

**Stratford  
St Mary**

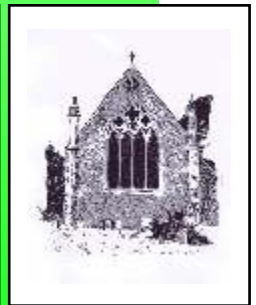
**Higham**

**Holton  
St Mary**

**Raydon**

# Quartet

The Parish Magazine



**June 2017**

Issue 346

### **Babysitters Available.**

Martha (18) with own car, and  
Lydia (16) available for  
babysitting from late July  
onwards.

07711080658 or 01473 312046



Dog sitter needed for our friendly  
Cockerpoo during the summer  
holidays.

Please call 01206323604

Too busy to keep your house as  
clean as you would like it. Do you  
need a helping hand with you house  
keeping duties. Don't hesitate to call  
for honest friendly reliable help. Call  
Jane 01473 313053 07706985727.

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

**[www.powercut105.com](http://www.powercut105.com)**

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

### **A note for Everyone**

Just a reminder for house  
names/numbers to be visible. If an  
emergency vehicle needs to find  
your house at night, will it find it  
easily?

Lots of names/numbers are hidden  
behind bushes - it would only take  
a few minutes to clear it but those  
few minutes might make a huge  
difference if the emergency vehicle  
finds your house first time.

You can place items for sale or wanted on the Small Ads Pin Board for free.  
Just email [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk) with your advert.  
We will place it for one month space permitting.

# Small Ads pin board

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# Welcome

Here is the first of a series of interviews with our local 'celebrities'. Look out for the next one in a few months' time.



I think everyone in our 4 villages must know Pat and Charlie Ablitt of Stratford St Mary. They are in person the communal memory of that village, as Pat was born there 85 years ago, and has never lived anywhere else apart from a couple of years when she was in London to train as a teacher. Charlie was born in 1930 at 2 Nook Cottages (now Hawthorns), in Holton, where he lived till he was 18; he became a Higham boy by default when his parents moved to Forge Cottage in that village while he was off on National Service.

No one in our communities would now believe what kind of a life people lived in our villages in the early to mid 20th century - Charlie recalls that neither he nor Pat had an inside toilet until they got married in 1956; the family loo in Holton was in the garden, and all the water for the household had to be carried in buckets from what is now Mayfields. Pat has fond memories of the old tin bath in front of the kitchen fire that you had to fill up with hot water whenever you wanted a bath because there was no indoor bathroom, either.

And there was no such thing as the school run in those days; Charlie walked from

Holton to Raydon school from the age of 5. When he left school he joined A. Dunningham and Sons (a name that lives on in Raydon) as an apprentice carpenter and joiner and stayed with them for 18 years. Pat went to school in Stratford and then on to Colchester High School, from where she went off to train as a teacher in Putney. Once qualified, she taught at East Bergholt for 6 years till her own children started to come along.

Hazel Cottage, where Pat and Charlie now live, was sold to Pat's father (Fred Cole) by her aunt, and he continued the family business from there. In 1962 Pat and Charlie decided to join him in his Coach Builders and Funeral Directors business. In those days all sorts of businesses used to operate out of the same premises, so the little office was used twice a week as a doctor's surgery; elderly ladies were very amused that they had to pick up their prescriptions from the undertaker's. And once when Fred was trying to book a cremation he got a wrong number; the voice at the other end said, 'Hand on a minute, mate - we are the chemists; we try to keep them alive; you want them dead!' Charlie hadn't had any experience of the funeral business before joining Fred, but he saw it as a way he could help people when they were mourning the loss of a loved one. Pat remembered one particular incident when a lady had come to make funeral arrangements for her deceased husband, and the family cat walked over everyone else to get to the lady's lap, where it sat to be stroked, helping to calm her down. Even the cat was involved in the pastoral care business!

*Continued on page 4*

# The Quartet Diary



## June

- 1 AGM Constable Country Practice  
Patient Participation Group,  
Capel
- 4 Raydon Homemade Teas
- 7 Stour Valley Probus Club  
Training afternoon Constable  
Country Medical Practice
- 10 Book & Bric a Brac Sale, Raydon
- 11 Nayland Open Gardens  
East Bergholt Society Event
- 14 Stour Valley U3A Meeting
- 16 SSM Defib Training
- 20 Raydon Parish Council Meeting  
Raydon Fair Trade Coffee  
Morning
- 21 Stour Valley Probus Club  
King George's Field AGM
- 23-25 Higham Art Festival
- 24 SSM Open Gardens
- 25 R & DGC Annual Coach Outing
- 27 SSM Defib Training
- 30 HSM Social Club Whist

## July

- 1 SESAW Summer Dance
- 1-2 Vintage Fair, Melford Hall
- 2 Raydon Homemade Teas
- 5 Stour Valley Probus Club
- 8 Tendring Show
- 9 Long Melford Street Fair
- 10 SSM Parish Council Meeting
- 12 Stour Valley U3A Meeting
- 15 HSM Social Club Barn Dance
- 18 Raydon Parish Council Meeting  
Raydon Fair Trade Coffee  
Morning
- 19 Stour Valley Probus Club
- 21 HSM Social Club Golf Day
- 27 R&DGC Local Garden Visit
- 30 SESAW Open Day & Fun Dog  
Show

## August

- 6 Raydon Homemade Teas
- 15 Raydon Fair Trade Coffee  
Morning

# Editors Corner

Here comes another Quartet through the letterbox heralding the middle of the year, lots of sunshine ahead (hopefully) and lots of things to do in our four villages over the next few months. It's Higham Art Show this year, a very popular biennial event, so don't forget to put it in your diary. More details on the Higham page, P11.

Three interesting articles this month to bring to your attention:

Hall Farm Shop have just had a community defibrillator fitted, read all about it on page 9 - and if you look on page 28, you can find details of Father's day specials at Hall farm Shop.

Robin Jackson has sent us another 'Weather Watch' article with his comments on the local weather over the past few months - that's on page 8 and Richard Appleton has kindly written an interesting article on 'the Church Door' - have a read on page 18.

Thank you to you all for taking the time and trouble to send in articles, we love to publish a range of interesting articles when we can, it definitely makes the magazine a better read.

Another useful voucher this month as well from one of our advertisers - see page 7 if you have unruly trees or hedges that you don't know what to do with!

Have a good June!

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> June 2017**

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# Stratford St Mary

*Continued from Page 1*

Pat's mother died in 1955, just too early to see Pat and Charlie married in Stratford Church in 1956. By that point, Charlie had built 'Lowlands', on land that Pat's father had given them, for the grand total of £1200, and there they lived till 2001, adding on bedrooms in the roof as the family grew. They eventually moved back to Pat's family home of Hazel Cottage 7 years after her stepmother died; much work was needed in between times to get the house fit for 21st century living.

Pat and Charlie are much loved by us all and have been involved in everything in village life, from church and hand bell ringing to singing in the choir and being on the PCC. Long may they continue to be part of our lives!

