

**Stratford
St Mary**

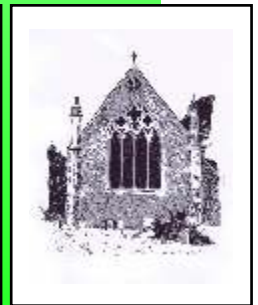
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



August 2019

Issue 372

Free Summer Holiday Swimming

Babergh and Mid Suffolk District Councils, in partnership with Abbeycroft Leisure and Everyone Active, are encouraging younger residents to get active over the summer holidays by offering free swims at their leisure centres for all children age 16 and under 16 during public swimming sessions at Abbeycroft Leisure and Everyone Active centres. The offer will be available at Abbeycroft Leisure centres from 20 July to 1 September inclusive, at:

- Kingfisher Leisure Centre, Sudbury
- Hadleigh Pool and Leisure Centre

Users will need to sign up for an Abbeycroft Leisure Free Swimming Membership first in order to claim their free swim.

The Everyone Active offer in Mid Suffolk will run from 25 July to 3 September inclusive, at the following locations:

- Mid Suffolk Leisure Centre, Stowmarket
- Stradbroke Swimming Pool and Fitness Centre

Customers are advised to check the pool programme on their centre's website for the times of free swimming sessions and terms and conditions. Any children under eight years of age must be accompanied by a paying adult in the pool. Swimming lessons are not available as part of this offer.

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



August

- 4 Home made teas - Raydon
- 13 Raydon Fair Trade Coffee Morning
- 17 R&DGC Flower and Produce Show
- 30 HSM Whist

September

- 1 Home made teas - Raydon
- 7 Suffolk Historic Churches Bike Ride
- 9 SSM Parish Council Meeting
- 10 Raydon Parish Council Meeting
Raydon Fair Trade Coffee Morning
- 26 R&DGC meeting
- 27 HSM Whist

October

- 8 Raydon Parish Council Meeting
Raydon Fair Trade Coffee Morning
- 12 HSM Quiz Night
- 24 R&DGC meeting

25 HSM Whist

26 Bonfire Collection

November

- 2 HSM Bonfire Collection
- 5 Raydon Fair Trade Coffee Morning
- 8 HSM Fireworks Night
- 11 SSM Parish Council Meeting
- 12 Raydon Parish Council Meeting
- 28 R&DGC members evening and AGM

December

- 3 Raydon Fair Trade Coffee
- 31 Raydon Fair Trade Coffee Morning

2020

January

- 28 Raydon Fair Trade Coffee Morning

Editors Corner

August is here already! The children are off school and the days are warm (mostly) and now it's time to flick through the pages of the Quartet and find out what you can be doing with yourself!

While a lot of the special events for this year are already behind us, there are still our regulars like the Rambling Club (next page) in Stratford, Home Made Teas and the Fair Trade Coffee morning (page 10 and 11) in Raydon. Harvest festival gets a mention in Higham - see page 9, but then it's not that far away really!

We're trying out something new on page 23. There is an article from the NHS about local CCG news and we don't have enough space to print the whole thing. What we've done instead is to provide you with a QR code. Hopefully you've seen one before, but snap it with a QR code reader installed on your smartphone and it takes you to a web page where you can read the whole article. Just an idea, all you readers who like to send in articles about events - you could easily link to more information on a website...all you need to give us is the web address.

Happy reading for another month!

Anne and Jane

Articles for the Quartet are included if we have room, and if, in the opinion of the editors, they are of general interest to our readers. Please remember all articles will be subject to editing. We prefer you to contact us via email where possible.



Copy deadline for next edition:

19th August 2019

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Stratford St Mary



On Thursday 27th June 2019 the JRSOs attended the annual Junior Road Safety Awards Event at Endeavour House in Ipswich. The JRSOs listened to presentations from other JRSOs and participated in a question and answer session. The JRSOs were awarded a gold award for their scrapbook which informs others of what they had done to encourage and promote road safety within school. Great work JRSOs we are very proud of your work and the gold award.

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



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.

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
(known as Stratford Chapel)
Upper Street, Stratford St. Mary CO7 6JH

We are an evangelical free church serving the
Community and attended by all age groups.

