

**Stratford  
St Mary**

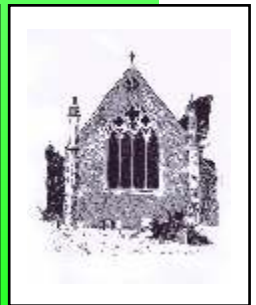
**Higham**

**Holton  
St Mary**

**Raydon**

# Quartet

The Parish Magazine



**June 2019**

**Issue 370**



**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.

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

Many thanks

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

# The Quartet Diary



## June

- 2 Home made teas Raydon
- 5 Christmas Cottage Tea in Garden
- 8 HSM Progressive Dinner  
Raydon Spring Clean
- 11 Raydon Parish Council Meeting
- 12 SSM Lunch Club, Parish Room
- 18 Raydon Fair Trade Coffee  
Morning
- 19 Communion, SSM Parish Room
- 21-23 Higham Art Exhibition
- 23 R&DGC Visit to Wrest Park,  
Bedfordshire
- 26 SSM Coffee Morning, Parish  
Room
- 28 HSM Whist
- 29 Raydon, Musical Evening

## July

- 5 HSM Golf Day
- 7 Home made teas - Raydon
- 8 SSM Parish Council Meeting
- 9 Raydon Parish Council Meeting

- 10 SSM Lunch Club, Parish Room
- 16 Raydon Fair Trade Coffee  
Morning
- 17 Communion, SSM Parish Room
- 24 SSM Coffee Morning, Parish  
Room
- 25 R&DGC meeting (Village Hall)
- 26 HSM Whist

## August

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

## September

- 7 Suffolk Historic Churches Bike  
Ride
- 9 SSM Parish Council Meeting
- 10 Raydon Parish Council Meeting  
Raydon Fair Trade Coffee  
Morning
- 26 R&DGC meeting

# Editors Corner

Well, we seemed to have developed a bit of a medical theme this month, that's different! Of course we have our regular columnists and all sorts of summer events going on, but if you look through the pages this month you'll see an innovation in Stratford, the Village Emergency Telephone. This will be very helpful if you find yourself faced with a medical emergency and on your own, particularly if you need the defibrillator. Do make a note of the Emergency number on page 5. Talking of Defibrillators, you will see on page 12 that Raydon now possess their own and if you would like training on how to use it, read the article to learn more! Holton too have a defibrillator and are keen to get villagers to refresh their skills in using it (page 15). Along with an article from NHS England on the new GP app that is now up and running, hopefully enabling you to book appointments online, we should all benefit from an improved local medical infrastructure.

On a completely different note, do have a look at the interesting article from Martin about the Stratford Bells on page 6. I suppose you could think of that as a way of keeping fit and healthy, so still part of this month's 'theme'!

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> June 2019**

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# Stratford St Mary

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## Tea in the Garden

**Wednesday 5th June from 2 to 5pm**

Please come along to Christmas Cottage, Upper Street, home of Don and Iris Umfreville for tea/coffee and cake. Donation of £2.50 in aid of the Macular Society's Research Programme into Macular Degeneration, a major cause of gradual blindness.



## 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.

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## Charlie Ablitt WaterAid donations

Pat and family are pleased to let you know that £1765 was donated in Charlie's memory for WaterAid. Thank you to everyone who contributed.

## INSTITUTE HALL BOOKING CLERK CHANGE

Please note that requests for bookings should be made through the bookings email address: [ssminstitute.bookings@gmail.com](mailto:ssminstitute.bookings@gmail.com). Information supplied to book should include a name with contact details and the nature of the event.

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

Steve Kite  
42 Strickmere  
Stratford St. Mary, CO7 6YG

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## STRATFORD ST MARY PARISH ROOM

Letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.

all day - £38.00.

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

Special rates for regular bookings. Heating and lighting are included. To book the hall and for general enquiries, please phone John Taylor on 01206 323908

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

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

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

**Midweek Activities:**

House Groups at Stratford St. Mary, Dedham and  
Cape St. Mary

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

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

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

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

For further information: Contact Adrian Gates Tel 01473-311919  
Or Beckie Wyncoll at [beckie.w@liva.com](mailto:beckie.w@liva.com)



Community  
First Responders

Interested in becoming a CFR?

Why not find out what it is about?

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

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

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

## 100 Club winners

### May

|     |           |        |
|-----|-----------|--------|
| 80  | C Steward | £40.00 |
| 21  | J Clayton | £10.00 |
| 104 | S Gotelee | £5.00  |

## Stratford St Mary Parish Council Emergency Team

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

### Norman Woodard

12 Swaynes 01206 323015  
[Norman.woodard@fatbloaters.com](mailto:Norman.woodard@fatbloaters.com)

### Chris Griffin

Brook Farm, School Lane 01206  
337363/07885 807567  
[chrisbrookfarm@gmail.com](mailto:chrisbrookfarm@gmail.com)

### Steve Kite

42 Strickmere 01206 322482  
07958 515573

### Bill Davies

3 Spanbies 01206 322990  
[billdav@hotmail.com](mailto:billdav@hotmail.com)

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)



**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.

- Breakfast is from 9.30 includes coffee, tea, juice, bacon rolls
- Followed by a short modern service
- A relaxed cafe style
- Everyone welcome
- No charge

**Come and join us!**

## Transport to Medical Appointments.

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

Please give us as much notice as you can.

