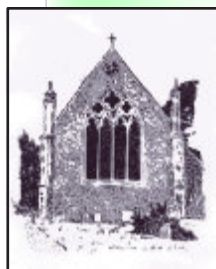


**Higham  
Raydon  
Holton St Mary  
Stratford St Mary**

# **Quartet**

**The Parish Magazine**



**August 2020**  
Issue 384

### FOR SALE

ALSTONS Sandringham. Bedside three drawer Cabinet. In very good order (like new)

Light Brown in fine wood grain effect  
£25.00

Ironing Board approx 4.10 ins wide  
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No charge for non-commercial ads placed for one month only, space permitting. Email [quarteteditors@hotmail.co.uk](mailto:quarteteditors@hotmail.co.uk)

## Quartet Diary

### August

8 Green Gym, HSM

11 Raydon Fair Trade Coffee  
Morning

### September

8 Raydon Parish Council  
Meeting  
Raydon Fair Trade Coffee  
Morning

9 HSM Parish Council Meeting

12 40<sup>th</sup> Ride and Stride  
Raydon Spring Clean

14 Stratford Parish Council  
Meeting

### October

6 Raydon Fair Trade Coffee  
Morning

13 Raydon Parish Council  
Meeting

### November

3 Raydon Fair Trade Coffee  
Morning

9 Stratford Parish Council  
Meeting

10 Raydon Parish Council

Meeting

11 HSM Parish Council Meeting

### December

1 Raydon Fair Trade Coffee  
Morning

# Editors Corner

It's been quite an experience, hasn't it - and not one I want to repeat, I must say, but we finally appear to be coming out of lockdown. It's good to see events appearing in our villages again. Wendy has got the Raydon Coffee morning going, various pubs are beginning to reopen (there's word on The Sun Inn at Dedham and The Crown at Nayland later on in the magazine) and it looks as if the Cycle ride is happening this year - there's word from organisers in Stratford, Holton and Raydon!

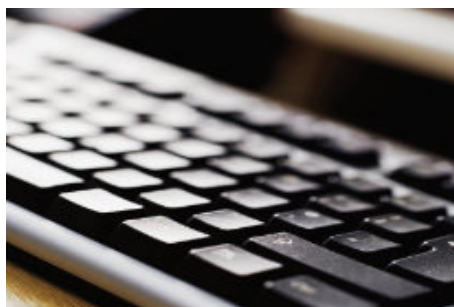
A reminder for Village Hall committees that we need to hear from you to find out when Village Halls are re-opening and any other clubs or societies who usually tell us about their activities - we need to hear from you too!

It's good that the news is positive however, so let's hope we continue to get back to normal as quickly as possible. There's still some summer left to enjoy! On that note, following on from last month, we thought you might like a longer walk this time. See pages 16 and 17 for a circular walk from Holton to Stratford.

Happy reading

Anne and Jane

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



Copy deadline for next edition:  
**19<sup>th</sup> August 2020**

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# Stratford St Mary

## 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



## 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**



## SSM 100 Club Winners July 2020

4	Ronnie Brisk	£40.00
52	Paul Woolard	£10.00
90	Eddie Pring	£5.00



## Colchester Food Bank Donations

Following the example of many other local villages, Stratford St Mary has started collecting for the food bank in Colchester. Our two collection points are at 13 Strickmere and Gatemans (next to the chapel).

We are accepting all non perishable foods, i.e. Pasta, rice and tins etc, and also toiletries and pet food. Our donations are taken once a week and the donation boxes are out seven days a week.

Thank you in advance for your support.  
Sarah Brass and Lynn Palmer.

## Prestige virtual assistance Making time for you

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**Kate Baines**  
**M: 07799 391343**

E: [info@prestigevirtualassistance.co.uk](mailto:info@prestigevirtualassistance.co.uk)  
W: [www.prestigevirtualassistance.co.uk](http://www.prestigevirtualassistance.co.uk)

## HISTORIC CHURCHES TRUST CYCLE RIDE/STRIDE/WALK – SATURDAY 12 SEPTEMBER 2020

**12 Sep** - a date for your diaries.

With permission from Government, it is hoped that SHCT will take place this year.

I will pass on sponsorship forms 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.

David Isaac



## Community First Responders

Interested in becoming a CFR?

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

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

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

At the moment the Stratford St Mary bag is not utilised as much as it could be and I would like to improve this. Ideally I would like some volunteers in the Langham, Stratford St Mary, Boxted and Dedham areas to complete the training and then join me in covering our area. The more hours we have the bag active the better cover we have for ourselves.

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

## Can you help me?

Hi my name is Emma and I live at Old School Cottage, Ipswich Road just on the A12 at the end of the layby past the Pitstop Cafe .

We have lived here for 3 years and can't seem to find any history on the property, what it looked like and how it has developed over the years.

I spoke to Geoff Horrex who told me that it was once a Victorian school many years ago. I would love to get any information on the property as I feel that there is so much more history to the property to be found out and I would love to hear from anyone that has any information please.

My email is [emma.roe16@gmail.com](mailto:emma.roe16@gmail.com)

Contact 07415014841

Emma

Stratford St Mary Parish Council website has now been updated. Please pop over to [www.stratfordstmary.onesuffolk.net](http://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](mailto:parishcouncil@stratfordstmary.org.uk)

# Raydon



## Fair Trade coffee morning

July 14th was a mild day with sunshine and clouds, and after 5 months we were able to hold a proper Fair Trade coffee morning!! Everything

took place outside, (a good job it didn't rain) with everything and everybody at safe distances.

It was so lovely to see friends again who we had been unable to meet up with over the past months. It seemed like a real party atmosphere with our usual great coffee and wonderful Frinton goodies.

Our "Frinton Baker" had designed an ingenious method for us to select either a cheese scone or Victoria sandwich. Each individual item was in a clear bag tied with string, you just picked up a string and hey presto nothing else was touched.

I think we all enjoyed being part of the community again and agreed that our next Fair Trade coffee morning due on August 11th was another date for our diary. Do come along and join us, you'd be most welcome. 10.15 to 11.30 Raydon Churchyard, (we have a plan if it's raining)

Many thanks again and to Geoff who helped to plan and make sure all was safe.

Wendy Mumford

01473 312123

## Community Speed Watch



We are pleased that Raydon Parish Council is planning to introduce a Community Speed Watch, in response to the review undertaken some years ago when speeding traffic was the major item of concern to residents.