Sunday Services: (every Sunday)
10 am: Morning Service and Junior Church followed
by refreshments
6.30 pm: Prayer and Praise

Midweek Activities:
House Groups at Stratford St. Mary, Dedham and
Cape St. Mary

"The Coffee Pot" for everyone
Tuesdays 9 am - 11 am: during term time

Men's Recreation Evening meeting monthly on
The 1st Wednesday of each month

Seaks Children's Club each Friday during
Term time from 5pm - 6.30pm: for ages 7 - 11.

Ignition Youth Club each Friday from 7.30 pm - 9.30 pm
For ages 11 - 18

For further information: Contact Adrian Gates Tel 01473-311919
Or Beekie Wyncoll at beekie.w@liva.com



Community
First Responders

Interested in becoming a CFR?

Why not find out what it is about?

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

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

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

100 Club winners

JULY

94 B. Such	£ 40.00
33 M. Kaye	£ 10.00
46 C. Tatum	£ 5.00

Stratford St Mary Parish Council Emergency Team

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

Norman Woodard

12 Swaynes 01206 323015
Norman.woodard@fatbloaters.com

Chris Griffin

Brook Farm, School Lane 01206
337363/07885 807567
chrisbrookfarm@gmail.com

Steve Kite

42 Strickmere 01206 322482
07958 515573

Bill Davies

3 Spanbies 01206 322990
billdav@hotmail.com

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



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

09 September
 11 November

The Village Emergency Telephone

The Stratford St Mary Village Emergency Telephone System (VETS) is now up and running.

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

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

The number to call these volunteers is :-

01206 700919

Stratford St Mary Parish Council

There are two vacancies on our parish council so if any village resident would like to apply to become a councillor please contact our clerk, Jane Rose, by email on parishcouncil@stratfordstmary.org.uk or you can contact our chairman, Bill Davies, on 322990 if you would like to discuss the matter before making a decision.

Village Picnic

What a lovely afternoon we had on Sunday (14th) in the Institute field.



Plenty of fun and games for all, egg catching made quite a mess(!!!!) and the rounders match was almost as close as the World Cup Cricket!



Great fun and a wonderful chance for the village to get together.



Thank you to all those who came along to make it a special day.



HISTORIC CHURCHES TRUST CYCLE RIDE/STRIDE/WALK – SATURDAY 14 SEPTEMBER 2019

I will pass on sponsorship forms for the annual Suffolk Churches bike ride/stride/walk to those who have taken part in previous years, when I receive them. Newcomers are very welcome to take part, to support any church of your choice, and can contact me on 322259, or call into Rosebank, Lower Street, to collect a sponsorship form.

It is not too early to start finding sponsors to support your efforts.

David Isaac





The JRSOs would like your help; they would like you to save your old inner tubes. Don't bin your old inner tubes, we're collecting them! We are collecting blown out inner tubes for Cycle of Good who send them to Malawi.

Cycle of Good create quality handcrafted goods using recycled materials (like your old bicycle inner tubes) by training tailors in the world's poorest places so they can earn a decent living.

All money made by Cycle of Good pays for childcare and non – profit social enterprise in Malawi.

Cycle of Goods mission is to save every single inner tube in the UK from going to landfill. They have collected 11363 inner tubes so far. Please bring your old inner tubes to the school office.

Thank you for your support,

Miss Jones and the JRSOs
Stratford St Mary Primary School



ABC Preschool

What a busy year we have had, as we start to say our goodbyes to our children and their families leaving for big school. ABC Preschool is all about providing the best care and education to your child, whilst they learn through play. We are a term time only setting open week days from 8.45am to 3pm.

We offer education and care to 2 to 5 year olds. If you are looking for a Preschool place for your child then come and visit us and experience for yourself our warm, nurturing, caring environment for your child to learn and grow. We have spaces available from September, for further information please call Kirsty Robinson Preschool Manager on 01206 322466, you can also follow us on Facebook and our website.

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:

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.

Need to email Stratford St Mary Parish Council?

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



Your Church Needs You!!!!

Our beautiful old church is in constant need of repair so we are trying to raise funds through a series of events such as the quiz night, cheese and wine evenings, concerts in the church and so on. We have a superb team of volunteers that run the church but we'd like to establish a specific fund raising team to help protect this building and would welcome some new faces and ideas.