**Graham/Diana Pearce 01206 321297**  
**Jenny Symons 01206 322636**

## SSM Parish Council Meetings

08 July  
 09 September  
 11 November

## The Village Emergency Telephone

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

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

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

The number to call these volunteers is :-

**01206 700919**

## Stratford St Mary Parish Council

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

## The Bells of Stratford St Mary

Stratford St Mary Church has six bells, installed at various times since the beginning of the 15<sup>th</sup> Century. The highest pitch bell is always known as the *treble* and in Stratford this is the most recently added bell. It was cast in 1878 and weighs 6 CWT (310KGS). The bell with the lowest pitch, is known as the *Tenor* and is the heaviest, at Stratford weighing a little over 16CWT (838KGS) and installed in 1515

For ease of reference, the bells are numbered consecutively starting at for the *treble* and following sequentially down the scale. Therefore, in a six bell ring, such as in Stratford, the *Tenor* is number 6. The oldest of Stratford's 6 bells is the 4<sup>th</sup> which was cast around 1400 and is the only one to be inscribed with a name, 'JOHN'.

For full-circle ringing, which is a uniquely English form of ringing, the bells are mounted within a *bellframe* in a space known as a *bell chamber*, with each bell, suspended from a *headstock* fitted on trunnions (plain or non-friction bearings) mounted on a wheel, so that the bell assembly can rotate when initiated by a ringer pulling on a rope. In many towers, the *bellframe* is made of steel. In Stratford, however, the *bellframe*, which was last renewed at the time the *treble* was installed in 1879, is made of oak and the bells swing on ball bearings, installed when the bells were rehung in 1977.

When Stratford's six bells are in motion, a total of nearly 3 tonnes is swinging in the tower and the structure physically sways under their combined weight.

There are two forms of English change ringing, *call changes* where the sequence of the bells is determined by one of the ringers (the conductor) intermittently calling for two adjacent bells to change their order of ringing, and *method ringing* where the bells change sequence at every stroke in accordance with a predetermined pattern (*the method*).

For ringers, the pinnacle of method ringing achievement is to ring a tower's bells in every possible order without repeating any sequence, this is called an *extent* or a *full peal*. The feasibility of this depends on how many bells are involved. For example, while six bells have 720 possible permutations, eight bells have 40,320 and at, say, an average 2 seconds per change would take either 24 minutes or 1,344 minutes, respectively.

Full extents are therefore usually not practicable, for reasons of time or physical effort, and ringers more often undertake shorter performances, known simply as *peals*. Such ringing starts and ends with rounds (striking in the order 1,2,3,4,5,6), and in between including a subset of the available permutations but constituted of a specified minimum number of changes. In a six-bell tower such as Stratford St Mary's, this requires 5040 changes taking approximately three hours.

Some 29 peels are recorded as having been rung at Stratford St Mary and of these no less than three were rung to mark particular points in the life of Charlie Ablitt who was Tower Captain here for over 40 years. The first in August 1956 to celebrate Charlie's marriage to Pat, the second in 2006 to mark their Golden Wedding and the third in January this year, to commemorate his passing and honour his contribution to *bell-ringing*.

New ringers are needed if the Bells of Stratford St Mary and Higham St Mary Churches are to continue to ring out for Weddings, Christenings and Funerals, to mark special National Occasions and for Sunday Services. The Higham and Stratford band of ringers practice on a Friday evening at one or other of the two church towers, alternately. Bell ringing is not a male preserve so anyone who would like to know more or, even better, would like to give bell ringing a try, please contact:

Martyn Carr, (Tower Captain) 01206 337 325 or Brenda or Brian Such 01206 323 091 (Mobile 07850 668 064)





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

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

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

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

Please bring your old inner tubes to the school office.

Thank you for your support,

Miss Jones and the JRSOs  
Stratford St Mary Primary School

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## **“Thank you Quizers!!**

Great quiz evening in the Parish Room on 17th. Good time with plenty of brainiacs in play!!

We raised just shy of £250.00 for the church fabric fund so thank you to all who participated.”



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

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

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

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

David Isaac

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## **Stratford St. Mary Institute Hall Notice**

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

16th, 17th and 18th of August

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

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

The Institute Hall Management  
Committee.

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

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

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## **Your Church Needs You!!!!**

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

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

## **Spanish Club**



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

Julie  
07989639583

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## **"The Coffee Pot"**

**-at-**

## **Stratford St Mary Chapel**

The Stratford St Mary Christian Fellowship have started a community coffee morning each and every morning between 9am and 11am during school term time.

Everyone is welcome:

The Coffee Pot is situated within the Chapel Lounge. A safe area is provided for children to play whilst you catch up over freshly made coffee, tea and a piece of cake.