## Village Post Office

Thank you to everyone who sent cards, gifts and good wishes for our recent retirement.

We would also like to thank everyone who has given us their support and custom during our 30 years running the Village Post Office & Stores.

Hopefully you will all continue to give your support to Matthew & Marcia Debenham who intend to offer a Shop & Post Office service from Vale Garage.

Graham & Christine Reynolds

Stratford St Mary

Open Gardens / Open Village

**24<sup>th</sup> JUNE 2017**

**10.30am - 4.00pm**

***Over 10 beautiful  
gardens to explore***

### ART EXHIBITION

A chance to show off our village skills so if you would like to display your painting, sculpture or craft work etc. in the exhibition *LET ME KNOW*. Over 10 artists already involved!!

### SCARECROW TRAIL

Get your creative thinking hats on to create a scarecrow to decorate your house or garden. *LET ME KNOW* if you are taking part then I can put your entry on the map!!

### MUSIC

We hope to have musical interludes throughout the day. If you have hidden talents and would like to entertain us *LET ME KNOW*

### CLASSIC CAR DISPLAY

### BOAT TRIPS

### CHILDREN'S ACTIVITIES

### REFRESHMENTS

**Volunteers always welcome**

*For more information drop a line to Julie on:*

[Julie@jj-associates.co.uk](mailto:Julie@jj-associates.co.uk)

*or call on 07989639583*

## STRATFORD St. MARY PARISH ROOM

Letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.

all day - £38.00.

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

Special rates for regular bookings.

Heating and lighting are included

For booking please see or ring

Don Umfreville at Christmas Cottage,

Upper Street.

Tel : 322 626.

## The Institute hall

can be hired at reasonable rates for a  
wide range of social activities. For more  
information please contact our booking  
secretary, Norman Woodard on 01206

323015, his email is

ssminstitute.bookings@gmail.com and his  
home address is 12 Swaynes, Stratford St  
Mary.

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

Stratford St Mary Institute Committee

## PARISH COUNCIL MEETINGS AT THE INSTITUTE

10th July

11th September

13th November

7.30pm till 10.30pm

## Transport to medical appointments.

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

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

Please give us as much notice as you can.

ring:. Charlie Ablitt on 01206 322684

Lynn Badcock on 01206 323788

## COMMUNITY SPEEDWATCH SCHEME

This has been in operation since 2013 and  
is run by village residents giving their time  
in order to make our village safer for  
residents of all age groups by encouraging  
motorists to drive through our village at no  
more than the legal limit of 30mph.

We would, however, welcome a few more  
volunteers into the scheme so if you could  
spare just 1 or 2 hours per month please  
consider joining us.

Please contact

Bill Davies, 3. Spanbies Road,

tel 01206 322990 for more details.



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.

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## Training dates for Defibrillator

These are 'Drop in' events - All at the Parish rooms

Fri 16th June 19:00-21:00hrs

Tues 27th June 19:00-21:00hrs

Everyone invited to attend. Equally if anyone would prefer individual support then please let me know. Or if they would like to invite neighbours or the close and have a mini event this could be accommodated subject to a mutually convenient date.

Sue Lawrence 322066

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## CALLING ALL CLASSIC CAR AND BIKE OWNERS



As part of the Stratford St. Mary Open Gardens day on Saturday 24th June there will be a static Classic Car and Bike show at The Swan in Stratford St. Mary.

Do you have a classic car or bike that you would like to show off? If so we would love to hear from you.

We want to display as many different models of car and bike as possible for the public to enjoy.

If this is something that interests you then please contact Dave Pooley on 07936 180061 for more details.

Places are limited so early registration is recommended.

Family Hour @ The Parish Room	
	Every 4 <sup>th</sup> Sunday families and friends come together for breakfast followed by a 30 minute interactive church service.
	<ul style="list-style-type: none"><li>- Breakfast is from 9.30</li><li>- Includes coffee, tea, juice, bacon rolls</li><li>- Followed by a short modern service</li><li>- A relaxed cafe style</li><li>- Everyone welcome</li><li>- No charge</li></ul>
	Come and join us!



## BOOK OF MEMORIES

Research continues into items for the book of memories which will document life in Stratford St Mary from quirky history to today's stories and characters. We still want to hear your stories because it will be your book! So dig out your old photographs or tales that you would like to share then send them to Julie@jj-associates.co.uk or call me on 07989639583.

We are also continuing to arrange a number of get-togethers in the Parish Room or the village pubs etc to get the old memory cogs working to help identify information for the book. These might be coffee mornings, cheese and wine evening and so on, where we can chat and perhaps get some of the old photographs out. They will be for everyone, all ages and old and new to the village so we can share stories and ensure they continue into our history so keep your eyes open for posters around the village and in the Quartet.

## Stratford St Mary Parish Council Emergency Team

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

### Hilary Cairns – Emergency Team Leader

6 Mors End 01206 323417

07712 591379

hilcairns@tiscali.co.uk

### Norman Woodard

12 Swaynes 01206 323015

Norman.woodard@fatbloaters.com

### Chris Griffin

Brook Farm, School Lane 01206

337363/07885 807567

chrisbrookfarm@gmail.com

### Steve Kite

42 Strickmere 01206 322482

07958 515573

### Bill Davies

3 Spanbies 01206 322990

billdav@hotmail.com

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With immediate effect, the new e-mail address for Stratford St Mary Parish Council will be  
**parishcouncil@stratfordstmary.org.uk**  
All other details remain the same.

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## 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.

**20% OFF**  
on 1st visit only



### Countryside Tree and Garden Services

01206 322935 / 07825 089 048

Andy@countrysidetreeandgardenservices.co.uk

✿ Tree Removal  
✿ Pruning

✿ Stump Grinding/ Removal  
✿ Hedge Trimming/ Removal

✿ Tree Reduction  
✿ Pollarding

Looking forward to getting out in the garden,  
Do you have a hedge or tree that needs removing, pruning or reducing?

Take advantage of our **SPRING OFFER 20% OFF**

[www.countrysidetreeandgardenservices.co.uk](http://www.countrysidetreeandgardenservices.co.uk)

## Weather Watch

In May this year, the saying 'ne'er cast a clout till May is out, is very appropriate, clout is taken as meaning a cloak. The North Sea is at its coldest during early March at around 6C and it takes until September to reach a peak temperature of around 16C to 17C. A walk along the promenade at Clacton with a North Easterly wind blowing off the sea during April can be decidedly chilly as has happened this year.

It has been a lovely Spring regarding tree blossoms and flowers such as Daffodils, Crocus, Snowdrops, Blue Bells amongst others, being unspoilt by rain and frost despite some easterly winds on occasions during April and May. At the time of this article, every where looks fresh and green. However, it is only half the story.