We are enthusiastic about this initiative and we already have a team anxious to get started. We would welcome any of our fellow residents who might wish to join the team. The equipment and training is being supplied free of charge by Suffolk Constabulary.

Anyone interested should contact the Parish Clerk, Jane Cryer, on 07920 713940, or email [raydonpc@gmail.com](mailto:raydonpc@gmail.com).



## Raydon Spring Clean

**New Date: Saturday 12th September**

**Meet at 10am outside King George's Playing Field Pavilion.**

Please wear suitable shoes and clothing. **Please bring gloves**, we can provide hi-vis jackets and litter-picking sticks. Children are welcome but **must** be accompanied by a parent or other responsible adult.

**Can't wait? Have you spotted a particularly unsightly patch whilst on a lockdown walk around Raydon? If you'd like to borrow the parish litter picking equipment and conduct your own household litter pick over the summer please contact Amamnd on (01473) 310050. All equipment loaned will be sanitised as per Covid-19 regs before being reissued.**

Volunteers should not participate in litter picking duties unless they understand and accept that participation is entirely at their own risk. Volunteers are not working for or on behalf of Raydon Parish or Babergh District Councils, therefore the Councils cannot be held responsible for any loss, damage or inconvenience caused as result of the actions of volunteers or their failure to adhere to the guidance given at the start of the litter pick.

## Raydon Parish Council

### Schedule of meetings 2020

**All at 7.30pm in the KGF Pavillion**

**TO BE CONFIRMED**

Tuesday 8 September

Tuesday 13 October

Tuesday 10 November

*NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact*

*Jane Cryer, Parish Clerk*  
Sunnyside Cottage, Overbury Hall Road,  
Layham IP7 5NA

07920 713940 / [raydonpc@gmail.com](mailto:raydonpc@gmail.com)

## Suffolk Historic Churches Trust Ride and Stride.

**September 12th 9am-5pm.** Sponsorship forms will be here at the beginning of August.

We need to make a huge effort this year so all you walkers and riders make sure you have a sponsorship form and start signing your friends and family up. Call me and I'll get a form to you as soon as they arrive here. We also need recorders to sit in the Church and sign visitors in, you can be sponsored for this job as well, in fact I all ready have two volunteers.

Wendy Mumford 01473 312123



# Raydon and District Garden Club

---

It's August and here comes mid summer in the gardens once again. The rain showers we have been having in July have certainly helped and saved many hours watering by hand but of course some things like indoor tomatoes, runner beans, cucumber etc still need plenty of water throughout the growing season especially if in green house. The flower gardens look great and the dahlias are at their best.

Now normally we as a club would be looking forward to getting the Flower & Produce Summer Show ready but due to the current restrictions and the almost impossible means to keep social distance within the village hall when the general public arrive in the afternoon to view and join in with the prize giving, plus understandably the show judges not wanting to come, it is with regret the committee has taken the decision to "CANCEL THE SUMMER FLOWER & PRODUCE SHOW" this August.

What a disastrous 40th year for the club (but one never to be forgotten) with all meetings cancelled since February, cancelled Spring and now summer shows, no garden visits, no summer coach outing, and the meeting for September not looking too promising at this stage, but let us be positive and hopeful that things will improve enough for us to hold at least one or two meetings in October and a social evening in November even if we have to

have a booking system in place so we know numbers etc in advance so we can make all necessary arrangements to enjoy social distance. It's been lovely weather and I have enjoyed all the extra time to spend tending the garden, but it's now time to get out a bit and enjoy the wider countryside and of course meet you members once again. It's holiday time and for some that means going abroad but not for us this year, it's day trips out only, may venture over the border either Essex or Norfolk but that's it, ah well always next year ?

Members PLEASE NOTE :- Your committee has decided that all club members who had paid their membership subs for 2020 will be able to enjoy full membership for 2021 at no cost. Any member who had not renewed before lock down (last March) will need to re-join by November AGM social evening at £12.50 per person. Any new persons wishing to join the club can do so at the first or second meetings in 2021 at £12.50 pp.



Hopefully in 2021 we can add a extra meeting (perhaps in January) and perhaps an additional local evening garden visit to help make up for lost time in 2020 so watch out for future news in the Quartet magazines.

As most of you will know the village hall has been up for sale since March and the latest situation is that its "under offer" which means if sold we as a club will need to find a NEW Home possibly by Christmas !!!! Your committee feels that the King George Pavillion on Raydon playing field will suffice as it's the only option if we keep in Raydon which we strongly recommend. For those of you who have not been to the playing field or inside the building It is situated more in middle of village, (beside all new houses) has larger car parking area (which is due to be tarmac), easier to drive in and out, with extra lighting to be installed in due course ? the main room is fully carpeted so should be warmer in winter. Hopefully the outside will also soon be decorated which will make it feel more inviting. Your committee will have to re-structure the Shows as it's a smaller area but otherwise it should make a nice new venue so we can continue to enjoy our club for many years to come. Again updates will be made each month in the Quartet as and when necessary.

Enjoy the summer and get out and about if you can to enjoy everything around in our beautiful countryside. Until we meet again either this year or next (it will be our 41st year)

Geoff Horrex 310422 / 07810086143.

## Your Raydon Parish Councillors

**Sue Newton (Chair)**  
07808 818847

**Keith Lovering**  
07939 075143

**Howard (Jim) Lowe**  
01473 313094

**Amanda Pyall (Vice Chair)**  
01473 310050

**Sigi Steer**  
07591 875267

**Jayne Tann**  
01473 828283

**Faith Backhouse**  
07999 018049

**Stephen Coe**  
07947211802

**Trevor Sayer**  
07747 610317

**Jane Cryer – Clerk**  
Sunnyside Cottage, Overbury Hall Road  
Lower Layham IP7 5NA  
01473 824287/07920 713940  
[raydonpc@gmail.com](mailto:raydonpc@gmail.com)



# Higham

## VJ Day – Not Forgotten

On 15 August 75 years ago, the war in the Far East came to an end. Today, we can give thanks that those who were once foes are now sharing our values and allies. We can take note of the contribution that Japan makes to the economy of this United Kingdom, particularly in car manufacture. The World has moved on from those dark days of World War II.

But it is right that we remember the sacrifice of so many in the campaigns fought across the Far East against the Imperial might of Japan. Together with our American allies, Commonwealth troops and the awe-inspiring Gurkhas, British troops went through some appalling experiences. This was not only in engaging with a foe fighting a “total war”, but also in terrible treatment as prisoners of war. Returning to this country, many of our troops coming home after the VE Day celebrations felt themselves to be “The Forgotten Army”. They were the ones who had given their “Todays” for us to have our “Tomorrows”. We do well to remember them.