At around 10.30 am each week there is a Story time and songs for the children and a brief 'Thought for the Day'

For further information contact;  
beckie.w@live.com

THE ART EVENT OF THE  
YEAR IS BACK!  
**ST MARY'S CHURCH,  
HIGHAM**

## **ART EXHIBITION AND SALE OF PAINTINGS**

**21st to 23rd June 2019**

All profits to St Mary's Church, Higham

Exhibition open at the following times:

Friday 21 June 7.30 pm - 9.30 pm  
Saturday 22 June 9.30 am - 7 pm  
Sunday 23 June 9.30 am - 5 pm

Official opening  
Friday 21 June 8 p.m.

Admission £1 (includes catalogue)  
Children under 14 free

**TEA TENT  
OPEN  
SATURDAY & SUNDAY  
FOR  
CAKES, TEA AND COFFEE**

Calling all tea,  
coffee and cake  
makers

The Pop-Up Tea  
Tent is returning to  
the Higham Art  
Show

We need volunteers from the  
village to man the tent for a  
couple of hours over the  
weekend, 22<sup>nd</sup>-23<sup>rd</sup> June, 10am  
- 5pm

If you are able to lend a hand  
on the Saturday and/or Sunday  
and also make some cakes,  
please let Nicola Tindall know

Tel. 01787 212340 email

[nicolajtindall@btinternet.com](mailto:nicolajtindall@btinternet.com)

Once again, any funds raised  
from the tent will go to  
The Toilet Twinning Scheme



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# Raydon



## Fair Trade Coffee Morning

After a couple of weeks of hail, thunder and lightening, rain,

wind, grey skies and drizzle we finally had a lovely sunny morning for our May 21st Fair Trade coffee morning.

I missed the last one which was hosted by the tea team, so thanks to them.

I was visiting Rosalind in her new position at Wells Cathedral, I had a lovely time and she sends her love and best wishes to everyone. I had taken a few photographs of her so we all had a look at her and her lovely robes whilst enjoying our coffee and rock cakes.

We were a small gathering today but plenty of chat as we reminisced about all the lovely flower festivals that we have held, and tried to remember who had created which arrangements. It was lovely to share with our newer residents.

Our next gathering is on June 18th, then July 16th. Do hope you can make it and enjoy our great coffee and company.

Thanks very much for continuing to support this event

Wendy Mumford  
01473 312123

## Sponsored Ride and Stride

September 14th

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

More details later..

01473 312123

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

Tuesday 11 June

Tuesday 9 July

Tuesday 10 September

Tuesday 8 October

Tuesday 12 November

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

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

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



# Raydon Spring Clean

Saturday 8th June

Meet at 10am

King George's Playing Field  
Pavilion

All friends and neighbours needed!

Please wear suitable shoes and clothing.

If you have them please bring gloves, hi-vis jackets and litter-picking sticks.

Children are welcome but **must** be accompanied by a parent or other responsible adult.

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 a result of the actions of volunteers or their failure to adhere to the guidance given at the start of the litter pick.

## RAYDON CENTURY CLUB WINNERS

### May winners

|                  |     |     |
|------------------|-----|-----|
| Mrs Warvill      | 47  | £25 |
| Mr J Anderson    | 55  | £15 |
| Mrs E Banyard    | 38  | £10 |
| Mr S Tennent     | 103 | £5  |
| Mr G Horrex      | 129 | £5  |
| Mr Leigh Polding | 93  | £5  |
| Mr Pat Cousins   | 41  | £5  |

### June Winners

|                     |     |     |
|---------------------|-----|-----|
| Dr. M. Bush         | 23  | £25 |
| Mrs M. Hammond      | 73  | £15 |
| Mr Paul Banyard     | 36  | £10 |
| Mrs Rosemary Coe    | 139 | £5  |
| Mr & Mrs Girling    | 96  | £5  |
| Mrs Rosemary Griggs | 29  | £5  |
| Mr Ken Whiting      | 75  | £5  |

## Homemade Teas

at

**St Mary's Church, Raydon**

**Sunday 2 June 2019**

**Sunday 7 July 2019**

**Sunday 4 August 2019**

**Sunday 1 September 2019**

**Teas served from 3.00 to 5.00 pm**

**All welcome**



In aid of the Church Fabric Fund

**27 JULY 2019**



**BOOKS**



**BRIC A BRAC**



**BBQ 12-2PM**

**GATES OPEN 11AM**

**ST MARY'S CHURCH**

**RAYDON**

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**RAYDON VILLAGE HALL**

**CENTURY CLUB**

On the 14<sup>th</sup> March 2019 a Public Meeting was held to discuss the future of the hall. At that meeting it was agreed that the hall should be sold subject to consent of The Charity Commission as required by the Trust Deed. As there is no way of knowing how long the hall will be available for use the committee feel that it would be inappropriate to continue to run the Century Club. The final draw will therefore take place in June.

On behalf of the committee I would like to thank everyone who has supported the Century Club over the years.