Every month since November has received below average rainfall. For December 2016, I only recorded a total of 7.6 millimetres (0.3 inches), this December being the driest December I have ever recorded. Rainfall for January 2017 amounted to 36.7 millimetres (average is about 52 millimetres), February's rainfall was 32.3 millimetres (average 44 millimetres). the March value was 26.1 millimetres (average 48 millimetres), April's amount came to 2.8 millimetres (average 46 millimetres) and up to May 7th, I had measured only 2.2 millimetres. A quick calculation shows that for the period mentioned, total rainfall came to 107 millimetres, which is only 43% of the usual amount. Reservoirs depend on winter rainfall to top up water levels since the evaporation rate in July is sixty times that in January so there could be a problem if we have a hot dry summer this year.

We have just experienced another mild winter but not as mild as the previous winter 2015/16. Temperatures in January recorded by myself were 6.1C max & 1.4C min which is about normal for the month and there were 18 air and grass frosts

during the month. Again, there was hardly a flake of snow and few foggy days so disruption to transport was minimal although the frosts in January have been responsible for pot holes on some roads.

It has been a good Spring for Holly Blue and Orange Tip Butterflies (the male butterfly only having the orange tip) and I have also seen some Brimstones (yellow butterflies, the male having the deepest yellow colour) but very few Peacock and Small Tortoiseshell butterflies. These hibernate during the winter and often behind curtains and picture frames in houses and are sometimes mistaken for moths and regrettably killed. Small Tortoiseshell numbers have drastically reduced recently which is quite worrying.

We will have to see what this year's summer brings, hopefully some warm days but also much needed rain.

Robin Jackson

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## HISTORIC CHURCHES TRUST CYCLE RIDE/WALK – SATURDAY 9 SEPTEMBER 2017

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

I will pass on sponsorship forms for the annual Suffolk Churches bike ride/walk to those from Stratford St Mary 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.

Judi Isaac

## **Defibrillator at Hall Farm**

Stratford St Mary, has a new Public Community Access Defibrillator sited at Hall Farm. This has been achieved by the kind donation from the family of the late Hazel Read, and her daughter the late Sandra Swain, who both sadly passed away in 2014 and 2012. Both mother and daughter used to meet in the Hall Farm Café restaurant for lunch. The family wanted to purchase a defibrillator in memory of their much loved mother and sister.

With the family's fantastic generosity to purchase this equipment, help and support from the local parish council, and Sue Lawrence (trainer and first responder) who went out into the community to raise awareness and gain even further funds to help towards purchasing an external cabinet, and demonstration unit to assist her when training, we are now in a very privileged position to have this much needed defibrillator available for our local community. John Barrie, proprietor of Hall Farm said 'I cannot thank the family of Hazel and Sandra enough for this most generous contribution to the community of Stratford St Mary, we have placed the defibrillator at the front of the shop for easy access for anyone to come and use should the need arise'. There has been a plaque placed beside the defibrillator in memory of both mother and daughter, Hazel and Sandra.



## **Stratford 100 Club Winners**

2	D. Pooley	£ 40.00
27	H. Garland	£ 10.00
77	M. Schweyer	£ 5.00

## **STRATFORD ST. MARY CHRISTIAN FELLOWSHIP**

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

### **Sunday Services:**

10 a.m. Morning Praise & Worship followed by refreshments

10.15 a.m. - 11.15 a.m. "Sparks on Sunday" for children aged 5 – 11 years and Youth Group for ages 12-16 years.

6.30 p.m. Prayer and Praise

### **Mid-Week Groups:**

Tuesday 7.30 am - 9.30 am - Men's

Recreational Evening (2<sup>nd</sup> Tues every month)

Wednesday 7.30 pm – 9.30 pm - Bible Discussion and Fellowship Evening

Friday 5 pm – 6.30pm – "Sparks on Friday" for Children ages 7 – 11 years

Friday 7.30pm – 9.30pm - "Ignition" Youth Club for teens ages 11 – 16 yrs

### **For further information:**

Telephone: Phil (01473) 310728

Email : [philipwynnoll@btinternet.com](mailto:philipwynnoll@btinternet.com)

<http://www.stratfordstmarychapel.com>

## **Constable Country Medical Practice – Practice Update April 2017**

### **GP+ Service**

Suffolk GP Federation provides out-of-hours services on behalf of the majority of practices in Suffolk. It operates from a number of sites, the nearest to the practice being Stowmarket (Stow Health), Ipswich (Riverside) and Felixstowe (Felixstowe General Hospital). Typically, services are offered from 18:30 to 21:00 during the week and through the day on Saturday and Sunday. 15 minute GP and Nurse Practitioner appointments are available but can only be booked by the practice or other healthcare organisations. At the time of booking, patients will need to provide their consent to share their medical notes with the clinician they see. This service is proving to be very popular as it relieves pressure on the practice on busy days and also provides patients with alternative options for addressing a medical problem. You may be offered an appointment with GP+ or you can ask the receptionist for current availability.

### **Nurse Practitioners**

I'm delighted to announce that we have an additional Nurse Practitioner joining the practice. June will be joining us at the end of April. She is an experienced Nurse Practitioner who also specialises in the treatment of diabetes. Our two Nurse Practitioners, June and Sarah, are able to address a wide range of medical conditions. On contacting the practice our reception team can advise patients whether it is appropriate for them to be seen a Nurse Practitioners or if they need to see a GP.

### **Repeat Prescriptions**

Please note that it may take the practice up to 72 hours to process a repeat prescription. When issued they can be sent immediately to the patient's nominated pharmacy but it may take up to 72 hours for the pharmacy to have your medication ready for

collection, depending on workload and the availability of the items required. In the majority of cases your prescription will be processed and ready for collection much sooner, but please allow ample time by ensuring the practice receives repeat prescription slips a week in advance of when the items are required.

### **Wheelchair**

The Practice has wheelchairs available at both Capel and East Bergholt to assist patients with mobility problems getting in and out of the practice. Unfortunately, one of the chairs at East Bergholt has broken and is not repairable. If you have a wheelchair you no longer need, and it is not on loan from the NHS, the practice could make very good use of it.

### **Training Days**

Just a reminder that in 2017 the practice will be closed from 1pm on the following dates for staff training:

7<sup>th</sup> June (wed)

On these afternoons the doors will be closed so please ensure any prescriptions are picked up well beforehand. If you phone the practice the recorded message will ask you to ring 111 for medical assistance if your problem cannot wait until the next day.

Pete Keeble  
Practice Manager



**IGNITION Youth Club**

**Stratford Chapel**

**Every Friday night**

**7.30 to 9.30**

**Age 11 - 16**

**contact Beckie.w@live.com**

# Higham

THE ART EVENT OF THE YEAR  
IS BACK!

**ST MARY'S CHURCH, HIGHAM**

## ART EXHIBITION AND SALE OF PAINTINGS

**23rd to 25th June 2017**

Our previous biennial Art Exhibitions  
have been a great success.

The standard of work submitted by  
the Artists has been consistently high  
and this year's event should run true  
to form - so don't miss it!

