kunz on 01473 311570

Slow Stitch

The Slow Stitch group is meeting again on the third Thursday of the month at 2 - 4pm in the Village hall, Holton St Mary. Whether you sew, knit, crochet, embroider, or enjoy tapestry, you are all welcome to join our drop-in group. We are not providing refreshments at the moment but you are welcome to bring along a cup of tea.

The aim of the group is to take our time as we enjoy stitching and we are happy to help beginners. Thank you for all the donations of wool that the group have received this summer. This is much appreciated as we complete a number of community projects to support the Marie Curie Charity and Women's Refuge in Ipswich.

For more information contact Jeanette Appleton 07768418942

Holton St Mary Parish Council -

Dates for Meetings

Parish Council Meeting	September 14th
Parish Council Meeting	November 9th
2023	
Parish Council Meeting	January 11th
Parish Council Meeting	March 8th 2023
Annual Parish Meeting	April 12th 2023
Parish Council AGM	May 10th 2023



stour valley

U3A

learn, laugh, live

SUFFOLK HISTORIC CHURCHES TRUST

Annual Ride and Stride

**Saturday 10th Sept 2022,
9am – 5pm**

Holton St Mary

If you would like to take part in this year's Bike Ride and help to raise funds for Holton St Mary Church, please get in touch with me for details of how you can help.

I'm looking for

Keen cyclists of all ages

Sponsors for those cyclists taking part

Smiley folk to welcome cyclists from all over Suffolk who will be visiting Holton St Mary Church on Bike Ride Day

Caroline Favell

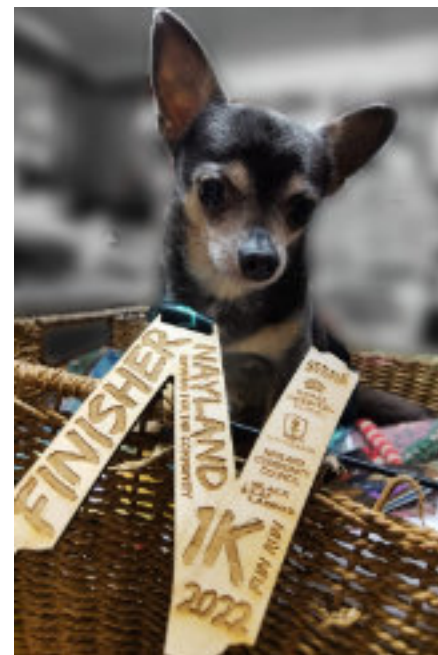
tel: 01473 310268
email: martinfavell99@gmail.com

Make the most of life once you're no longer in full time work and explore new ideas, skills and interests. Across the UK, u3a members are learning, staying active and having fun in later life. It's local, social, friendly, low-cost and open to all.

Our monthly meetings and lectures on the second Wednesday of the month at 2pm are held in Constable Hall East Bergholt.

We have many interest groups such as dining, walking, garden visits, pickle ball, canoeing and kayaking. Emerging new groups are badminton, Sunday lunch for singles, pubs-r-us, thinking-out-loud and art. Monthly coffee mornings on the first Friday of the month at 10am in the Lambe School East Bergholt.

Please look at our website for more information/contact details
u3asites.org.uk/stourvalley



SESAW NEWS

The volunteers are wilting and the dogs have flopped down in the shade as I write this in the middle of a July heatwave. Luckily it was cooler a few weeks ago when the fundraisers held a sale at Newton Green. Thank you to everyone who helped to raise over £840 plus a generous amount from an anonymous donor.

Some of our ladies helped register runners at the Nayland 10K which raises money for local charities including SESA. Congratulations to Luke and his team for another enjoyable day with a great atmosphere. I felt most honoured when the girls returned with a spare 1K medal, although Mum says it was NOT named after me.

Make sure you visit SESA during August if you like a rummage sale. We desperately need a massive clear out, our stock has piled up over the last two years. There will

be something for everyone, from pictures to pottery, books to bric a brac, furniture to flowers. Roll up and bag a bargain, 10a.m. – 3p.m. any Saturday or Sunday in August.

Another date for your diary is Saturday 10th September when we will be holding a £1 Sale at the Stevenson Centre, Stevenson Approach, Gt. Cornard, CO10 0WD. Doors open at 11a.m., these sales are always popular so don't miss it!

We are still open 10a.m. to 1p.m., Friday to Sunday during the Summer but check first to avoid disappointment. I'm far from disappointed with my 1K medal which I still think was made especially for me, Kenny (the Boss) Chihuahua.

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

Dedham Tennis Club

Dedham Tennis Club is a friendly club in a beautiful setting. We welcome members of all ages and abilities and offer the opportunity to play tournaments, undergo coaching and meet new friends. all with an emphasis on fun and inclusion.

Whether you are looking for the chance to improve your game, get fit or simply want to enjoy the community vibe, Dedham Tennis Club is for you.