David King, Chairman

## **A Defibrillator has arrived in Raydon**



With the help of a grant from the British Heart Foundation, Raydon Parish Council has installed a defibrillator on the outside wall of the Pavilion at King George's Playing Field. As part of the grant, we have received a British Heart Foundation Call Push Rescue Kit. We will be running a familiarisation session on **Friday 28<sup>th</sup> June at 7.30pm at the King George's Playing Field Pavilion**. The session should last about 1 hour and you will have the opportunity to view the British Heart Foundation Call Push Rescue training DVD and try CPR on a Mannequin.

If you are interested in attending, please register by calling Amanda on 310050, places are limited to 10. Further sessions will be advertised here in the Quartet.



# Raydon and District Gardening Club

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What a lovely month May has been with all the trees coming out either in blossom or into full leaf. Apart from the odd shower throughout April it was starting to get quite dry but in early May we were fortunate to get about a 1" of much needed rain overnight + of course that hail storm (un-welcome but luckily not too much damage to plants etc). Temperatures very mixed from quite cold to very warm (when sun came out) but that's English Springtime. As we leave May behind and venture into June as a gardener it always reminds me of a Suffolk saying :- A Dripping June Keeps Things in Tune. We need more showers to keep all in the garden fresh and growing strongly and of course the farmers' fields need rain as well. However I hear you say "It's holiday time", and nobody wants a wet holiday, me included. Hope you are all able to get outside as much as possible either in your gardens or into the countryside to enjoy the lovely long lighter (hopefully warmer) days. Have you heard the cuckoo yet ? or perhaps a nightingale or seen House Martins & Swallows as this is a sure sign of Summer just around the corner.

Club news:- Summer coach outing Sunday 23rd June, we still have a few seats left so why not join us to a trip to Wrest Park, Bedfordshire, if you like gardens & historical houses / castles then come along, non members most welcome, pick up points Hadleigh, Layham, Raydon, Holton St Mary. Phone number at bottom of page to book as soon as possible.

Date for your diary :- Thursday 25th July this year will be a meeting in village hall at 7.30pm, with guest speaker Karen Kenny whose subject will be The Magical Mystery

of Herbs, so this could be of special interest to all you cooks out there, and anybody who enters in the Herb section of the summer flower show in August and I am sure will be another interesting evening.

To all members note 2020 will be our 40th year so how would you like to mark this special milestone ? where shall we visit ? Shall we have a trip further away say with a overnight stay ? Perhaps a evening party + cake & candles + champagne or English wine? Now I know it's quite someway off but your committee will soon need to start organising, so please let us know your thoughts and possible ideas as soon as possible. As always I will look forward to meeting you all again at any of the club events and don't forget to bring along a friend, or anybody who would like to join our club. As I have said many times, more members means more funds which means we can keep having quality guest speakers. Reminder to all 2018 Summer show cup winners to return to me by end of June for engraving ready for this years presentations on 17th August. Thank You.

Geoff Horrex, 01473 310422



## Raydon Parish Council

### Your Parish Councillors are:

Nev Davenport 01473 311548  
Christine Hempstead 07891 236245  
Keith Lovering 07939 075143  
Sue Newton (Chair) 07808 818847  
Amanda Pyall 01473 310050  
Jayne Tann 01473 828283  
Jane Cryer - Parish Clerk 07920 713940

The PC would like to remind residents of the importance of keeping hedges under control to improve visibility and safety for neighbours and motorists.

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

## Wrest Park, Bedfordshire

A few tickets remain for this day visit.  
Picking up in Hadleigh and Raydon

Sunday June 23<sup>rd</sup> Contact Geoff for more  
information Phone 01473 310422 or  
Mobile 07810 086143

## Raydon Club

is open to residents of this parish and  
will in future be held on Wednesday  
evenings each week  
from 8.30 till 11 p.m.

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

## Pimms or Prosecco?



**Purcell or  
Prokofiev?**

Your choice for relaxation  
On a summer's evening

## *A musical Evening*

with  
Yalda Davis and friends  
St Mary's Raydon

**7.30 pm 29<sup>th</sup> June**

Tickets £10 including drinks and canapés

from 01473 310320



## Ideal for your special event

The Rayon Pavillion is for hire

Fully carpeted room for up to 80 people  
Kitchen and preparation room  
Easy parking

Available Morning, afternoon, and  
evening.

For Details Call Clive Duddridge  
Tel 01473 310162



# Holton St Mary

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## **The First Friday of the Month Lunch Club**



### **First Friday of the Month Lunch Club - Report for 2018**

The First Friday of the Month Club which started in May 2015 continues to be a very popular event in the village.

During the course of 2018 336 lunches were served. This is an average of 30 per lunch, with the most number lunches served in November and December (42) and the fewest served in July (24). As with previous years there was no lunch in August.

The price per head was increased from £2.50 to £3.50 from January 2018.