All profits to St Mary's Church,  
Higham

Exhibition open at the following  
times:

Friday 23 June 7.30 pm - 9.30 pm  
Saturday 24 June 9.30 am - 7 pm  
Sunday 25 June 9.30 am - 5 pm

**Official opening  
Friday 23 June 8 p.m.**

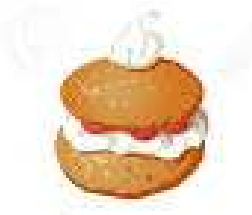
Admission £1 (includes catalogue)  
Children under 14 free  
Tea Tent open from 10am - 4.30pm  
Saturday & Sunday

**PLEASE MAKE A NOTE IN YOUR  
DIARY, TELL RELATIONS AND  
FRIENDS, AND ABOVE ALL,  
COME AND SUPPORT US**

## HIGHAM ART SHOW – 23<sup>rd</sup> – 25<sup>th</sup> June



### Refreshment Tent



Please contact me if you can help out for a  
couple of hours over the weekend to man  
the café under canvas

Plus more cake bakers are needed



Please contact me if you are able to help  
Nicola Tindall tel. 01787 212340  
[nicolajtindall@btinternet.com](mailto:nicolajtindall@btinternet.com)

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# Raydon



## Fair Trade Coffee Morning

Morning frost greeted us today for our Fair Trade coffee morning on April 25th, sunny but still cold. A steady flow of

regulars, and some new visitors from East Bergholt, enjoyed viewing our arrangements of Easter Lilies which still looked great. All this while enjoying the truly scrumptious sausage rolls and "Scaffins" made by our very generous friends from Frinton.

The very successful Mark Mitchel's lecture on Elizabeth Garrett Anderson was on everyone's lips with "I didn't realise she did that" and "what an amazing father"! A most enjoyable evening. We are already looking forward to next year's event.

Speaking of events we are having a change to our Fair Trade coffee mornings. They will still be in the Church to coincide with the library van, but each one will be organised by a different person/persons. We are forming a rota and would welcome anyone to join in, the coffee morning would be yours to run however you choose, it doesn't have to follow the current style so come and try out some new ideas. The coffee pot, coffee, tea and sugar will be there for you to use plus all the other necessary items (like mugs!)

Looking forward to hearing from anyone who would like more information, in the mean time thank you so much again for your support.

Wendy Mumford 312123

## Attention All Wildlife Lovers!

My name is Sam Herbig and I'm a year 10 Hadleigh High student and Raydon resident. I'll be taking part in the Alton Water fun-run on May the 7th to raise money for a World Challenge conservation trip I'm making next July 2018 to Malaysia to help the local turtle population and coral reefs. I have a target of £2500 and would appreciate any sponsorship for this worthwhile cause.

If you'd like to sponsor me to help me reach my target you can do it here: <https://www.justgiving.com/crowdfunding/sam-herbig-4>

Many thanks Sam

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## Raydon Parish Council Schedule of Meetings All at 7.30pm in the KGF Pavilion

Tuesday 20 June  
Tuesday 18 July  
Tuesday 19 September  
Tuesday 17 October  
Tuesday 21 November  
Tuesday 19 December

*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)

# Homemade Teas



**At St Mary's Church, Raydon**

**Sunday 4 June 2017**

**Sunday 2 July 2017**

**Sunday 6 August 2017**

**Sunday 3 September 2017**

**Teas served from 3.00 to 5.00 pm**

**In aid of our Fabric Fund.**

## King George's Field AGM

The Trustees will be holding the AGM on Wednesday, June 21<sup>st</sup> at 7:30pm in the Pavilion.

Guests are welcome as are volunteers willing to help with the administration and running of the playing field.

## ADVANCE NOTICE

Make a date to join us for these great events.

**June 10th**, Book and bric a brac sale, 10am-12am inside Raydon Church.

**June 24th** Summer evening Folk Concert, Raydon Church

**CANCELLED - APOLOGIES**

**September 29th**, Fashion Show by Edinburgh Woollen Mill. Village hall.

**October 14th** Devilish Quiz in the Village Hall

Watch out for more details nearer each event.

**Choral Evensong**  
**Vivaldi's Magnificat sung by**  
**The Orwell Choral Society**  
**Directed by Martin O'Brien**



Sunday 11<sup>th</sup> June  
at

St Mary's Church, Raydon  
6.30pm

## RAYDON CENTURY CLUB DRAW

### APRIL 2017

£25	19	Mrs K Mason
£15	110	Mr M Burls
£10	8	Mrs S White
£5	86	J Bridgewater
£5	91	Mr D Andrews
£5	15	Mr R Mason
£5	109	Mrs M Lugger

### MAY 2017

£25	39	Mrs E Nunn
£15	67	Ms M Hammond
£10	6	Nadia Hajaig
£5	12	Mrs B Cooper
£5	80	Mrs M Keeble
£5	34	Mr M Mumford
£5	32	Mrs Sharon Banyard

**Advance notice of the September Surprise (Surprise because it isn't August!)** Excellent BBQ as usual, model trains to take us back to childhood, an amazing vehicle from Ipswich Transport Museum, plant, cake, bric-a-brac Stalls and lots more



# Raydon and District Gardening Club

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Here we are in June, the lovely month of roses at their best, all the lovely shades of green, wild flowers, bird song and hopefully you have time for some great country walks. Up until today (17<sup>th</sup> May) writing these notes the main topic has been how dry it's been for the last 3 months, but just over 1" of rain last night will do the power of good to everything in the garden and for the farmer's fields as well. Now I know thoughts will soon be turning towards holidays with long lighter nights and warm sunshine, but the old saying "a dripping June keeps things in tune" is almost a must especially for the vegetable gardens and the corn fields etc to make for a successful year.

Sunday June 25<sup>th</sup> is our club outing to Leeds Castle in Kent and the pick up points will be as usual. **8.30am Holbrows Garage Hadleigh, 8.40am Raydon Village Hall (old school), 8.45am Raydon mid street, 8.50am Pipers Went farm corner**, then onto A12 towards London M25. We have a **quick stop in Witham** on route to pick up 4 persons. Either bring a picnic or there is a restaurant available, will have a raffle on the coach, A coffee stop at Badgers Mount garden centre. Coach company same as last year called "Three C's" from Nedging. Parking available outside Village Hall. Any last minute problems so you're running late, or not able to join us please phone me on my mobile:- 07810086143

Thursday 27<sup>th</sup> July, our original outside garden evening visit is not now available to us so in process of sorting out another garden to visit locally so keep in touch.