Doing so, can bring personal recollections: family members involved in the Far East War; a friend suffering life-long health issues arising out of brutal experiences; a mother with a young son receiving the one letter from her husband after years of silence, only then to be told

that he had died in enemy hands. The Burma Star Association flag may now be laid up, but we can continue to honour those who earned the Star. On VJ Day we have an opportunity to show our gratitude and appreciation. We can show that we will remember them. God bless them.

Peter Snelling



# Holton St Mary

Suffolk Historic Churches Trust

## Saturday 12th September 2020

### Good News!

The Trustees of SHCT have decided to go ahead with this year's Bike Ride on Saturday 12<sup>th</sup> September and it will only be cancelled if there is a change in the Government Guidelines.

If you would like to bike and need a sponsor form or if you would like to welcome visiting cyclists to Holton St Mary Church, please get in touch with me.

Caroline Favell 01473 310268  
[martinfavell99@gmail.com](mailto:martinfavell99@gmail.com)

## Holton St Mary Social Club

The committee would like to wish all our members well. We are looking forward to welcoming you all back when it is safe to do so.

Kind regards, Peter

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

## Green Gym Group

The Green Gym will meet at 10.30 on Saturday, 8th August in Church Square. Possible tasks include some pavement clearing and work at the back of the Churchyard. It will be lovely to see you there. Any queries, please do call me: 07976 010754. Thank you.

Richard Appleton

## Zoom

As many of you know, Holton St Mary Parish Council have been conducting our meetings via Zoom for the past few months. We have purchased a Zoom subscription for this as it is inappropriate to break the meeting after 40 minutes.

After discussion at our last meeting, it seemed sensible to us to make this subscription available to residents and other village meetings and turn it into a village resource.

If you live in Holton St Mary and need to conduct a meeting online, please feel free to email the Parish Clerk and make use of this service.

[hsmparishclerk@gmail.com](mailto:hsmparishclerk@gmail.com)



## Staying busy during Lockdown

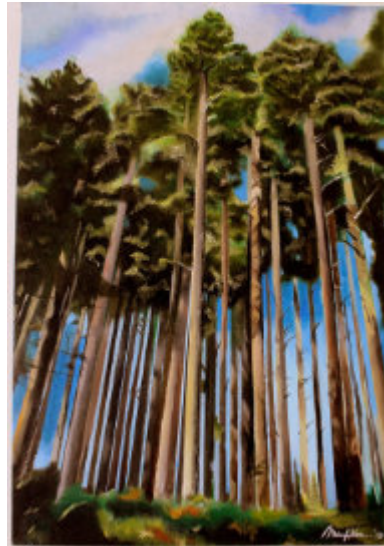


What do you do if you are a trainee made redundant mid-degree during the pandemic? Well, if you are Veronica, you keep painting. Veronica tells me the current situation has caused her a lot of frustration, doubt, anxiety and pressure, But she's not one to give up.

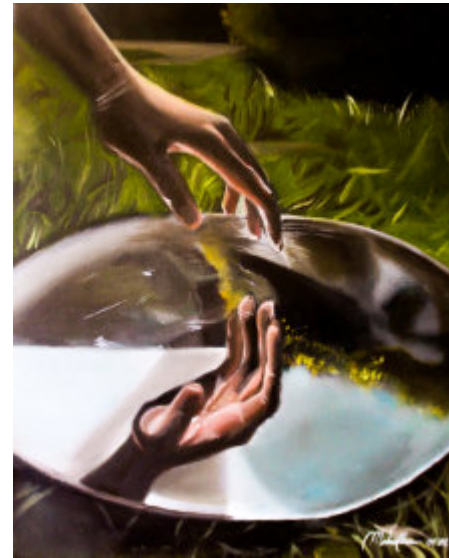


Veronica has been painting commissions where she can and trying to keep going. Now as lockdown eases, she is hoping to expand to sell her work and expertise more widely.

She has already had successful exhibitions and has sold her artworks at the Higham Arts Festival 2019."



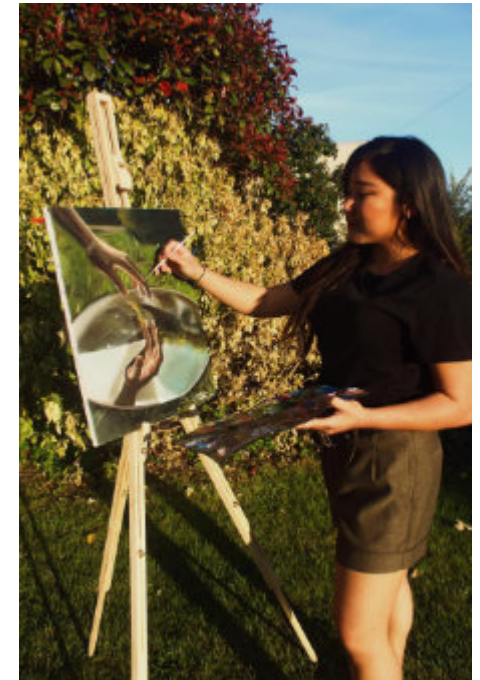
Veronica is also keen to organise local art workshops (max 10 people to maintain social distancing) to give enthusiasts and amateurs a local focus



'I would like to organise a mini art exhibition display of 5-10 of my artworks in the Holton St. Mary Village Hall.' She tells me. 'A month for example, so that visitors could see it and contact me for details.'