In November the lunch was actually held on the second Friday, 9th November, to coincide with the Battles Over commemorations. This was a themed lunch with Bangers, Mash, Peas and Onion Gravy and Trench Cake and Poppy Biscuits. Lunchers were asked to pay the nominal sum of a shilling for their lunch. However lunchers did make additional donations and we were able to send £145.70 to be split equally between The Royal Naval Association, Seafarers UK (King George's Fund for Sailors), The Royal Airforce

Benevolent Fund, ABF The Soldiers Charity

From 'profits' raised by the lunches the group were able to pay for the printing and framing of the new Roll of Honour which is displayed in the church, and to fund the light refreshments for the Battle's Over party held in the church on the evening of Sunday 11th November.

Approximately 24 villagers have helped run these lunches during 2018, and many more have helped with the washing up and clearing away. Special thanks should go to: Alan Beak, Janice Cheng, Caroline Favell, Antonia Harvie, Marjorie and Chris Haste, Oliver Greene, Marion Gill, Greta and Gerald Godden, Jinny and Mike Hay, Lynn McWatt, Shelia Morgans, Zarina Noel, Sally Pearce, Pam and Tudor Quare, Dot Steeds, Jean Styles, Sally Thurlow, Frances Torrington, Jacqueline Unwin, Barbara Yorke-Edwards. An extra special thank you should go to Sally Thurlow who cooked or helped at a total of five lunches during the year!

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## **Defibrillator Training**

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

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

## Holton St Mary Social Club

Please remember that WHIST is always last Friday of the Month at 8pm

All are welcome, so please do come along

Next Dates :-

Friday 28th June

Friday 26th July

Friday 30th August

Friday 27th September

Future Dates:-

We are looking at trialling early opening on a Friday Evening. So on Friday 14th June the bar will be open from 5:30pm.

Saturday 8th June      Progressive Dinner

To all those who are participating we are looking forward to seeing you at the Village Hall from 7pm onwards to collect your Itinerary for the evening

Friday 5th July      Holton Open Golf Day

This year it will be held at Newton Green. Please Contact either myself or Bob Holmes on [bobholmes55@icloud.com](mailto:bobholmes55@icloud.com) or on his mobile 07966 266293.

Prices are £38 to include a round of Golf followed by a Meal or £15 meal only

Peter Longmate

[quaywallslongmate1@btinternet.com](mailto:quaywallslongmate1@btinternet.com)

## The Holton St Mary United Charities Trust

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

Paul Torrington on

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

## Holton St Mary Village Hall

can be hired at very reasonable rates!

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

Saturdays from £35.00

For further information and booking please contact Bookings secretary

Tanya Kunz 01473 311570



## DEDHAM TENNIS CLUB

Memberships for 2019 are now available, giving free access to the courts.

Juniors £5; Adult Weekday £72; Individual £106; Family £180.

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

More details at

[www.clubspark.lta.org.uk/dedhamlta](http://www.clubspark.lta.org.uk/dedhamlta)

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

[committee@googlegroups.co.uk](mailto:committee@googlegroups.co.uk)

## James Cartlidge's Column

It is sometimes said that we have a 'crisis' in our politics. Let's be clear, our world of Westminster is in an extraordinary frenzy over one big issue. But we should never lose sight of the true picture away from the bubble where there is much to be positive about. We now have the lowest unemployment – just 3.8% of the population - since 1974. This now means that the official count of jobless people has not been lower in my entire lifetime. Since 1974 we have had: a devaluation crisis and seeking support from the IMF to bail out our nation's finances; the winter of discontent; deep and dark recessions under Conservative Governments and the biggest of all under Labour in 2008; we have had John Major's Black Wednesday and Gordon Brown's credit crunch.

In all those years unemployment has generally been one of the biggest issues facing any Government. And today, amidst what is unquestionably an existential political crisis for my party, we oversee record low joblessness. But in addition, record numbers of women in work; 1 million more disabled people in work since 2010; and youth unemployment down by half a million in the same period.

Of course, the job for any Government is to avoid complacency and recognise that, whilst wages are now rising at the fastest rate since the crash, many still feel the pinch. We have also had high profile announcements that major factories are to close in South Suffolk – Delphi in Sudbury and Philips Avent in Glemsford being the most important examples. That said, in evidence to the South Suffolk Taskforce that I set up in response to these closures, the most common concern we have heard from local firms has been difficulty in recruiting. We must do everything possible, as we are doing, to attract new investment into these plants and our wider area. Nevertheless, the statistics I have quoted represent real lives on the up, and we should recognise that there is much to be proud of.



## BRANTHAM ANNUAL GARAGE SALE 2019

Benefiting Nepal Children's Trust and the St Elizabeth Hospice

**Saturday July 6th 9.00am – 3.00pm**

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

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

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

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

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

Maya: mayawatling@hotmail.com / 07508 430671

Louise: Louloumadley@btinternet.com / 07792 236414

Maggie: maggie1woods@googlemail.com / 07867 546484

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

## NHS app fully connected to all GP practices in east and west Suffolk

All GP practices in east and west Suffolk have now been fully linked up with the NHS App giving patients the ability to book and manage GP appointments, order repeat prescriptions, view their medical records and access a range of other services.

Linking up GP practices to the app is being carried out across England gradually and is expected to be completed nationally by this summer.