Advance notice:- **Saturday 19<sup>th</sup> August** is the annual summer flower & produce show,

the show schedules are now available, open to all residents in Raydon, Shelley, Higham, Holton, Wenham, and to associate members living outside the restricted areas. Why not have a go, it's fun and your chance to meet other like minded people. Children are especially welcome, bring Mum & Dad & your Grandparents along to see how you get on with several different classes to go for. Cups and money prizes available to win. I look forward to seeing you all at this traditional country village flower show, adult classes include photos, handicraft, cake baking, preserves, bread making, etc as well as flowers and vegetables classes. Schedules available from any committee member or Raydon Church, or High Elms The Street Raydon, Enjoy every day this summer and come along and support your local garden club.

Geoff Horrex 01473 310422.





## RAYDON PARISH COUNCIL

Your Parish Councillors are:

Nev Davenport: 01473 311548

Kathy Herbig: 01473 310024

Sue Newton - Chair: 07808 818847

Amanda Pyall: 01473 310050

Jayne Tann: 01473 828283

Jane Cryer - Parish Clerk: 07920 713940

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**Raydon Club** is open to residents of this parish and will in future be held on Wednesday evenings each week from 8.30 till 11 pm.

Licenced bar, pool, darts etc.

Look forward to seeing you!

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## SALE OF

Books, Collectables,  
Vintage & Bric a Brac

also

## OTHER LARGE ITEMS

Inside Raydon Church  
On

SATURDAY June 10th

10AM-12noon

Coffee/tea and biscuits available  
In aid of fabric fund

## Raydon Village Hall Century Club.

### **\*\* Requires A Volunteer \*\***

Due to retirement of the current Century Club administrator we now need a person to take on this post. The Century Club makes a valuable contribution towards funding the maintenance of the Village Hall (old primary school).

The role would involve gathering ticket monies from current members around the village (fees due July), reminding members that payment is due and recruiting new members if possible. Records of funds received would obviously need to be kept.

It is not necessary to be on VH committee, but you would be expected to attend at least two meetings per year. The position would ideally suit someone trustworthy, living in the village (upper or lower Raydon) and over 18 years of age. If you can spare a few hours, and interested in helping a worthwhile cause please contact in the first instance, Geoff Horrex, High Elms, The Street, Raydon. Call 01473 310422 or mobile 07810086143.



## PARKED CARS

If your car is going to be parked for any length of time, off the public highway, please ensure it is not blocking driveways, post boxes, noticeboards etc, as this can make access extremely difficult.

Thank you!

# Holton St Mary

## Remembrance Day Knitted Poppy Waterfall

Join us in creating a Poppy Waterfall that will cover the front porch of our church, here in Holton St Mary, on Remembrance Sunday 2017.

You can knit, or crochet poppies using the official British Legion pattern, or your favourite poppy pattern, using any shade of Poppy Red wool. Copies of the British legion pattern can be found on the internet and paper copies are available in the church porch.

Don't worry if you don't knit or crochet, you could make poppies from felt and there will also be the stage of assembling the poppies on the backing nearer the time.

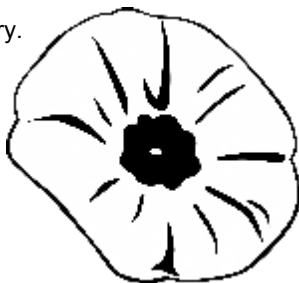
Why not invite your friends and relations to join us in creating this waterfall of Remembrance. They will be acknowledged on a map of participants. We could aim to have poppies from all over the world on our waterfall.

The sooner we start and the more that join in, the more impressive the Poppy Waterfall will be for our service of Remembrance.

For more information contact:

Jeanette Appleton  
'Field View'  
Holton St Mary.

07768418942



## The First Friday of the Month Lunch Club May 2016 - April 2017



The First Friday of the Month Lunch Club has now been running for two years! Approximately 331 meals have been served during the last year (an average of 30 each month). A total of an extra 15 lunches up on the previous year. The most meals served were at the December lunch, where there were 38 guests!

Twenty four ladies and gentleman have helped produce the lunches during the course of the year and special thanks go to:

Jeanette and Richard Appleton, Jan Cheung, Janet Cracknell, Rosemary Coe, Caroline Favell, Marion Gill, Greta and Gerry Godden, Marjorie and Chris Haste, Jinny and Mike Hay, Karen Jefferys, Gretel Maddison, Don and Lynn McWatt, Sally Pearce, Pam and Tudor Quare, Dot Steeds, Jean Styles, Sally Thurlow, Frances Torrington, Jacqueline Unwin and Barbara Yorke Edwards.

Over the course of the past year we have been able to purchase two large Thermos to hold the hot water for coffee and tea. These are available to be borrowed by other groups in the village - please contact Sally Thurlow.

We hope to continue to flourish, and we would welcome both new guests (current or ex residents of Holton St Mary) and new volunteers to help prepare and cook the lunches and to help on the day setting up the tables, clearing away, washing up etc. So if you would like to volunteer please contact Frances Torrington on 01473 312046.

If you would like to attend the lunch on June 2nd or 7th July please contact Frances Torrington, or Sally Thurlow - as reminder the cost is £2.50 a head, payable on the day.

## **Holton St Mary Village Hall**

can be hired at very reasonable rates!

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

Saturdays from £35.00

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

I should like to thank Jean Styles for the fourteen years she has served as church warden of Holton St Mary Church. Jean has not only served the village selflessly by "managing" the church, it's Sunday School and the Benefice Choir but she has also found the time to support the other activities taking place in the village.

I shall never forget her performance in the Christmas Pantomime held in the village hall soon after she arrived at no.1 Corpus Christi Cottages and I shall always be grateful for her arranging a banner across the B1070 wishing me well when I ran the London Marathon in 1996.

Many thanks for all you have done (so far!) for the village and we all look forward to your continued involvement in the life of Holton St Mary.

Martin Favell

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

If you feel you might want to make an application please contact: Paul Torrington on

[familytorrington@btinternet.com](mailto:familytorrington@btinternet.com) or 01473 312046.

## **Holton St Mary Social Club**

**WHIST** - last Friday of the Month    Next  
Date :- Friday 30th June

### **Barn Dance on the Millennium Field**

Saturday 15th July

A Celebration of the 40th Anniversary of the Social Club

Dancing to "Haywire"

The evening commences at 7:30pm

Tickets :- Members £10 Non-Members £15 including food.

Paella & Salad will be served from 8pm

Principle Contact:- Erik Ellis (07969 459944)

### **Holton Golf Day Friday 21st July**

Seckford Hall.

There is a list on the Notice board in the social club, please add your name if you are interested or alternatively contact John Partridge on (01473 311677)

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## **Dedham Community Farm urgently seeks volunteers**

Do you love ANIMALS and have a few hours a week to spare. If so, we urgently need help with Animal Welfare, Maintenance and Land Management. We are a not for profit community farm which stands on 14 acres in the beautiful Dedham Countryside. Run by Volunteers and Occupational Therapists we aim to bring the pleasure and therapeutic value of the human-animal bond to people with disabilities and learning difficulties.

Please contact either Cath on 07825 952 560 or Debbie on 07788 718 817 for more information.