Please call Julie on 07989 639 583 if you would like to get involved.

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

"The Coffee Pot"

-at-

Stratford St Mary Chapel



Stratford St Mary Christian Fellowship welcome all to their community coffee morning. We are situated within the chapel lounge where there is a safe area for children to play whilst you catch up over freshly made coffee, tea and cake.

Every **Tuesday** morning
between 9am and 11am
during term time only.

At around 10.30 am each week there will be Story time and songs for any children and a brief 'thought for the day'

Further information

contact:beckie.w@live.com

BRITONS



Join Your Institutes 100 club

The cost for a year's subscription is only £12.00. Prizes of £40, £10 and £5 are paid out each month.

The money made from the 100 Club goes towards the up keep of your Institute, Keeping it available for any event you wish to use it for.

If you wish to join please fill in the form below and push it through my letter box at 12 Swaynes, I will do the rest.

Payment by Standing order can be arranged.

Name

Address

Contact number

Raydon



Fair Trade Coffee Morning

We had the most glorious sunny and warm morning for our get together this month, all enhanced by the great Fair Trade coffee and lovely things to eat. There were the most delicious cheese scones and Victoria sandwich (courtesy of our Frinton friends) and the good old stand by of rockbuns! (made to my mother's recipe).

Word must have spread as we had many first timers today and such a coincidence that the shopkeepers from the two Raydon shops that we used to have were here, with many of their old customers! As you can imagine the reminiscing that took place was a joy to hear and so informative for newer residents of the recent history of Raydon. How about starting to write a little booklet? Who would like a challenge?

Yalda Davies and friends were brilliant in their concert, this was declared by all who had attended (as were the refreshments) we'd love it to happen again in the future. We look forward to another lovely day for our next gathering which is on August 13th, do hope to see you all again and perhaps a person with a pen and paper to write down the beginnings of our "Raydon Reminiscing's"

Thanks very much again
Wendy Mumford 01473 312123

Suffolk Historic Churches Trust

Sponsored Ride and Stride

They're here!

Yes the sponsorship forms for this years event are in Raydon Church now!

We need lots of participants and people to sit in the Church as recorders.

Please help raise some funds for our Church.

Also a chance for classic cars to show off. Join the rally at Melford Hall,

collect sponsors and visit churches on the way.

Contact Wendy Mumford for more details. 01473 312123

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

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:

07920 713940 / email
raydonpc@gmail.com

Broadband Issue

The Parish Councils of Holton St Mary and Raydon have jointly been considering the issue of broadband connectivity in the villages and particularly performance and reliability.

To take this forward requires two key actions:

- 1 Check your own system - if it is not set up properly or capable, the bandwidth from your service provider will not reach your screen.
- 2 Check the line speed - this has to be done at the point of entry to remove issues from point 1 above.

In order to gather information on performance we have set up a shared site to gather data.

If you have any familiarity with google and spreadsheets you will be able to access the form online at Google Drive.

Feel free to complete the form with as much information as you wish to share. Note this is a public access site and all data will be open access. Please provide your email address to raydonpc@gmail.com and access to the site can be sent to you.

Once we have a few weeks of information we should be able to ascertain if there is a pattern to the problems encountered to support any action with the service providers.

The form contains a tab with information on how to action points 1 & 2 above.

So - to join please email raydonpc@gmail.com and we will send you the link and contact information.

Raydon & Holton St Mary Broadband
Keith Lovering & Sally Thurlow



Inconsiderate car parking

The footpath along The Street, especially near Noaks Road is often partially blocked by cars parked with their wheels on the path, making access difficult for pedestrians - and, more importantly, mobility scooters. Please try to keep the footpath clear.

Jane Cryer
Clerk to Raydon Parish Council



Homemade Teas

at

St Mary's Church, Raydon



Sunday 4 August 2019

Sunday 1 September 2019

Teas served from 3.00 to 5.00 pm

All welcome

In aid of the Church Fabric Fund

100

Many Congratulations

to May Peacock
on celebrating her
100th Birthday on
11th July.

From all her friends in
Raydon.



Ideal for your special event

The Rayon Pavillion is for hire

Fully carpeted room for up to 80
people

Kitchen and preparation room
Easy parking

Available Morning, afternoon, and
evening.