Patients can download the app from the Apple or Android app stores and follow the simple on-screen instructions to set it up, link it to their GP practice and enjoy its full functionality.

Unlike previous online GP services, most patients will not need to visit their GP practice to set up a login for the NHS App, but can prove their identity in the app and create their NHS login.

The NHS App enables patients to:

- check their symptoms and find out what to do when they need help urgently
- book and manage appointments at their GP practice
- order repeat prescriptions
- securely view their GP medical record
- register to be an organ donor
- choose how the NHS uses their data

## SESAW NEWS

Kenny is searching for his buried treasure leaving me to give you a cat's eye view of life at SESA. Although he had plenty to say about dogs last month, I can forgive the little upstart as he mentioned the sad fact that black and black/white cats are often overlooked. Even sadder are Betty, a black cat and a pretty tabby and white called Fat Cat. Please don't be put off, she does not have a weight problem. They came in last May when their owner died and need a quiet adult-only home as they are very timid. Can you offer them the love and time they deserve, maybe a new name too?

The Sanctuary should be looking spruce if the new paths are finished, ready for our Open Day next month. Meanwhile, we are holding a £1 at Newton Green Village Hall, School Lane, CO10 0QS on Saturday 15th June. Bargains include clothes, accessories, household, pet goods, collectables, books, DVDs, a raffle, homemade cake and other refreshments. We are also selling books at the 1940's Vintage Day, 10-5pm on 22nd June, followed by a Swing Band Dance in the evening at the Delphi Centre, Sudbury, CO10 2RR.

All great fun for you humans but I prefer the quiet life, shadowing Mother on her rounds each evening. The sun goes down, the geese go to bed and a cosy hollow in the topmost hay bale calls to me, Ollie (the Black) Cat. Suffolk & Essex Small Animal Welfare, Registered Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Open 10-1pm Thursday-Sunday. Tel. 01787 210888 <http://www.sesaw.co.uk>

## Constable Country Patient Participation Group report May 2019

The Patient Participation Group (PPG) will have been in existence for 4 years in July. There are currently 10 PPG members and we usually meet monthly. Our contact details and photographs are on the noticeboards in both waiting rooms and minutes of our meetings are posted on the practice website:

<https://www.constablecountrymedicalpractice.co.uk/>

### Patient comments and complaints

Patients can post any comments or complaints in our comment boxes in either surgery or email us at [constablecountryppg@gmail.com](mailto:constablecountryppg@gmail.com). We discuss these with the practice manager and GPs at our monthly meetings.

Patients often think that if they make a complaint to the practice they will be struck off the practice list. This is not the case. In fact if you have a serious complaint it is vital that you let the practice know. Alternatively you can complain direct to NHS England. Feedback can also be left on the Healthwatch Suffolk website.

### Doctors at the practice

There are currently four GP partners at the practice: Drs Victoria, Tetteh, Vincent and Parikh. Dr. Nasta works part time and Dr. Johal has recently joined the practice, working one day a week. Nursing staff, receptionists and other members of the team are all listed on the website.

### Review of appointment system

We know that availability of appointments and continuity of care are concerns for patients. An online consultation service is now available – called “e-consult”. Receptionists can also offer “GP plus” appointments in the evenings and weekends. These are provided by doctors in the Suffolk GP federation and are generally in Ipswich.

The partners in the practice are revising the way appointments are made and we will be

helping them to talk to patients about this over the next two months. The new system will be implemented later in July. Further details will be available on the practice website and at Open Days at both surgeries. We will continue to work with the practice to improve services to patients.

Kathy Pollard, Chair Constable Country Patient Participation Group

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**The Nayland 10k** starts at 9.30am on Sunday 30th June, at Nayland Village Hall. Families, children, amateur runners and experienced club runners take part in this annual event which supports local charities. Tickets for the fun but challenging route start at £5. Waste reducing Ooho water capsules made from seaweed will be available and runners will be awarded a unique Finisher's medal made from sustainable wood. Volunteers are needed to help on the day. Please visit [nayland10k.co.uk](http://nayland10k.co.uk) for more details

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## EAST BERGHOLT CONGREGATIONAL CHURCH

Cemetery Lane, East Bergholt,  
CO7 6RZ

Pastor -Mrs Maralyn Bambridge

**Services** - Each Sunday morning at 10.30 led by the pastor unless otherwise stated

**Coffee Mornings** - Each Thursday 9.30 to 11.30 am

Church Secretary – John Jeffreys  
Tel 01206 298737  
Email [j.jeffreys.eb@btinternet.com](mailto:j.jeffreys.eb@btinternet.com)

## Nayland Horticultural Society

Visit to Pashley Manor, East Sussex on Wednesday 5th June leaving Nayland at 9.30am. £25 for travel and entry.

All the ingredients of the English Country Garden are present in these award winning gardens - sweeping herbaceous borders, ha ha, lawns, box hedges, historic walled garden, inspiring kitchen garden, wildlife, venerable trees and the Grade I listed house as a backdrop.