## The Church Door

There is, in one of the many churches in Bruges, an anonymous notice or 'flyer'. The Church is Roman Catholic, small, used for regular worship and not a particular tourist attraction. The notice is entitled, 'The Church Door' and reads:

### **The Church Door**

*'He asks us:*

*Have you reflected on what happens when you enter through a church door?*

*Have you ever experienced that such a door is a connection between two worlds? On the one side, there is the hustle and bustle of daily life, with work and with business, with its sorrows and its conviviality, a life that we enjoy with its abundance of good things, but also a life where we encounter evil, misery, lies, deceit and suspicion.*

*And on the other side, this space where we can come with our restlessness and sorrows, to find peace and tranquility.*

*Here the light is different, softened by an atmosphere of reflection and prayer, where our look becomes different and deeper.*

*With its strong walls, rising pillars and high vaults, it is an impressive space.*

*We are in the house of God, where everything speaks of his goodness and his merciful love. This is what many visitors, pilgrims and tourists feel.*

*May this experience be shared by every person passing through this church door.'*

Many readers will recognise and appreciate this reflection and perhaps nod in agreement, probably in silence.

Many people will enter church to come close to God and look for a time of quiet prayer before a service. Others, after a week of hard work, stress, temptations and challenges, look forward to coming to church to open themselves to God in a time of quiet reverence and reflection. The general chattering and conversation before

a service often denies people the opportunity for this quiet, personal and almost intimate reflection with God.

The concept of silence within Anglican liturgy (what we say and do and the order in which we say and do them) could be taken more seriously and become an integral part of the service – as important as the hymns we sing or the corporate prayers we offer. Mother Theresa eloquently said, "We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. We need silence to touch the souls". Jesus also understood this, taking himself away to quiet places to be with his Father ('*But Jesus often withdrew to lonely places and prayed*'; Luke 5: 15-16'). God commands us in Psalm 46; '*Be still and know that I am God*' and explains in Isaiah (30: 15) that; '*In repentance and rest is your salvation, in quietness and trust is your strength*'.

For many, silence is much worse than noise or a constant background of chattering or mumbled conversation; they need something to mask or even obliterate the discomfort of silence. Some would even consider silence morbid. It has been said that; '*Men (and presumably women) fear silence as they fear solitude because both give them a glimpse of the terror of life's nothingness*' (Andre Maurois, French author). For this may well be the reality of life without a living God. The author of Ecclesiastes (who many believe to have been Solomon) wisely said that there was, "A time to be silent and a time to speak" (3: 7). This is as relevant in our Christian lives as well as our secular lives and as disciples of Jesus, both individually and corporately, we should practice this pearl of wisdom both in and outside Church.

Richard Appleton (Reader, Holton St Mary)

## SESAW News

Thank you to everyone who helped raise £2500 at our Spring Sale in Long Melford. Visitors chatted to our Volunteers including wildlife guru, George Millins and his assistant, Jules and I modelled our new "Kenny Range" of jewellery handmade by our talented crafters. Our next big event is our Open Day and Fun Dog Show on 30th July. All pooches welcome to join in the fun (with their humans) including a special class for ex-SESAW dogs. Meanwhile, unwind at our Summer Dance, 7.30pm on 1st July at Assington Village Hall then meet us at the Vintage Fair at Melford Hall on 1st/2nd July and at the Long Melford Street Fair on 9th July.

Animals awaiting new homes include Bex, a shy, short haired tabby and white cat, dumped by her owner in London. By contrast, an active family is required for nine year old Poppy the Beagle, overlooked because of her age. She enjoys her walks and has lots of love and cuddles to give in exchange for a nice warm bed and a caring home.

Indoors a pheasant chick quietly cheeps, a recovering blackbird gently taps on his cage, hedgehogs rustle in their winter quarters awaiting release - then Ollie trots in with a baby rabbit in his mouth! Did he look silly when Mum returned it to the field after checking it over! Which reminds me, must be dinner time for all the dogs, including me, Kenny (the Boss) Chihuahua.

Suffolk & Essex  
Small Animal  
Welfare,  
Reg. Charity  
No. 1124029,  
Stoke Road,  
Leavenheath,  
CO6 4PP. Tel:  
01787 210888  
[www.sesaw.co.uk](http://www.sesaw.co.uk)



## Stour Valley Men's Probus Club

On Wednesday 3rd May Liz Bruce will tell us about the mission of The Women's Royal Voluntary Service in World War 2 and two weeks later on Wednesday 17th May Chris Parfitt's presentation is entitled "The Arctic Circle Express".

Tom Tyler returns on 7th June to talk about "When holidays were Fun" and on 21st June John Field will speak to us about "The Redevelopment of Ipswich Docks". On 5 July Lewis Tyler presents "Daddy, what is TV" and on Wednesday 19 July we are holding our summer lunch to which we invite our Spouses and Probus Widows to join us. This year we have moved to The Haywain to enjoy the occasion. We do not hold a meeting in August and return after our break on Wednesday 6 September when Tom Williams presents "Everyone has a book in them" and on Wednesday 20 September Philip Roberts' talk is entitled "The Mary Rose".


Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probus Club, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.

## Waste & Recycling Collection Schedule 2017

June 2017						
Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

 Recycling collected this week

 Rubbish collected this week

 Bank Holiday Week - everyone's collection will be a day later

**THE THIRD AGE TRUST**



**THE UNIVERSITY OF THE THIRD AGE**

On Wednesday 10th May Emma Roodhouse, Art curator, Colchester & Ipswich Museum Service, introduced us to "Leonard Squirrel", known as the 'grand old man' of East Anglian painting. She highlighted his prolific career concentrating on the artworks in the Ipswich Borough Council collection, including drawings, watercolours, etchings & pastels from 1912 – 1978.

Alan Goldsmith, of Stansted, Essex talk on Wednesday 14th June is entitled "Giving It Both Barrels". An amusing and light

hearted talk of Alan's 50 years in the Rock 'n' Roll and entertainment business, from growing up in the 40s & 50s & being at the beginning of the birth of Rock 'n' Roll, & then running early rock concerts, air and stunt shows.

On Wednesday 12th July Dr Stephen Ashworth, Senior Lecturer, UEA, will talk on "Kitchen Chemistry". A science show using readily available materials to illustrate some of the principles of chemistry. Acids, bases, catalysts & indicators are all part of this exploration of some of the chemicals that are all around us.

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December.

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 Third Age Trust, have over 230 members and 21 groups. For further information please visit [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk) where membership secretary Val Pretty may be contacted.

### Nayland Open Gardens

Sunday 11th June

2pm-6pm

Tickets £5 per person, children free

Free parking at the Village Hall  
Teas in the Village Hall

## CAN YOU HELP?



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

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

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

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

**Frances Torrington on 01473 312046/07711080658**

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

Previous experience with horses helpful but most certainly not essential.

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

## TENDRING SHOW

SATURDAY 8TH JULY 2017

at Lawford House Park, Near Manningtree, Essex .