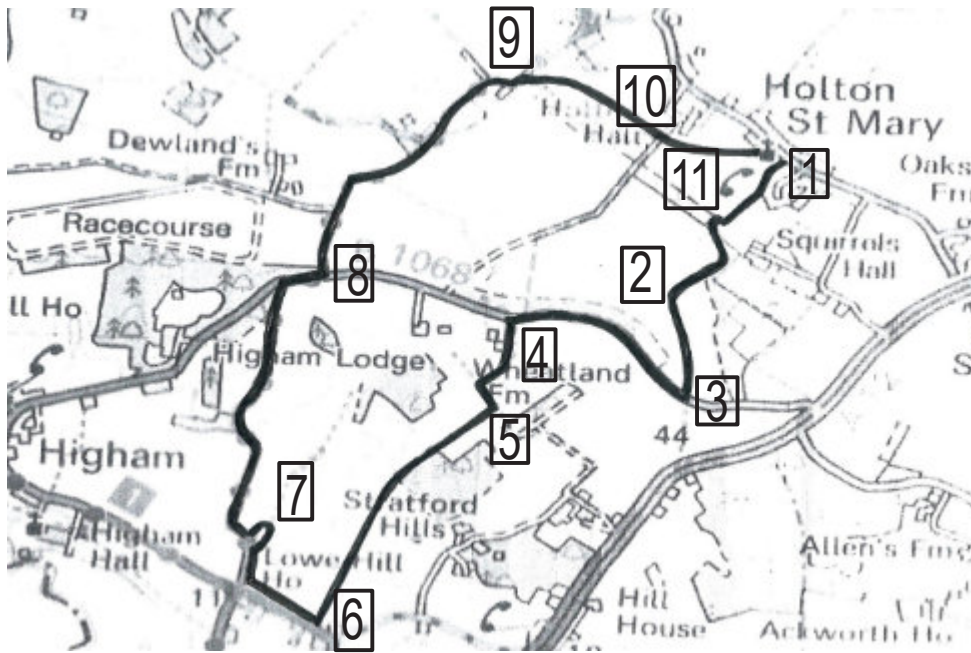


Another idea is personal and private garden and art workshops using a wide array of media such as watercolour, charcoal, oil, pencils, etc. depending on what style you want to learn. This might suit people who love to paint but can't travel.



If you are interested in commissioning Veronica ie. for paintings to display at home, pet portraits, etc., buying a painting, or being part of a workshop or garden group, you can e-mail her on [vmclaindv@gmail.com](mailto:vmclaindv@gmail.com) or call 07939966349.





## Footpath 2: Holton St Mary to Stratford St Mary (circular: 7.2 km)

1. Start in Church Square. Walk between 'Lampitts' (left) and the 'The Old School' (right) towards the Millennium Green. Pass to the left of a brick garage and padlocked wooden gate. Bear subtly left **or** turn right to follow, counter-clockwise, the edge of the Green passing through a willow tunnel and over balancing beams and stepping-trunks. Both routes bring you to a gate at the far end of the Green. Pass through, turn right and after a few metres, left on a wide grassy verge and follow the field edge. After about 100 metres turn 90° left with the field on your left and woodland on your right and walk towards Squirrels' Hall. At the fence that borders 'Squirrels' Hall' bear half right down a short narrow path to a height-challenging stile. Cross, and keep right and parallel to the fence heading towards a stile in the field corner with a red and white

sign: *'PLEASE KEEP TO THE FOOTPATH. AND DOGS MUST BE KEPT UNDER CONTROL.'*

2. Cross this stile and after negotiating nettles and shin-snaring brambles, walk approximately 10 metres straight ahead to another 'stile'. This is actually more like 'walking the plank' with no handholds and over a forlorn piece of irrelevant chicken fence. Cross with trepidation and walk straight ahead on an indistinct and very un-even grass verge between two fields for approximately 20-25 metres. When you arrive at hedging on your right, turn half left to walk along a long and un-even path that bisects a large field; your sight may allow you to pick out a Footpath sign in the distance. Aim for this sign. The field is peppered with some quite deep (and potentially ankle-twisting) holes dug by animals (badgers, less commonly, foxes and deer) neatly filled with their sweet and musky-smelling faeces. You have been warned...

3. After 380 metres, keeping your eyes open for the holes and noting the

noise and sight of the HGV-infested A12 racetrack in the medium-distance, you reach the Footpath sign and the B1068 (Higham Road). Turn right. This is a very quiet road with very little traffic in your direction of travel towards Higham. On-coming traffic is slightly more common ... and often *'en vitesse'*.

4. After 780 metres turn left at the Footpath sign; there is also a rather incongruous and brightly-coloured sign for 'Wheatlands' and 'Coral's Farm'. Walk down a grassy track passing two properties on your right and (usually) a metallic light-blue horse-box on your left to climb gently and briefly under a few pines to a stile. Cross, and walk on a narrow grassy path between a fenced horse paddock on the right and hedging on the left. Go through the gate and continue straight ahead for approximately 30 metres. Turn left (it is private to the right) and walk on a grassy track for approximately 70 metres.

5. At a T-junction of paths marked on the left with a yellow arrow-marked post, turn right to walk down a grassy/dirt track for 1 km. On the right for the first 300 metres there is a point-to-point field with anticipated accoutrements. Descend the hill and, keeping a huge mound of almost odour-less manure on your right, bear slightly left and then right and continue down the field edge with a row of trees on your left. Enjoy the views over Dedham Vale.

6. This verge meets a narrow tarmac road but immediately before the road turn sharp right and continue to walk on a wide grassy verge with a hedge and the road on your left and a field on the right. Follow the field edge turning right.

7. After approximately 40-50 metres turn left through a wide gap between trees and then almost immediately left again. In a few metres on the left there is a short, narrow and barely obvious path that takes you down the bank to a single-track tarmac lane (Green Lane); turn right. The lane is quiet with only a slight chance of meeting a vehicle, in either direction. Cyclists are more likely but they risk body and machine as some steep sections can be covered

with a highly de-stabilising cocktail of sand and pebbles. At the top the lane meets the B1068 (Higham Road). Turn right, senses sharpened for traffic.

8. After approximately 60 metres at a white sign, turn left down a single tarmac lane (Sandpits Lane). Continue down the lane for approximately 1.25 km passing in turn 'Dewlands Farm', 'Tiffins', 'Pintins' on the left and 'Laits Barn' and 'Lark Hall' on the right.

9. Fifty metres past 'Lark Hall' on the right there is a barely visible Footpath sign, but a more obvious stile. Cross this and head diagonally across the grassed field and go through a natural archway in the hedge. Continue across the next field which may or may not have a crop and through another archway in the hedge. Continue, keeping left of a row of immature hedges, behind which are 10 static caravans and on to a concrete drive. Pass between a large weigh-plate on the left and a dark green/silver-grey metal barn on the right.

10. Watching and listening for farm vehicles as you cross the farmyard (APT Farming), head for a gap between stacked potato boxes on the left (marked 'APTF') and a brick and green metal farm office on the right.

11. Continue down a narrowish tree-lined path with a brick wall and then a wide-meshed wire fence of Holton Hall on your left. After about 80 metres, the path emerges dramatically on to a large field (always sown with a crop). Bear half left and cross diagonally to a white kissing gate with the squat tower of St Mary's Church in the immediate background. If appropriate and safe to do so, kiss your partner and go through the gate and bear slightly right and then left, to pass between the Church tower on the left and the War Memorial on the right. The grassy path has become a gravel one which leads to a wrought iron gate and beyond, Church Square. Hallelujah...!