To book or for more information see the website, contact Trevor on 262022 or send an email to [trevor.smy24@gmail.com](mailto:trevor.smy24@gmail.com).

Date for your diary

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



## Stour Valley Men's Probus Club

Francis Boardman talked about "Son Of A Gun - Woman in Nelson's Navy" on Wednesday 1 May and on 15 May Bill Roberts recalled "Memoirs Of An Armed Protection Officer". Both meetings were much enjoyed by Members.

On 5 June Norman Jacobs will bring back memories of "Light Entertainment from the 1920's to the 1950's". Two weeks later on 19 June Cathy Shelbourne will speak on "In the Wake of the Mayflower".

Peter Jones will talk about "Martello Towers Of Essex" on 3 July and on 17 July Liz Barringer will talk about the work of The Leonard Cheshire Homes.

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

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB

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

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

Nayland with Wissington Conservation Society  
Registered Charity No. 260104

**NAYLAND  
OPEN  
GARDENS**

**SUNDAY  
9th JUNE  
2019**

2pm-6pm  
Tickets from  
Gardens & Hall  
£5 - children free

**TEAS**  
in the Village Hall

[www.naylandconservation.org.uk](http://www.naylandconservation.org.uk)

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

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

On Wednesday 10 July Paul Stancliffe, Media Manager of The British Trust For Ornithology, will talk to us on "Bird Migration". He will explain what we know & what we don't know. How the BTO is using the very latest technology to uncover the mysteries of bird migration. We will follow cuckoos, nightingales and swifts as they undertake amazing journeys to and from their wintering grounds. Our August Meeting, is a member's only event and will be held at the Venture Centre, Lawford, CO11 2JE, at the normal time, on the 14th of the month. Further information will be given at the June & July meetings.

Each month, the Coffee Grinders meet at The Lambe School, Gaston Street, East Bergholt, CO7 6SD from 10-12 noon. This meeting especially welcomes new

members but gives all members the opportunity of meeting the activity Group Leaders and the Committee whilst enjoying a cup of coffee. The next meeting is on Friday 28 June.

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 370 members and 35 active groups. For further information please visit [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk) where our membership secretary Val Pretty may be contacted.

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 2.15pm. Annual membership costs £12 and this entitles members to attend the meetings that take place on the second Wednesday of each month, except December. Whilst Visitors are welcome to join us on a limited number of occasions, paying a donation each time, Members are given priority, for safety reasons, due the halls limited capacity.

#### Remember

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

#### Email from:

Graeme Forsyth  
 12, Lawford Place, Lawford CO11 2PT UK  
 Telephone +44 (0) 1206 399049



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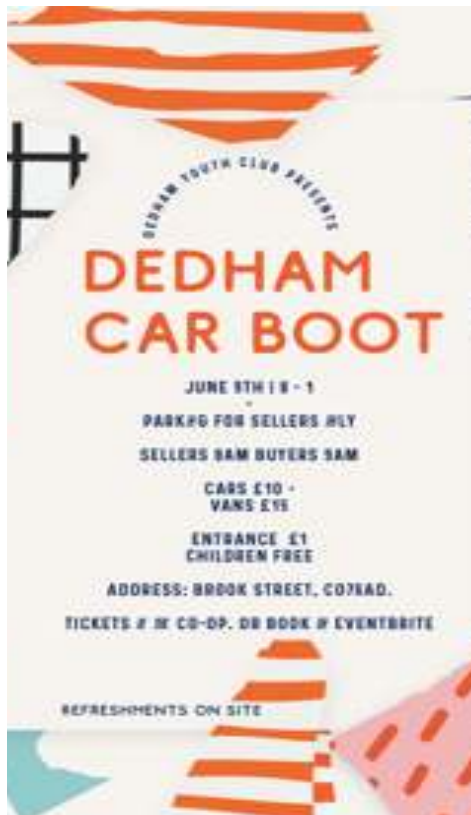
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[WWW.TENDRINGSHOW.CO.UK](http://WWW.TENDRINGSHOW.CO.UK)

Charity No. 803015



## Constable Singers

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

## HOLY FAMILY ROMAN CATHOLIC CHURCH, BRANTHAM, CO11 1TB

Sundays at 9am

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180 Hawthorn Drive, Ipswich IP2  
0QQ

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office@stmarksparish.org.uk



## Bin Collection Schedule

| Week Commencing |                            |   |
|-----------------|----------------------------|---|
| Refuse Week     | <b>27<sup>th</sup> May</b> | <b>Bank Holiday Week</b> - Everyone's collection will be a day later this week. |
| Recycling Week  | 3 <sup>rd</sup> June       |   |
| Refuse Week     | 10 <sup>th</sup> June      |   |
| Recycling Week  | 17 <sup>th</sup> June      |   |
| Refuse Week     | 24 <sup>th</sup> June      |   |
| Recycling Week  | 1 <sup>st</sup> July       |   |

Waste Services 0300 1234 000 (option 4) Email: [recycling@baberghmidsuffolk.gov.uk](mailto:recycling@baberghmidsuffolk.gov.uk)  
 Visit [www.recyclenow.com](http://www.recyclenow.com) to find your nearest recycling banks