For Details Call Clive Duddridge
Tel 01473 310162

Your Raydon Parish Councillors

Sue Newton (Chair)
07808 818847

Christine Hempstead
01473 810171

Keith Lovering
07939 075143

Howard (Jim) Lowe
01473 313094

Amanda Pyall (Vice Chair)
01473 310050

Sigi Steer
07591 875267

Jayne Tann
01473 828283

Jane Cryer – Clerk
Sunnyside Cottage, Overbury Hall Road
Lower Layham IP7 5NA
01473 824287 / 07920 713940

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!

Raydon and District Gardening Club

Once again we are in summertime and jobs in the garden should start to slow down some :- i.e. grass cutting a bit less frees up time to perhaps allowing more time to either just sit or take longer strolling around your garden and enjoy all your efforts put into making it a nice garden. Bird song has diminished somewhat and now is the time the birds moult, (a itchy business for them) so they tend to hide up more for safety as unable to fly quite so fast. Hopefully it's been a good year for fledglings to help boost the declining numbers of many species. It's been a great year for seeing all the wild flowers growing in our hedgerows as many have not been cut too early as in past years. Writing these notes 11th July I guess by reading time, harvest will be in full swing and hopefully the weather will be kind and bumper crops with good quality will be safely gathered in once again. We wish the farmers good luck as this country needs all the food we can produce to save on imports regardless of Brexit situation. For all you gardeners it's time to start thinking ahead somewhat for next spring as all the bulbs will now be on sale, so now if a colour scheme did not work or the bulbs did not perform then now is the time to change the situation for next year. In mid June the club enjoyed its annual garden club visit this year to Wrest Park, Bedfordshire. Once again very lucky to have another dry day. Thank you all who supported us and provided raffle prizes, plus purchasing raffle tickets and Ann & Mervyn for the running. It makes a bit of fun and of course adds funds to the club. Saturday 17th August is of course the Summer Flower & Produce Show A day not to be missed. This village community

event has been running for 38 years and been held in the village hall since 1986/87. To all new comers to the parishes of Raydon, Lower Raydon, Shelley, The Wenhams, Holton, Higham, & Stratford St Mary why not join us and have a go. Plenty of classes including children's to have a go at, with prizes including Cash, Cups, Salvers & Shields to be won. Viewing to general public from 2.30pm – 4.30pm includes prize giving, grand raffle, refreshments, and of course lots of talking time to discuss the show results. Get entry forms from committee members, village hall, or St Mary's Church and put entries in by Wednesday 14th August if possible as this helps us lay out tables and allow enough space per class.

Advance notice:- 26th September indoor evening in village hall with guest speaker Jan Michalak on subject called "ROCK" – a look at Alpine gardening.

Your committee looks forward as always to meeting you all at any of our evening meetings and of course to the Summer Show event..

Geoff Horrex. 01473 310422



Higham

You are all most welcome to the

Harvest Festival
at
St. Mary's, Higham
on
Sunday 8th September
11am

followed by a
Harvest Lunch

Our guest speaker at the service
is
John Gillett
from

OpenDoors

*'Serving persecuted Christians
for over 60 years'*

A £10 donation for adults for the lunch
will be gratefully received and any
children will be free of charge.

Please let Hugo Parker 01206 337234,
Revd Martyn Carr 01206 337325 or
Nicola Tindall 01787 212340 know in
advance if you would like to come to
the lunch.

Higham
'Pop-Up Tea Tent' at the
Art Exhibition

Many thanks to all who baked,
served and bought from the tea tent
which ran during the weekend of the
Art Exhibition. It was a fun place to
relax and discuss the paintings and
other things. As a fantastic by-
product it raised over £250 which
means we can twin the Higham
church loo with another block of
toilets, this time at a school in Malawi.



Holton St Mary

The First Friday of the Month Lunch Club



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.

Defibrillator Training

We noted at the Parish Council recently that it has been few years since we had offered training on the community Defibrillator located outside the village hall.