## The Holton St Mary United Charities Trust

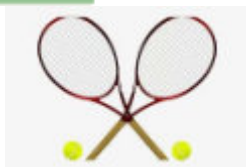
has some funds available to those residents in the village of Holton St Mary who are in need. If you feel you might want to make an application please contact:

Paul Torrington on  
familytorrington@btinternet.com or 01473 312046.

## Holton St Mary Parish Council

Our next meeting will be on 9<sup>th</sup> September at 8pm. We will be able to tell you closer to the time if the meeting will be in the Village Hall or via Zoom.

hsmparishclerk@yahoo.co.uk



## DEDHAM TENNIS CLUB

The courts are now fully open and coaching is available for adults and juniors. Memberships are available or the courts can be hired for £8 per hour.

More details are available on  
[www.clubspark.lta.org.uk/dedhamlta](http://www.clubspark.lta.org.uk/dedhamlta)

Or email [dedham-tennis-committee@googlegroups.co.uk](mailto:dedham-tennis-committee@googlegroups.co.uk)

## Sun Inn - Getting back to Normal

Lots of you have been waiting until our Full Menu returns. Well, I'm very happy to confirm it will - Friday, 17 July.....

OUR BIRTHDAY 17 years.....

yes SEVENTEEN (I used to be free)

Thanks to all of you who have visited since we reopened on 4 July. Reopening was as manic as opening all those years ago, but at least this time we knew a bit more about what we were doing, unlike some of our equipment and technology! And thanks to you all who've sent feedback - it is truly a relief to know you think we've struck the right balance between keeping everyone safe and keeping the atmosphere as normal as we think we can.

I've done another entry below for 'Diary of an (not empty anymore) Pub Landlord'.

You are still encouraged to book tables for food or drinks. But it isn't completely necessary, especially if just drinks in the afternoon or evening. We would ask you to scan the QR code when here to register your visit for potential TRACK & TRACE.

We're also now cashless so bring your cards/phone but any high value sports car is also accepted.

Thanks again for all the support you have shown us, it means a lot.

Piers & Team Sun Inn

## Stour Valley



After a three-month absence, the Stour Valley U3A has begun resuming a number of its popular activities:

- **Curry group** members ate at the Zayneb restaurant at Capel St Mary.
- **Five-mile walkers** took a trip to Harwich and enjoyed a stroll along the wide promenades at Dovercourt which allow for social distancing.
- **Country walking group** visited the Tattingstone area.  
(Both groups had to forego the traditional pub lunch!)
- **Wine appreciation** group members recently spent a pleasant afternoon in the rambling garden of a member. Everyone brought their own refreshments, glasses and seating to adhere to health and safety guidelines.
- **Canoe and kayak** group is yet to find a suitable tide at Manningtree but hope to venture out before the end of July.
- **French, philosophy and book** groups continue to meet via Zoom. Artwork and poetry created by members during the lockdown has also been published on our website for all to see <https://u3asites.org.uk/stourvalley/page/106719>

**Lectures** for July August and September remain cancelled.

For further information contact chairman Graham Manuel [gandamauel@gmail.com](mailto:gandamauel@gmail.com), secretary Sue Basted [susanbasted10@gmail.com](mailto:susanbasted10@gmail.com) or visit our website [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk)

## Mothers' Union- More than just a monthly meeting.

If you had to describe Mothers' Union how would you start? Perhaps you know Mothers' Union as the group of ladies who make the tea, or that they have monthly meetings.

Mothers' Union is a movement of over 4 million Christian in 84 countries round the world. Mothers' Union members volunteer in local communities putting their faith into action by acts great and small, giving individuals a helping hand and enabling communities of all faiths and none to have the confidence and skills to transform their lives in a sustainable way.

The Mothers' Union members are not all mothers or even all women. Married or single, male or female, young or old there is a place for anyone who has been baptised in Mothers' Union. Liverpool diocese even has a group called Mini Mums, who are all school children who wanted to have their own group within Mothers' Union.

The main aim of Mothers' Union is to support marriage and family life, especially through times of adversity. In Suffolk Mothers' Union branches run parenting programmes; these are very popular and offer parents of teenagers, as well as of young children, the opportunity to explore and reflect on issues such as active listening, so that parents can develop and maintain positive relationships with their children

Mothers' Union members make drain bags for the oncology unit, memory bags for the neonatal units, hats for seafarers, fiddle muffs for people with dementia. You will find us collecting toiletry items for the Ipswich night shelter and Women's refuge or for emergency wash bags for the local hospitals.

Mothers' Union members hold fund raising events to support the Away from It All project which provides a much-needed break for families who are going through stressful times.

All our outreach work is supported through prayer. We stop to pray at midday each day, and in July each year we join a wave of prayer made up of Mothers' Union members across the world. This year we are producing a Book of Comfort which includes prayer, poems and reflections specifically for the Covid19 pandemic.

There are 36 branches in our diocese including a branch here at East Bergholt and Brantham and also a number of Diocesan members who live in parishes where there is no branch nearby. Our website [www.mothersunionsuffolk.org](http://www.mothersunionsuffolk.org) has more information about our organisation and we also have a Facebook page. Look us up and when we are able to meet again, perhaps you would like to join in with our fellowship and outreach.

What has the Mothers' Union got in common with Heineken lager?

Back in 1973 Heineken had a successful advertising campaign that spoke of how it is particular lager "refreshes the parts other beers cannot reach."

When asked what I think the Mothers' Unions' USB is I say, we are the charity that refreshes places other charities cannot reach.

That is because we are a grassroots organisation. With over 4 million members in over 84 countries we are in a unique position of knowing what is needed, where it is needed and when it is needed. Mothers' Union does not have to fly in personnel because we are already there, living and working alongside those in need.

In the past part of our overseas work focused on relief work to help those

suffering from the effects of natural disasters such as famine and floods. However, over the past few years that has changed and the focus now is on building resilience.

In remote areas where flooding is an ever-present danger during the rainy season, women and children would often be swept away by flood waters and villages overwhelmed by swollen rivers.

A Mothers' Union resilience initiative used the fire drill format, that is present in all UK public buildings, to enable communities to prepare a strategy to protect the most vulnerable in their communities from the annual flooding. In one diocese in Africa local Mothers' Union members facilitated training in resilience to floods which involved the whole community. The community found a location on nearby high ground for the assembly point where everyone would go once the flood alarm had been raised. Men would form a chain across any rising water and the babies and children would be passed along the chain so that none of them were swept away. The women moved across in front of the chain of men so that they could be caught if they lost their footing in the fast running waters. This drill would be practiced and when the rains next came and the village was in danger the alarm sounded, the men formed the chain everyone headed for safe high ground and nobody drowned.