Our new season has started & membership options are on the website now, with junior membership starting at £5. Go online at: clubspark.lta.org.uk/dedhamlta for details of memberships, coaching groups & how to book courts.

Why not pick up that racket & join Dedham Tennis Club?

Holy Family Roman Catholic Church

Ipswich Road, Brantham CO11 1TB
 Priest in Charge: Fr Bineesh Elenjikkal
 OCD. Parish Deacon (Retired): Rev Clive
 Brooks 01206 396319. The Priory, 180
 Hawthorn Drive Ipswich IP2 0QQ. Tel:
 01473 684963. www.stmarksparish.org.uk

The weekly Newsletter, with Mass times,
 is always displayed in the cabinet
 alongside the Church's front door and may
 also be read on the regularly updated
 website www.stmarksparish.org.uk
 together with other Parish news. Fr
 Bineesh Elenjikkal is the Ipswich Hospital
 Catholic Chaplain assisted by Deacon
 Rev Clive Brooks (01026 396319)

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

Services planned for August

Sunday 7 19th SUNDAY IN
ORDINARY TIME
 9am Mass

Tuesday 9
 9.20am Eucharistic Adoration
 10am Mass

Sunday 14 THE ASSUMPTION
OF THE BLESSED VIRGIN MARY

9am Mass

Tuesday 16
 9.20am Eucharistic Adoration
 10am Mass

Sunday 21 21st SUNDAY IN
ORDINARY TIME
 9am Mass

Tuesday 23
 9.20am Eucharistic Adoration

10am Mass

Sunday 28 22nd SUNDAY IN
ORDINARY TIME
 9am Mass

Tuesday 30
 9.20am Eucharistic Adoration
 10am Mass

All are very welcome to attend Holy
 Family services; it is not necessary to be a
 Catholic.

Mrs Maralyn Bambridge awarded an MBE

Mrs Maralyn Bambridge of Brantham was
 awarded an MBE in the recent Queen's
 Honours List. Maralyn founded the charity
 ENGALYX and she has almost single
 handedly raised over £150,000 for the
 support of Rwandan widows and
 particularly infants since then. Over 100
 million children and adults were murdered
 in 100 days in the 1994 Rwandan
 Genocide; the Nazi's murdered a similar
 number of Jews in WW2!

It was a personal contact with a news
 reporter, who had been sent to a refugee
 camp following the 1994 Genocide, which
 motivated her to investigate the terrible
 plight of children and orphans in Rwanda.

The charity was formed in 1998 with early
 support from Manningtree High School
 pupils who proposed the Charity's name.

To date Engalynx has:

1. Trained street boys in welding
 and unskilled girls in tailoring and others
 in hairdressing in Kigali.
2. Supplied school uniforms, books
 and other items to schools in Gisenyi.
3. Designed, built and equipped a
 Maternity Unit in Mwulire.

4. Trained 30 young women in
 tailoring and set up a co-operative for
 them to work in Munyiginya.

ENGALYX has now initiated a feeding
 project for vulnerable infants at Bihembe
 Nursery School in the Nyakayiro Sector of
 the Rwamagana and is currently feeding
 186 children.

Just £8 a month sponsorship will feed a
 child for a month, Maralyn would be
 delighted if you would support the good
 work being undertaken with their
 programme to feed and educate
 malnourished infants. Donations can be
 sent to ENGALYNX at Barclays Bank A/C
 30443980, sort code 20-22-67

If you would like further information please
 contact maralyn.bambridge@yahoo.com
 or telephone 01206 393022

Welcome to our friends from Ukraine – a new guide to support health and wellbeing

Health and care partners from across
 Suffolk and north east Essex have created
 a practical and useful local guide for those
 people fleeing the conflict in Ukraine and
 seeking shelter in Suffolk and north east
 Essex so they know which services are
 available and how to access them.

With the government having guaranteed
 free access to NHS health care, including
 hospital services, GP and nurse
 consultations, vaccines and screenings, it
 is vital that guests are aware of these
 entitlements and know how to access
 them.

Called **Welcome to our friends from
 Ukraine** the handy 16-page guide is

available in Ukrainian, Russian and
 English language formats. It can be
 download and will be distributed as hard
 copies by health and care partners to host
 families throughout the area.

The guide is aimed at helping people
 establish themselves in our local area so
 they can live as happily and healthily as
 possible, and to ease their transition to
 living in the UK.

Features include how to register with a GP
 practice, how pharmacies are a good
 source of help and advice, where to
 access mental wellbeing support, the 24/7
 support available from NHS 111 and
 advice on keeping physically well.

Dr Ed Garratt, chief executive, Suffolk and
 North East Essex Integrated Care
 System, said: "Our local area has a proud
 and rich heritage of welcoming those in
 need, and we stand with the people of
 Ukraine at this tragic time of violence and
 loss of life.