If any villager would be interested in a refresher course, or would like to learn how to operate it, please email the Parish Clerk; hsmparishclerk@yahoo.co.uk



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
Tanya Kunz 01473 311570

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 30th August
Friday 27th September
Friday 25th October

Early Opening on Friday.
Please note that the next dates for early opening are:-
Friday 9th August
Friday 13th September
Friday 11th October

Quiz Night
Saturday 12th October

Bonfire Night & Bonfire Collection
Collection day is on the morning of Saturday 2nd November
Display is on Friday 8th November

Peter Longmate
quaywallslongmate1@btinternet.com

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
familytorryington@btinternet.com or 01473 312046.



SUFFOLK HISTORIC CHURCHES TRUST

ANNUAL RIDE AND STRIDE

**SATURDAY 14TH
SEPTEMBER 2019
9AM TO 5PM**

Every year since 1982 folk of all ages and from all over Suffolk have taken to their bicycles (in recent years many have chosen to walk or drive) on the second Saturday in September to travel from church to church raising money through sponsorship for their local church or chapel.

It is a wonderful opportunity to enjoy the beautiful Suffolk countryside and visit some of the magnificent churches with which the county is blessed and, at the same time, raise money for the upkeep of your local church.

If you would like to pedal, drive or walk for Holton St Mary Church, please contact

Caroline Favell
tel: 01473 310268
email: martinfavell99@gmail.com

SESAW NEWS

Kenny asked me to write this month's news because he is "indisposed". It's only a bad leg, where does that dog get his airs and graces?

The hedgehogs that Mother nursed through the winter have been released into suitable environs. Known as the Gardener's friend, they eat lots of pesky bugs but many die crossing the road in their search for food. Providing cat or dog food (WITHOUT fish) or dry hedgehog food from pet shops plus water each day may encourage them to stay put. If Spike visits your garden, keep him safe by covering ponds or create a means of escape from the water, check bonfires before lighting and avoid using slug pellets,

Thanks to the organisers of the enjoyable 1940's Vintage Day in Sudbury, we raised over £70 on the SESA W book stall. We are also grateful to employees from local companies who helped prepare for our Open Day last month. There are always jobs that need doing like cleaning kennels, feeding animals, walking dogs, grass cutting, repairs, sorting donated items or taking part in fundraising events. If you would like to volunteer and can spare a few hours once a week, please leave a message on the answerphone.

It's dinner time so I'm off to the kitchen to see if Kenny has found his feet. He needs to get better soon to write next month's news instead of 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 Open by appointment only during August, or for emergencies.

East Bergholt High School Association

Registered charity no. 1017476



East Bergholt High School

15th September

9.30am – 12noon

Admission 50p

Refreshments available

Free Car Park

Pitches:

In advance - cars £5, with trailers £7,
domestic vans £10

On the day £1 extra

No traders

Gates open 8.30am for sellers

☎ **07776291445**

Nayland Horticultural Society

Date for your diary

Nayland Horticultural Society Flower Show. Saturday 3rd August. Why not have a go and enter this fun Flower Show! See online for the show classes at www.naylandhortsoc.org.uk

Chernobyl Children's Lifeline & Charity Shop

On 30th June we collected the group of children from Gatwick airport, all 16 of them very tired having left home in the early hours of the morning and then of course there is the 2 hour time difference between Belarus and the UK.

At the time of writing the children have been here for only one week but have already enjoyed some fantastic outings, including new school shoes from Start Rite Factory Outlet, Crown Pools swimming, the first time of experiencing such a facility, a visit to a Fruit Warehouse where they were treated to a tour of the warehouse including briefly being "trapped" in the cold store which produced many shrieks of laughter, a BBQ and truck rides in a Tractor Unit, visits from the Police and a chance to press the "blues and two's" plus a visit from the local Fire Station who allow all the children to try out the water hose and somehow they all managed to get a good soaking, again, all to shrieks of laughter. Everyone has also had their eyes checked by Specsavers of Ipswich who are kindly providing glasses to 5 children who need them, two of whom should be wearing glasses full time.