The next time you see Mothers' Union holding a fund-raising event please support this vital work; better still consider joining our organisation. Check us out on [www.musuffolk.org.uk](http://www.musuffolk.org.uk)

What was Mary thinking?

The founder of the Mothers' Union was a vicar's wife called Mary Sumner. When her daughter had her first child, Mary Sumner was very aware of the amount of support her daughter, and all new mothers needed

in their new role. It was this thought of providing support in their parish for all new mothers that led to the first meeting of Mothers' Union in 1876.

Mary Sumner was a visionary, as it is only recently that researchers such as Professor of Psychology Daniel Stern have identified that this need for support is something a new mother feels immediately after birth. Many new mothers turn to someone from their past for support- or from their own families. The obvious candidate being their own mother, but if their own mother lives a long way away, or has perhaps died then there may be a key supporter missing.

I visited one Mothers' Union branch in York province to give a talk some years ago. I noticed that the committee of the branch included several young mums. I remarked on this and was told that one of these young mums had lost her mother shortly before the birth of her first child. All the ladies in the Mothers' Union had rallied round and given this new mother so much support and love that not only had she joined the Mothers' Union but also several of her friends had too.

New mothers seek out support from as many as ten other mothers, people they trust and who they will seek advice and support on subjects such as crying, sleeping, feeding and what does this rash mean?

Daniel Stern writing in his book *The Birth of a Mother* writes "Motherhood is a craft and all beginning mothers need to apprentice with someone who has already been there". Not just to give advice and information but to surround the new mother with a psychological environment where they feel secure and encouraged to explore their mothering capacities. That is why the Mothers' Union Toddler groups and are so popular around the country.

Mothers' Union also supports families when they fall on hard times. Our Away from it all holidays take many forms from days out to short breaks. In our current times we are looking for new ways to provide that much needed break. During lockdown surveys revealed that it was mothers who shouldered the greatest burden of home schooling, child care and who suffered the most from domestic violence.

Mary Sumner would be amazed at how Mothers' Union has grown from that first meeting in old Alresford to the organisation that exists today. Irrespective of scientific and social progress new mothers still need experienced mothers to support them and always will. To find out more about Mothers' Union and how you can join go to [www.musuffolk.org.uk](http://www.musuffolk.org.uk)

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As the first news bulletins of the COVID-19 virus were being reported Mothers Union members in Suffolk were at the beginning of a project to create a Book of Comfort.

Once lockdown was announced this project gained a more urgent momentum and over just a few weeks members wrote prayers, poems and reflections that spoke to the challenges of this time. The Book of Comfort also includes photographs and artwork, which are visual prayers that allow God to speak into our hearts through images of His creation.

We pray that this Book of Comfort will be just that to all its readers. Available as an e-book which can be downloaded to your smart phone, tablet or laptop you can download by clicking the link <https://bit.ly/3dC8Nln> It will also be available as a printed book, from online publisher Lulu.com.





## The Crown Reopens After Lockdown And Offers A Takeaway Service

14 July 2020- The Crown, Stoke by Nayland is open again following lockdown. The opening weekend on the 4th of July was a great success and the restaurant team would like to thank everyone who has taken the time to send direct messages, left reviews and tagged The Crown.

...Please continue to share photos and social media tags as it is a tremendous boost for everyone here - all your kind comments and congratulations have meant the world. Thank you!" says Nicole Barrett, The Crown general manager.

There is ample space across the property's beautiful garden terrace and many guests have already been enjoying alfresco dining, with a chilled glass of wine. There's also an outside bar and a new socially distanced layout inside the restaurant. A team member will be on hand to greet you

and take you through the new safety steps required as you arrive.

Capacity is less than usual, however The Crown will always welcome you and look to safely seat you, if you just walk in for lunch or dinner. You can come in for a drink too with no need to book, please just note that it will be table service only and subject to availability.

The award-winning restaurant is also offering a new takeaway service during normal kitchen hours. The menu can be found on website [www.crowninn.net](http://www.crowninn.net) along with details of revised opening hours.

For any bookings or enquiries, please don't hesitate to get in touch on telephone 01206 262001 or email [info@crowninn.net](mailto:info@crowninn.net).



## Memory Jogger

Have you had a really good meal out, or know of a local supplier or retailer that you feel needs shouting about? We're starting a section on page 27, under local services for you to leave a recommendation. After all, it's good to promote quality local services!

Email us with your experiences at [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk)



## Headway Suffolk - Getting through Coronavirus and beyond.

The last few months has been nothing like we've seen before. The coronavirus stopped us all in our tracks and closed most of Headway Suffolk's services, such as our hubs, therapies, community support and Brainy Dogs.

We had to adapt how we delivered rehab to continue to support our clients in new and different ways and assist the local authorities to provide even further care to patients leaving hospital.

The services included a **virtual hub**, which allowed clients to stay in touch by video, taking part in activities and socialising, which helped reduce anxiety and isolation and keep everyone mentally well. Our Ipswich reception became a **helpline** for anyone with concerns or questions, with a friendly ear at hand to provide reassurance.

Our dedicated and hard-working support team we're able to deliver vital **homecare**, including increased commissioning from Suffolk County Council, to ensure clients received care and help at home during a difficult time.

Clients continued receiving **counselling** but this time done remotely by phone and video, so they could share their worries safely and to keep everyone mentally well. We also sent out **activity packs** to clients to engage in fun and stimulating activities to relieve the boredom of lockdown and to keep the brain healthy.

We prepared and delivered **freshly-cooked meals**, as well as **food parcels**, to ensure clients who needed them, particularly if they couldn't use a conventional oven, ate healthy and nutritiously. **Brainy Dogs** was also able to adapt with regular videos, blogs and staying in touch with those who needed help with their four-legged friends.

**As we begin to gradually phase a return to some of the normal services**, we'd like to say a massive thank you to everyone who helped us and our clients through such uncertain times. Whether that was with a donation, supplies of PPE or any other way, we simply couldn't do it without you.

Due to lost funding from social care and the cancellation or postponements of fundraising events, we estimate we face a shortfall of £100,000 in funding, which is why we launched our **Coronavirus Appeal**.