Snap this code to download the guide for
 yourself:



Bin collections

Week Commencing		
	25 th July	Recycling Week
	1 st August	Refuse Week
	8 th August	Recycling Week
	15 th August	Refuse Week
	22 nd August	Recycling Week
Waste Services 0300 1234 000 (option 4) Email: recycling@baberghmidsuffolk.gov.uk Visit www.recyclenow.com to find your nearest recycling banks		



Do you want a recommendation?

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

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

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

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

Brantham Bull 01473 328248

Lucca Enoteca Manningtree 01206 390044

Oranges & Lemons East Bergholt 01206 299000

the florist in East Bergholt does lovely flowers:- www.gayedrummond.com

Sam Pritchard sam@samselectrics.co.uk 07940031776 - Sam can certify safety for insurance and landlord work too. Anyway, he's great.

There's room for more...let us know...

Local Services

The Constable Country Medical Practice

The Medical Centre,
Heath Road, East Bergholt, Colchester
CO7 6RT

Surgery opening hours

8.00am – 6.30pm Monday to Friday
Telephone 01206 298272
Fax 01206 299010

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

Surgery opening hours

8.00am – 6.30pm Monday to Friday

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

Crime prevention

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

PC 1347 Gilkes Pcs0 3041 Cooper
babergheast@suffolk.pnn.police.uk
Telephone...101



MOBILE LIBRARY

Stratford St Mary - Route 11

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

3 August, 31 August, 28 September, 26 October, 23 November, 21 December

Black Horse - 11.05am - 11.20am
Tally Ho! Corner - 11.25am - 11.45am
Strickmere (School Lane end) - 11.50am - 12.10pm

Route 14

The bus stops every 4 weeks on Tuesdays

9 August, 6 September, 4 October, 1 November, 29 November

Holton St Mary

Church Square - 9.30-9.45am

Raydon

St Mary's Raydon - 9.50-10.30am

Lower Raydon

Sulleys Hill - 11.30 - 11.45am

Higham

The Green - 11.55am to 12.10pm

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

Local Directory

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The share price is inclusive of all charges up to 31st October 2022.

"What this colt very much when I viewed him at the Yearling Sales. He is of good size and shape and looked an able type."
"I am sure we shall have some fun with him in the coming season, and wish the syndicate luck with him"
- Trainer Stuart Williams at Diomed Stables

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diomedracing@gmail.com
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BENEFICE CONTACTS, SERVICES AND EVENTS

Priest-in-charge: Rev'd Manette Crossman: Tel. 07947 737789
Email: revmcrossman@gmail.com

Curate: Rev'd Nicola Tindall: Tel. 01787 212340
Email: revnictv@outlook.com * *please note new email address*

Lay Elder: Sandy Ranson 01206 322156
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Please contact Rev'd Manette if you would like to know more about Baptisms or Weddings, or if you need to arranged a loved one's funeral.

Bishop Mike will be leading **Confirmation services** on **14th August** and on **18th September**.in Higham. Please pray for our confirmation candidates as they prepare for this important step on their journey of faith.

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



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

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

Benefice website: www.4marys.org.uk

Churchwardens:

Higham	Hugo Parker 01206 337234
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Stratford	Jonathan Dewey 01206 322148

Benefice Safeguarding Officer:

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Church Services for August

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

- Sunday 7th August** **10am: Morning Worship Stratford St. Mary**
Trinity 8
- Sunday 14th August** **10am for 10.3am Confirmation Service Higham**
Trinity 9
Bishop Mike presiding.
Come and meet Bishop Mike and support our Confirmation candidates on this special day.
- Sunday 21st August** **11am: Holy Communion Raydon**
Trinity 10
PLEASE NOTE DIFFERENT TIME !
- Sunday 28th August** **10am: Holy Communion Holton St Mary**
Trinity 11

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

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

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

Family Hour in Stratford St Mary at 10am

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

The Family Hour Team.



Sunday Hangout in Higham

A Sunday church group, aimed primarily at children, but open to any age!

Sunday Hangout is a time to create with others, a chance to reflect on our faith and to learn in a fun way. An opportunity to hang out with friends, whilst getting involved in fun activities that the whole family can enjoy. We meet for about an hour at 4pm and snacks and drinks will be provided.

The Higham Hangout will be meeting again in September – dates will be published in the next edition of the Quartet.

Chat, Prayer & Coffee every 3rd Wednesday of the month
in the Stratford St Mary Parish Room, on 17th August at 10am
This is an informal time to chat, share news and pray together over a cup of coffee – there may even be cake and biscuits!

Benefice House Group

The House Group will not be meeting in August. Please see the September issue for more details.

Benefice Churches Open

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

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Amen.

Please pray for all those who will be confirmed in our benefice in August and September.

We also pray for the families who are bringing children to be baptised and for the godparents and sponsors who are supporting them.

We pray for the couples who are getting married this summer.

Please pray for the Feeding Faith Charity who are doing such amazing work in Guatemala in very challenging circumstances, providing stoves, clean water and meals for children in the poorest areas.

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

Higham: Amanda Berry, Penny Watkins

Stratford St. Mary: Laura Kerry

Holton St. Mary:

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

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

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