We start next week with a visit to a private railway in the garden of one of our supporters in Trimley St Martin and Felixstowe Beach, all sponsored by Felixstowe Lions. Also during this week the children are being treated to a Pizza experience at Prezzo in Stowmarket and the big trip of the month to Chessington World of Adventure with tickets provided by the Merlins Magic Wand program for disadvantaged children. These are just some of the wonderful experiences the children will enjoy this month, all donated by our supporters whom we could not manage without. With more to come, apart from the day at the Dentist, every day

promises a new and exciting adventure for these children who are busy recording everything in their memory books so they have their "forever memories" to look back on over the years to come. Because of the sponsorship for outings we are able to use our financial resources to provide so much more for the children

Charity Shop Needham Market

Despite the 6 week road closure our charity shop continues to accept donations for the children, their siblings and other family members in Belarus and of course general donations for the Charity Shop without which we would not be able to provide the visits for the children. This is not just for financial reasons but for all the wonderful donations of items for the children upon which we cannot put a price. We are able to provide so much for the children that all comes to us via the shop.

Thank you so much to all who think of us and a big thank you to the people who have donated to us but prefer to remain anonymous – your support really appreciated even though we cannot thank you personally.

Elizabeth Parker

Link Chair

enquiries@ccllmidusffolk.org.uk

FB: @Ccllmidusffolk

01449 760343



‘Finding God in a culture of fear’ by Joanne Cox-Dunning

A book’s interpretation, like beauty, is often in the eye of its beholder (reader). This book is an appropriate one for our time. It uses a common mantra throughout its pages: “The worst thing is never the last thing”. This reminded me of the phrase often quoted by Evelyn Greenslade (played by Judi Dench) in the film, ‘The Best Exotic Marigold Hotel’:

“Everything will be all right in the end. And if it’s not all right, then trust me, it’s not yet the end.”

Both book and film focus on hope as the key to combat the unknown, fear, anxiety and despair. In the book, God’s love and his Holy Spirit underpin this hope. The ‘fear’ in the book focuses on the corporate and global, but also addresses individuals’ fear. This is important as our personal fears and anxieties are likely to be more acute than any global fear, whether it is the consequences of climate change, a drug or nuclear Armageddon or Brexit. One of the book’s strengths includes its use of Biblical characters and events and making them very relevant for today.

The book also reminded me of a quotation of CS Lewis (‘The Problem of Pain’): *‘Everyone has noticed how hard it is to turn our thoughts to God when everything is going well for us. We, ‘have all we want’, is a terrible saying when ‘all’ does not include God. We find God an interruption.*

As St Augustine says, ‘God wants to give us something, but cannot, because our hands are full – there’s nowhere for Him to put it’. Or, as a friend of mine said, ‘We regard God as an airman regards his parachute; it’s there for emergencies but he hopes he’ll never have to use it. Now

God, who has made us, knows what we are and that our happiness lies in Him, but we will not look for it in Him as long as he leaves us any other resort where it can even plausibly be looked for. While what we call ‘our own life’ remains agreeable we will not surrender it to Him. What then can God do in our interests but make ‘our own life’ less agreeable to us, and take away the plausible source of false happiness?’ C S Lewis’ writing has inspired many to initiate or strengthen their own faith. Some of his writings are readily accessible whilst others are more obtuse and lie within the rarefied theological stratosphere, a facet shared by the Apostle Paul in some of his epistles. Lewis’ novels (the Chronicles of Narnia, the Cosmic Trilogy [‘Out of the Silent Planet’, ‘Perelandra’, ‘That Hideous Strength’]) are morally-rich, as are some of his non-fiction works, including ‘Mere Christianity’, ‘The Problem of Pain’, ‘The Screwtape Letters’ and ‘The Great Divorce’.

I agree with Rowan Williams’ comment on Lewis’ work: “I find I am constantly realising I owe many of my most basic convictions about Christian faith to Lewis’ imagination. Many of his writings have helped me to see the possibility of a really adult faith that did not avoid the toughest questions about failure and self-deception and pointed to a God absolutely and unconditionally loving and utterly, painfully, demanding in his truthfulness”.

The above quotation and the book will be a comfort for those who place God at the centre of their lives. Hopefully, the reading and the book will also be of comfort for those for whom God is currently an unnecessary or even irritating presence because, as and when a need for him is realised, he will be there, patiently waiting ... and welcoming.

Richard Appleton

On Wednesday 10 July Paul Stancliffe, Media Manager of The British Trust For Ornithology, talked to us on "Bird Migration". He explained what we know & what we don't know. How the BTO is using the very latest technology to uncover the mysteries of bird migration. We followed cuckoos, nightingales and swifts as they undertook amazing journeys to and from their wintering grounds.