**If you would like a donation, you can do so by card at [www.headwaysuffolk.org.uk/coronavirus](http://www.headwaysuffolk.org.uk/coronavirus). You can also pay by cash or cheque by calling us on 01473 712225 or email [info@headwaysuffolk.org.uk](mailto:info@headwaysuffolk.org.uk).**







## Stour Valley Men's Probud Club

Our last meeting was our March 2020 AGM when Dave Carman was voted in, again, as President and Speaker Secretary, Graeme Forsyth as Secretary and Val Pretty as Treasurer.

In the light of the Coronavirus outbreak all Club meetings have been cancelled for the next few months. We always take a break in August and we plan to meet again on 16 September 2020, conditions permitting, when Norman Jacobs will return again and this time speak on "Clown Bertram - Clacton's most famous entertainer".

**Meeting Venue** 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 all meetings of the Stour Valley Men's Probud 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 President Dave Carman on 01255 880202 for further details

## SESAW NEWS

I don't believe it. Mum just called me "Fatso" as she harnessed me up for a walk! She says we dogs have taken

lockdown to the "nth degree", whatever that means, and just because I'm not meeting my public doesn't mean I shouldn't keep trim.

Everyone wants life to go back to normal but humans have proved themselves adept at coping with change. Sharon, a seamstress in "real" life, sews washable, pleated face masks in triple layer dense cotton. Jayne knits "Rainbow of Hope" car hangings and has a new teddy bear line. Mandy sells donated items on Facebook. Jeanette arranged a pop-up stall to sell plants and run her famous Tombola. By the way, Jayne is still taking orders for masks on 07720 079370.

All Rescues are braced for a possible influx as new pet owners return to work and recently acquired animals start suffering with separation anxiety if unused to being left alone. Please get in touch if you are having difficulties with your pets, contact details below but be patient if our response time is slow due to staff shortages.

Unfortunately we cannot accept any fresh stock as our big fundraising events are cancelled until next year. All efforts are concentrated on animal welfare leaving insufficient people to sort, or storage space to hold, goods.

Kenny (the Boss) Chihuahua!

Suffolk & Essex Small Animal Welfare, Reg. Charity No. 1124029,

## Holy Family Roman Catholic Church

Ipswich Road, Brantham CO11 1TB  
Parish Priest: Fr. Paul Vincent OCD  
Assist. Priest: Fr Bineesh Elenjikkal OCD  
180 Hawthorn Drive Ipswich IP2 0QQ  
Tel: 01473 684963  
www.stmarksparish.org.uk

### Services for AUGUST 2020

Full details are published on the Parish website, address above.

### Catholic Commentary

Cardinal Vincent Nichols recently commented "I am grateful to the Prime Minister for his decision that our churches may now open again for individual prayer from Monday 15 June 2020.

He continued "this is a first, measured step in restoring the more normal practice of our faith and will be welcomed by so many, who have waited with great patience since 23 March when our churches were closed, by Government decision, as part of the fight against this pandemic. I thank everyone for that patience. It is important that every care is taken to ensure that the Guidance given for this limited opening is fully observed, not least by those entering our churches. Our preparation is taking place with thoroughness."

Mass from St Mark's has been recorded and streamed on YouTube each Sunday morning and can be accessed all week at

<http://www.youtube.com/c/StMarksCatholicParishIpswich>

At the time of writing at the end of June, it is pleasing to note that Mass will be celebrated for the first time since March at Holy Family, Brantham on Sunday 5 July, following the strict government guidelines, since as Cardinal Nichols stated "the protection of the health of our society, especially of the most vulnerable, is a proper cause for caution and care".

Mass, Morning and Evening Prayer, Devotions and other spiritual resources may be accessed over the internet. For example, a full daily programme is provided by the clergy and staff from the Norfolk Shrine of Our Lady via [walsingham.org.uk](http://walsingham.org.uk) or via [churchservices.tv](http://churchservices.tv).

### Events & Diary Dates

The 100 Club Draw took place on Sunday 19 July at the promoter's home and

witnessed on FaceTime by a member of the congregation. Three lucky winners shared a record £165 prize pot. The Club, set up to support the life and mission of our Parish, has grown from strength to strength since its launch. New Members are always very welcome and the Annual Newsletter, that includes an application form, can be found at the rear of the church or please visit the Parish website [www.stmarksparish.org.uk](http://www.stmarksparish.org.uk). The next draw takes place on Sunday 23 August.

The popular Bring & Buy Coffee Mornings that have taken place at Viv & Wyn's home, Paddock Gate, Whitehorse Road, East Bergholt are cancelled for the foreseeable future. We had been raising funds for the Centenary Celebration of the opening of our Holy Family Church.

### Supporting our Local Hospice

All Parishioners are asked to collect used postage stamps, ALL YEAR, not just at Christmas and place them in the box at the rear of the church to help support the outstanding work of our local Hospice.

### The Sick & Homebound

Fr Bineesh Elanjikkal is the Ipswich Hospital Catholic Chaplain. Please be aware that for reasons of patient confidentiality, the current practice in the NHS is NOT to inform the chaplains of any Catholics that are admitted to hospital. So, unless you or your relatives inform the chaplain of your hospital stay yourselves, you will not be visited by a priest or any other member of the chaplaincy team. Please let Fr Paul Vincent know of anyone who is ill at home or housebound, so that they may receive appropriate pastoral care. Both Fr Paul and Fr Bineesh can be contacted at the Priory on 01206 684963.

All are very welcome at Holy Family, Brantham, CO11 1TB and 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 Presbytery, as above, or a local person whom you know is a Catholic.

# Local Services

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CO7 6RT

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Fax 01206 299010

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Dispensary 8.30am – 6.15pm  
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Telephone 01473 310203  
Fax 01473 311722

## Crime prevention

[http://www.suffolk.police.uk/safetyadvice/  
reportacrime/tellthepolice.aspx](http://www.suffolk.police.uk/safetyadvice/reportacrime/tellthepolice.aspx)

PC 1347 Gilkes Pcs0 3041 Cooper  
[babergheast@suffolk.pnn.police.uk](mailto:babergheast@suffolk.pnn.police.uk)  
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## MOBILE LIBRARY

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The bus stops every 4 weeks on  
Wednesdays

5<sup>th</sup> August, 2 September, 30 September, 28  
October

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

11 August, 8 September, 6 October, 3  
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](mailto:help@suffolklibraries.co.uk)