Show starts at 9.00am

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[WWW.TENDRINGSHOW.CO.UK](http://WWW.TENDRINGSHOW.CO.UK)

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## CONSTABLE SINGERS

We are invited to sing at the East Bergholt Society Event on 11th June which will commemorate John Constable's birth who was born on 11th June 1776.

The concert at the Congregational Church held in April was well received and an evening of songs were performed at Dove Close, Capel St Mary .

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



# Local Services

## The Constable Country Medical Practice

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

### Surgery opening hours

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

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

### Surgery opening hours

**8.00am – 6.30pm Monday to Friday**

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



Colin the fishmonger has his fresh  
fish van in the lay-by at the bottom  
of Church Hill in Stratford every  
Thursday morning from  
10.30am to 1.30pm

## MOBILE LIBRARY

### Stratford St Mary - Route 11

The bus stops every 4 weeks on  
Wednesdays  
14 June, 12 July, 9 August, 6 September,  
4 October, 1 & 29 November, 27 December

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

### Route 14

The bus stops every 4 weeks on  
Tuesdays,  
20 June, 18 July, 15 August, 12  
September, 10 October, 7 November, 5  
December

### Holton St Mary

Church Square - 10.00 - 10.15am

### Raydon

St Mary's Raydon - 10.20am - 11.05am

### Lower Raydon

Sulleys Hill - 11.10 - 11.25am

### Higham

The Green - 11.35 am to 11.50 am

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) .

## Crime prevention

<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)  
Telephone...101



# Local Directory

THE GATTINETTS

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**MOBILE 07500 488667**

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## **Souters Holiday Cottage Higham**

Ideal for short breaks, longer stays, visiting friends or family overspill.  
All enquiries welcome.

**Phone Nick and Cath Marno (01206) 337316**

email: [nickmarno@tiscali.co.uk](mailto:nickmarno@tiscali.co.uk)

[www.soutersholidaycottage.co.uk](http://www.soutersholidaycottage.co.uk)

# It's a blast!

For all children aged 2-4 years at our Ofsted 'Outstanding' rated preschool (July 2015).

We have a wonderful garden and outside classroom, fantastic facilities and are fully equipped for children with SEN.

Open Monday - Friday, 8.45am - 3pm (term time), you'll find us in the grounds of Stratford St Mary Primary School just minutes from the A12.

Totally out of this world.



preschool  
Stratford St Mary

01206 322466

[abc.preschool@tesco.net](mailto:abc.preschool@tesco.net)

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



Ofsted 'Outstanding' full day and sessional nursery care and education for children aged 2 – 5 years.

This small and welcoming nursery offers:

**Breakfast Club** 8.00am – 9.00am (term time only)

**After School Club** 3.15pm – 6.00pm (term time only)

School escort to and from Stratford St Mary School

**Holiday Clubs.** All school holidays for children aged 3 – 11 years

**French Club.** Every Thursday 4.30pm – 5.30pm (term time only)

For more details about any of the above services please contact Shelley on

01206 323093 or via email [Shelley@orchardbarns.co.uk](mailto:Shelley@orchardbarns.co.uk)

Orchard Barns, 6 Higham Road, Stratford St Mary, CO7 6JU

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## Hall Farm Shop

Our new mini Crazy Golf course £2.00 per person is proving to be very popular, and not just for the children!! Hall Farm is situated on the out skirts of Stratford St Mary with views over -looking the Dedham Vale. Our old cattle byre was transformed into the warm and elegant Cafe Restaurant we have at Hall Farm today. Whether it is for breakfast, morning coffee, a light bite, a more leisurely 3 course lunch, or afternoon tea with a slice of homemade cake, there is something to suit everyone. After a visit to the restaurant why not stop and shop. Our farm shop offers a full range of quality products for your weekly shopping needs as well as providing a great selection in giftware. There is a miniature crazy golf course and a **free** farm trail. A warm welcome is waiting for you.

**Daddy Breakfast** - £15.00 - Serving from 9.30am – 11.00am (opening up early)

This includes a Full English, unlimited tea, coffee, and toast, plus a glass of orange.

**Daddy Roast** – £16.95 Full roast plus a local larger or bitter included in the price

**Hall Farm Shop/Cafe**  
**Stratford St Mary Colchester Essex CO7 6LS**  
**Telephone: 01206 322572 Shop**  
**01206 323600 Restaurant**

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Mobile: 07715 869941

Or email us  
Email: [Lillies.of.raydon@gmail.com](mailto:Lillies.of.raydon@gmail.com)





### **Countryside Tree and Garden Services**

01206 322935 / 07825 069 048

Andy@countrysidetreeandgardenservices.co.uk

- ✂ **Tree Removal**
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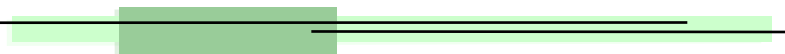


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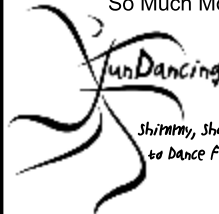
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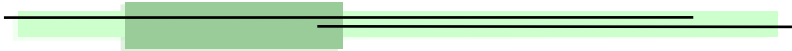
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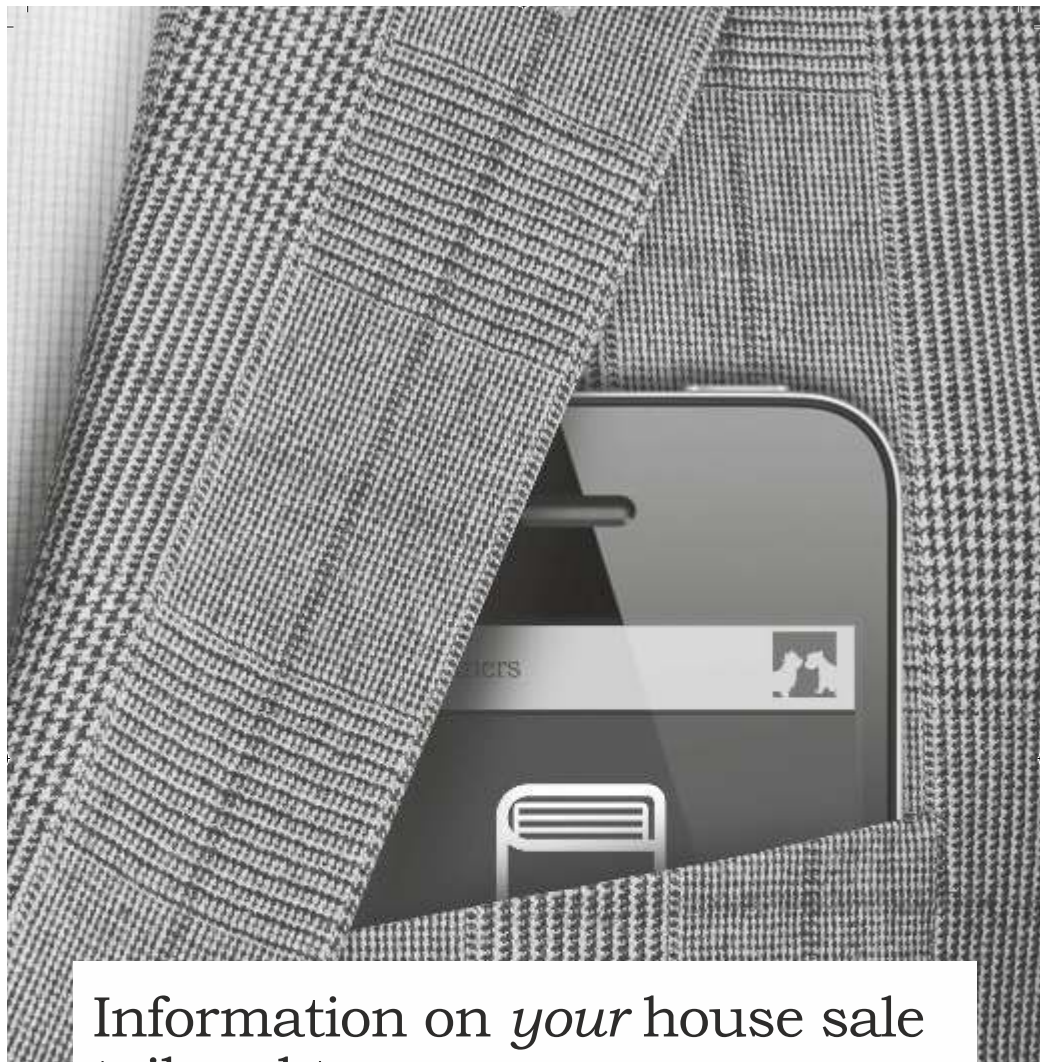
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Please contact the Rector direct to talk about baptisms, confirmations, weddings, funerals, or for home visits. **Please note that her normal day off is Friday.**