Our August Meeting, is a Member's only event and will be held at the Venture Centre, Lawford, CO11 2JE, at the normal time, on the 14th of the month. Further information will be given at our June & July meetings.

The theme of our meeting on 11 September is "Great Composers Of Film Music". Steve Johnson, a film enthusiast, will recall the history of music in film from the beginnings of sound, with emphasis on specific composers who have made significant contributions to music in film.

Jenny Gibbs will talk to us on "An Englishwoman's Life in Rural Turkey" on Wednesday 9 October. Her stories capture a simple, serene, pastoral way of life in a Turkish mountain village unchanged for centuries, from the day she first arrived there 25 years ago to today.

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 30 August.

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 370 members and 35 active groups. For further information please visit www.stourvalleyu3a.org.uk where our membership secretary Val Pretty may be contacted.

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 2.15pm. Annual membership costs £12 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, for safety reasons, due the halls limited capacity.

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Stour Valley Men's Probus Club



Peter Jones talked about "Martello Towers Of Essex" on 3 July and on 17 July Liz Barringer talked about the work of "The Leonard Cheshire Homes". Both meetings were most interesting and enjoyed by all Members present.

We do not hold meetings in August and our speaker on 4 September is Mervyn Linford introducing us to the river from "Cattawade Bridge to Ha'Penny Pier". Ted Wheatley will return again and his subject is "Speakers' Corner" on 18 September.

On 2 October David Prynn will talk of "China, past and present" and two weeks later on 16 October Cherry Mullins will present "Confessions of a Tour Manger".

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. New Members are always very welcome at meetings of the Stour Valley Men's Probus Club, just join us at 10am on a meeting date. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. We meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am.

Please contact Chairman Dave Carman on 01255 880202 for further details.

Constable Singers

We meet on Thursdays [apart from the 2nd Thurs. of the month when we meet at E.B Congregational church] at The Lamb School East Bergholt at 7pm.

We would like to have some new members so if you like singing (no audition, no need to read music as we sing along to backing tracks once we've mastered the tune). 1st session is free and words are provided .

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The latest newsletters from NHS Ipswich and East Suffolk and NHS West Suffolk clinical commissioning groups have just been published.

Highlights include:

- Still time to book your place at this year's NHS Ipswich and East Suffolk CCG patient conference
- Launch of Active Schools programme - a great partnership initiative between the CCGs, Babergh and Mid Suffolk councils and Active Suffolk
- Praise for the Dementia Together Suffolk service - it has made a positive difference
- Community and voluntary groups invited to apply for CCG grants worth £1000 - £70,000
- Both CCGs have been rated as 'outstanding' by NHS England
- Both CCGs awarded 'Platinum' accreditation by Investors in People - the highest level of award which highlights our very real commitment to staff wellbeing
- The national GP Patient survey shows a higher than average level of satisfaction with local GP practices - plus Healthwatch Suffolk has produced a useful report on feedback given to them about GP practices
- Coverage of the CCGs' recent staff awards - recognising the commitment of health commissioner staff

Read the NHS Ipswich and East Suffolk CCG newsletter [HERE](#)



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Route 14

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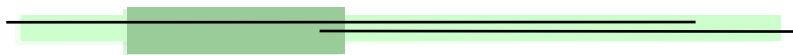
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The Quartet benefice Newsletter and events schedule

Dear Friends

Reflections on Ordination

I was ordained as a Deacon on 29th June in Bury St. Edmunds Cathedral by Bishop Martin along with 16 other men and women from across the Diocese. Bury Cathedral is a special place for me because as a school boy I sang there in a number of concerts. To return to that impressive and inspirational building over 40 years later for my ordination reminded me of my journey of faith.

How does a 62 year old parishioner from Higham, possibly past his sell by date, become an ordained deacon. As I am in still in full time work, though heading towards retirement, I never really thought it was possible. I was a Churchwarden and a Lay Elder and comfortable in those roles, but I believe I was being called and at times given hefty nudges by God to serve him and the people of our villages in a different and more challenging way, ordained ministry. The 'Auxiliary Ordination Pathway' (AOP) is a relatively new initiative in our Diocese and our Rector Rosalind encouraged me to enter the selection process. The AOP is a course designed for people similar to me and consists of evening courses and some Saturdays, and regular group meetings with one of our two Bishops.