# Bin collections

Week Commencing	2 <sup>nd</sup> August	Refuse Week	
	9 <sup>th</sup> August	Recycling Week	
	16 <sup>th</sup> August	Refuse Week	
	23 <sup>rd</sup> August	Recycling Week	
	30 <sup>th</sup> August	Refuse week -Bank Holiday week	
Waste Services 0300 1234 000 (option 4) Email: <a href="mailto:recycling@baberghmidsuffolk.gov.uk">recycling@baberghmidsuffolk.gov.uk</a> Visit <a href="http://www.recyclenow.com">www.recyclenow.com</a> to find your nearest recycling banks			

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internet/en/help-and-advice/priority-  
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I go to a super **fish van** in the George car park in Hadleigh. He comes from Lowestoft on a Tuesday from 7.45am until 12.30 and couldn't be fresher. He also goes to Hollowtrees Farm on a Thursday, 8am until 12.30. His name is Paul phone number 07810251395

**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.

# Local Directory

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TEL : 01206 322466

[admin@abcpreschoolstratford.co.uk](mailto:admin@abcpreschoolstratford.co.uk). [www.abcpreschoolstratford.co.uk](http://www.abcpreschoolstratford.co.uk)

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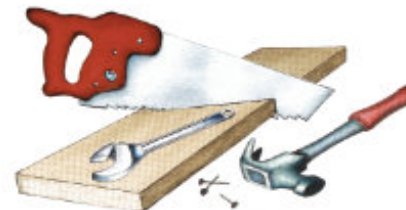
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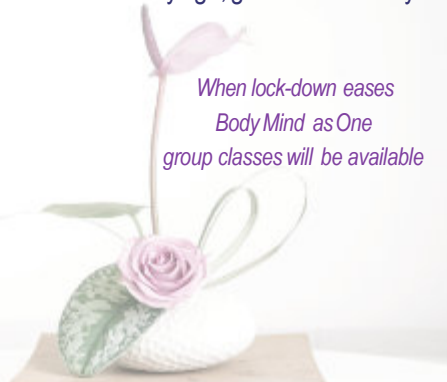
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What - no hymns?

As I write this letter, we have been able to open churches in the Benefice for the last couple of weeks for private prayer. When I opened up on Saturday and looked around the quiet, calm space of the Lady Chapel, the words of a favourite hymn came into my mind:

*Be still for the power of The Lord is moving in this place  
He comes to cleanse and heal, to minister His grace...*

How strange not to be able to hold regular services or to sing communal hymns.

Now that restrictions are easing, the opportunity of resuming services of public worship is a reality and we are planning how to do this as safely as possible, albeit somewhat differently. We are currently in a vacancy which provides us with the added challenge of no regular minister and Government restrictions mean that we cannot include singing in our services - this is a marked departure from what we are used to.

Which hymns will I most miss singing? I wonder if you have a favourite hymn? I imagine that many of us can think of a hymn that reminds us of different times in our lives. Just the mention of 'When a knight won his spurs' or 'He who would valiant be' transports me back to primary school assemblies and also the years spent as a teacher, belting out the hymns from the back of the hall, in an attempt to encourage the children to sing. I remember too my father-in-law (not a churchgoer at all) singing 'bread of heaven' regularly to himself about the house or in the garden. I think of him whenever I hear it. According to a national poll for the programme Songs of Praise - 'Jerusalem' was voted the nation's favourite hymn - there can't be many of us that don't know the words to that one. There are hymns and songs which have marked specific milestones in our lives - at weddings or funerals for example, which speak to us of times past and evoke powerful memories.

I read recently in an article that university researchers had undertaken an analysis of the musical choices of 80 different guests who had taken part in the long-running radio programme *Desert Island Discs* and concluded that music can define a person's career or life choices from the age of 10. They proposed that music plays a significant role between the ages of 10-30, by connecting an individual to people, places and times that are central to their identity. So just as Al Stewart, Bob Dylan and Ralph McTell take me instantly back to my college days, I wonder what music, tunes or hymns transport you back to those significant moments?

Although we haven't been able to sing at public services recently, we have nevertheless had opportunities to sing along to many streamed and online services, in the comfort of our



own homes(*and with no one listening*) and to watch some beautiful recordings from past services in cathedrals and churches across the country. I also discovered recently that I could listen to playlists for hymns simply by asking *Alexa* - happy days!

One of the things I have found truly uplifting, was listening to *The Ipswich Blessing* where 43 Ipswich churches from different denominations and traditions have collaborated during lock down to record a wonderful rendition of The Blessing by Elevation Worship in a song about unity and hope. Do listen to it if you get the chance, it certainly lifts the spirits.

And so ... until we can sing again, we will be including recordings and music in our services, both online and in public services as soon as we can.

In the meantime, stay safe and keep singing .

Sandy Ranson.

## Benefice Contacts

### Reader:

Nicola Tindall: 01787 212340 nicolajtindall@btinternet.com

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

### Benefice Administrator:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

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

**Benefice website:** [www.4marys.org.uk](http://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



## Benefice Services and Events

### Services in August & September

We are delighted to announce that the Churches will be back open for Public Services in September but please check the Benefice website [www.4Marys.org.uk](http://www.4Marys.org.uk) for any ad hoc online services in August.

The vacancy has made it quite challenging for the Churchwardens and Benefice Ministry Team to arrange public services but we are pleased that we have this as a plan for September.

**6<sup>th</sup> September** – 10am Stratford St Mary  
Holy Communion

**13<sup>th</sup> September** – 6pm Holton St Mary  
Evening Prayer

**20<sup>th</sup> September** – 10am Higham  
Holy Communion

**27<sup>th</sup> September** – 10am Raydon  
Morning Prayer

Due to the changing nature of Covid19 we may have to ask that you book yourselves in to a service but more details will be made available in September.

### House Group

There will be no House Group in August

### Midweek monthly Service

We hope to be able to offer a Midweek Service in the Parish Room in September, again more details next month.

### Private Prayer

During August the churches in our Benefice will be open for Private Prayer from 10am to 4pm on the following days

Monday: Higham

Wednesday: Stratford St Mary

Thursday: Higham

Friday: Holton St Mary

Saturday: Stratford St Mary

Sunday: Raydon

Covid 19 Social distancing rules will apply when visiting the churches, so please do read the notices

### Elders

Our four church Benefice is fortunate to have three 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



## For your Prayers

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

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We pray for our Benefice during the vacancy.

We pray for Nicola Tindall due to be ordained as a deacon in St Edmundsbury Cathedral on 5<sup>th</sup> September.

We pray for those due to be married in our Benefice in the coming months:  
Louise & Marc, Ellen & Liam, Neelu & Reuben, Rachel & Douglas