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This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **21 June**.

### **Thy Kingdom Come**

From 25 May (Ascension Day) to 4 June (Pentecost), we are asked to join in a global wave of prayer for God's Kingdom to be made known to all. As part of our contribution to those prayers, we shall be doing Prayer Walks from Raydon on 29 May at 10 a.m. for an hour, and from SSM on 30 May at 11 a.m. to walk to East Bergholt for lunch and back. On 3 June at 10 a.m. do come and join Rosalind in the Rectory for a time of Silent Prayer followed by coffee and chat.

## Services in June and July

	8.00 a.m.	10.00 a.m.	NB. 6.30pm
4 <sup>th</sup> June		SSM	Holton
11 <sup>th</sup> June		Higham	Raydon
18 <sup>th</sup> June		Holton	<b>No Evening Service</b>
25 <sup>th</sup>		Raydon SSM Family Hour	
2 <sup>nd</sup>		SSM (HC + Baptism)	
9 <sup>th</sup>		Higham	Raydon
16 <sup>th</sup>		Holton	SSM
23 <sup>rd</sup>	Higham	Raydon	
30 <sup>th</sup>		<b>10.30</b> <b>Deanery Eucharist Bildeston</b>	



## New Testament Readings and Collects for weekdays in June

4 June: *Pentecost/Whit Sunday*. Holy Spirit, sent by the Father, ignite in us your holy fire; strengthen your children with the gift of faith, revive your church with the breath of love, and renew the face of the earth, through Jesus Christ our Lord. Amen.

- 5th Romans 1.1-17. Boniface (Wynfrith) of Crediton, Bishop, Apostle of Germany, Martyr, 754
- 6th Romans 1.18-end. Ini Kopuria, Founder of the Melanesian Brotherhood, 1945
- 7th Romans 2.1-16
- 8th Romans 2.17-end. Thomas Ken, Bishop of Bath & Wells, 1711
- 9th Romans 3.1-20. Columba, Abbot of Iona, 597
- 10th Romans 3.21-end

11 June: *Trinity Sunday*. Holy God, faithful and unchanging, enlarge our minds with the knowledge of your truth, and draw us more deeply into the mystery of your love, that we may truly worship you, Father, Son and Holy Spirit, one God, now and for ever. Amen.

12th Acts 4.32-end. ***Barnabas the Apostle***

13th Romans 4.13-end

14th Romans 5.1-11. Richard Baxter, Puritan Divine, 1691

15th 1 Corinthians 10.1-17. ***Day of Thanksgiving for Holy Communion (Corpus Christi)***

16th Romans 6.1-14. Richard, Bishop of Chichester, 1253

17th Romans 6.15-end

18 June: *Trinity 1*. God of truth, help us to keep your law of love and to walk in ways of wisdom, that we may find true life in Jesus Christ your Son. Amen.

19th Romans 7.1-6. Sundar Singh of India, Sadhu, Evangelist, 1929

20th Romans 7.7-end

21st Romans 8.1-11

22nd Romans 8.12-17. Alban, First Martyr of Britain, c. 250

23rd Romans 8.18-30. Etheldreda, Abbess of Ely, c. 678

24th Luke 3.1-17. ***The Birth of John the Baptist***

25 June: *Trinity 2*. Faithful Creator, whose mercy never fails, deepen our faithfulness to you and to your living Word, Jesus Christ our Lord. Amen.

26th Romans 9.1-18

27th Romans 9.19-end. Cyril, Bishop of Alexandria, 444

28th Romans 10.1-10. Irenaeus, Bishop of Lyon, c. 200

29th Acts 11.1-18. ***Peter and Paul, Apostles***

30th Romans 11.1-12

1st Romans 11.13-24



### For your diaries

29 May	10 a.m. Prayer Walk from Raydon church for an hour
30 May	11 a.m. Prayer Walk from SSM Church to East Bergholt for lunch and back
3 June	10 a.m. Silent Prayer + coffee at the Rectory
5 June	Archdeacon's Visitation for the Welcome of new Churchwardens, St Mary's Hadleigh, 7.30 p.m.
9 June	7.30 p.m. Drinks and nibbles at Oaks Farm House, Holton in aid of St Mary's Holton St Mary
10 June	a.m. Raydon Book Sale
23-25 June	Higham Art Exhibition
24 June	SSM Open Gardens
26 June	7.30 p.m. Joint PCC at SSM



### For your prayers

- For Nicola Tindall and for Richard Appleton as they are licensed to be Readers in this Diocese on 18 June at the Cathedral
- For Revd Sue Foster and Revd Simon White, our Deanery Curates, who will be ordained priest at the Cathedral on 24 June
- For those who are ill or in need:  
**Holton:** Ron Golding, Gerard and Ralphia Noel, David Yorke-Edwards  
**Raydon:** Cliff Cooper, Stella Hyland  
**SSM:** Laura Kerry, Trina  
**Outside the Benefice:** Betty Arbuthnott, Tory Cook, Helen Gregory, Chris Naya, Cécile and Gail O'Dell