On the Wednesday prior to ordination, my group together with others due to be ordained deacons and priests went 'on retreat' to Leiston Abbey, which is a complex built in the grounds of the old ruins. Leiston is a very atmospheric, a place of Christian work and worship centuries ago. Inspirational talks in the Chapel, morning and evening services, time for reflection, private prayer and contemplation all helped to focus on God's calling. This was not without spiritual and personal challenges for me, but suffice it to say that I arrived at the Cathedral assured of God's call for me to serve him and our Benefice in a new ordained role. I feel very privileged to be able to do this.

Saturday was Ordination day and was charged with emotions. The first time putting on a clerical collar felt very strange, the time of silent prayer in the Lady Chapel prior to the service with the hubbub of people coming into the Cathedral focused my thoughts on what I was doing and the changes to me personally and the effect on my wife and family, who I love and have important needs. The public declaration of faith and calling made during the service was so humbling and coupled with the magnificent music made it difficult to breathe at times.

My role now is as a part time self supporting 'Assistant Curate'. (I also have my day job) I am still training with more courses to complete. I will be shadowing the Revd Mark Woodrow from Nayland on occasions as part of my training and assisting our wonderful group of retired clergy who are helping us during the interregnum. I am available for pastoral visits, and authorised to preach and conduct baptisms and funerals.

I wish to thank everyone in the Benefice who has supported me, encouraged me and prayed for me, during this process and I hope you will continue to do so, as I will for you. Some more good news; I am delighted to say that Nicola Tindall, our Reader has been accepted on the AOP course for the coming year, so all being well, she will be ordained as a deacon next June. I am sure we all wish her well and we pray for her as she starts a new part of her journey of faith.

Revd. Martyn Carr Assistant Curate Higham Holton Raydon and Stratford

BENEFICE CONTACTS, SERVICES AND EVENTS



Curate:

Martyn Carr: 01206 337325 martyn.kingfisher@btinternet.com

Reader:

Nicola Tindall: 01787 212340 nicolajtindall@btinternet.com

Please contact either Martyn or 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	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 August and September

	10.00 a.m.	6.30 p.m.
4 th Aug	SSM	
11 th Aug	Higham led by Rev'd Martyn Carr & followed with a celebration of his recent ordination	
18 th Aug	Holton	
25 th Aug	Raydon	
Please note that there will be no Evening Prayer or Family Hour services in August.		
1 st Sept	SSM - Harvest	Holton
	Led by the Ven Dr David Jenkins, Archdeacon of Sudbury followed by lunch at 1pm, Parish Room	
8 th Sept	11.00am Higham - Harvest	Raydon
	Speaker - John Gillett from Open Doors followed by lunch at church	
15 th Sept	Holton- Harvest	SSM
22 nd Sept	Raydon - Harvest Family Hour - Parish Room	Higham
29 th Sept	Benefice Eucharist in SSM Speaker Baroness Cox from H.A.R.T.	

Midweek Communion: A short service of Holy Communion will be held in the Parish Room at Stratford St Mary at 10am on Wednesday 21st August.

Morning Prayer: A service of Morning Prayer will take place on Thursday 23rd August at Higham Church at 10–10.30am, followed by coffee. All are welcome or do just come for the coffee.

Elders

Our four church Benefice is fortunate to have four 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.

Christine Cousins 01206 322530	Janet Dewey 01206 322148
Sandy Ranson 01206 322156	Peter Snelling 01206 337590

Weddings

We pray for the following couples who will be married in our Benefice in August:

10th August	Damian Collister and Amanda Kateley in Stratford St Mary
26th August	James Cook and Hannah Cantrill in Higham



For your prayers

For healing, for those who are ill or in need, in our parishes and beyond:

Higham:	Margaret Snelling, Nicholas Maxwell-Lawford
Holton:	Ron Stedman
Raydon:	Michael Mumford, May Peacock
SSM:	Nancy Ablitt, Laura Kerry, Pat Ablitt and Family, Sue and George Ablitt
Others:	Tory Cook, Helen Gregory, Steve Kupfer