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HALL

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# Local Services

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## 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

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## Crime prevention

<http://www.suffolk.police.uk/safetyadvice/repo-rtacrine/tellthepolice.aspx>

PC 1347 Gilkes Pcs0 3041 Cooper  
[babergheast@suffolk.pnn.police.uk](mailto:babergheast@suffolk.pnn.police.uk)  
Telephone...101

## MOBILE LIBRARY

### Stratford St Mary - Route 11

The bus stops every 4 weeks on  
Wednesdays

12 June, 10 July, 7 August, 4 September,  
2 October, 30 October, 27 November, no  
visit in 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

18 June, 16 July, 13 August, 10  
September, 8 October, 5 November, 31  
December

### 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)

# Local Directory

THE GATTINETTS

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323093 or via email on [info@orchardbarns.co.uk](mailto:info@orchardbarns.co.uk)  
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[www.field-studies-council.org/flatfordmill](http://www.field-studies-council.org/flatfordmill). You can also contact us by phone on **0845 330 7368** (local rate), or by email at [enquiries\\_fm@field-studies-council.org](mailto:enquiries_fm@field-studies-council.org)

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**graham@ivc-ltd.co.uk**

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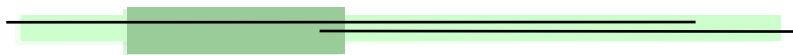
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*For development land enquires contact  
John Radford – [john@grierandpartners.co.uk](mailto:john@grierandpartners.co.uk)*

# The Quartet benefice Newsletter and events schedule

Dear Friends,

Those of you who attended the joyous Easter Day service at Holton St Mary will recall that in her sermon, Rev Janice White, used a quotation from an American writer Edward Hays. It struck a very strong chord with me so I feel it is worth repetition and sharing. The reference comes from the theme of great escapes which Janice used very effectively to recall Jesus escape from the powers of evil from the beginning of His ministry right through it and even to the point of His crucifixion. The point is, Hays suggests, we are all captives and need, like Jesus, to escape from life's prisons.

"Are you captive to the clock and calendar? That's Time-lock prison.

Do you nurse resentments? That's Wounded Heart Prison.

Maybe your place of captivity is Angerville Prison, or the Jail of Impatience, or the Penitentiary of Fear, or the Prison of Prejudice, or even the Penitentiary of Religion.

Maybe for you, achieving is all that matters. If that's case, then you're behind Lock and Key Workhouse Prison.

All these are popular places. They're huge and bursting at the seams!"

What an extraordinary expression of how the world is today – so much anger, fear, hate and prejudice, all giving cause to aggression. But we can do so much about this if we put our minds to cooperating with each other and understanding others opinions. I know I am very poor at this, I blame old age (!), but it is surely something we can work to improve. Our villages are being changed in some ways by the new buildings that are going up, so we prepare to make welcome the newcomers whether church goes or not. They may not necessarily have the same heritage of ancient Suffolk villages, so to make them welcome we must be open to different ways, activities and priorities. The wonderful spirit of openness and cooperation (not to mention fun!) engendered by Rev Rosalind Paul in our Benefice is something we should all treasure and maintain during the Interregnum – to carry forward with our new Rector when he or she is appointed.

So let's escape from all those prisons and, following Jesus, make our community one of care and compassion.

Simon Tennent, Churchwarden Raydon



## BENEFICE CONTACTS, SERVICES AND EVENTS



### **Reader:**

Nicola Tindall: 01787 212340 [nicolajtindall@btinternet.com](mailto: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](mailto: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**

|                  |   |
|------------------|---|
| <b>Higham</b>    | Hugo Parker 01206 337234                                  |
| <b>Holton</b>    | Richard Noel 01206 298276<br>Paul Torrington 01473 312046 |
| <b>Raydon</b>    | Geoff Horrex 01473 310422<br>Simon Tennent 01473 310320   |
| <b>Stratford</b> | Jonathan Dewey 01206 322148                               |

## **Services in June and July**

|           | <b>10.00 a.m.</b>   | <b>6.30 p.m.</b> |
|-----------|---|------------------|
| 2nd June  | SSM with Baptism  | Holton           |
| 9th June  | Higham  | Raydon           |
| 16th June | Holton  | SSM              |
| 23rd June | Raydon  | Higham           |
| 30th June | Family Hour - Parish Room SSM<br>Benefice Service, Holton |                  |
| 7th July  | SSM with Baptism  | Holton           |
| 14th July | Higham  | Raydon           |
| 21st July | Holton  | SSM              |
| 28th July | Raydon  | Higham           |

**Midweek Communion:** A short service of Holy Communion will be held in the Parish Room at Stratford St Mary at 10am on the 3rd Wednesday in June - 17th June.

**Morning Prayer** A service of Morning Prayer will take place on Thursday 27th June at Higham Church at 10–10.30am, followed by coffee. All are welcome or do just come for the coffee.

**House Group:** Thursday 27 June 2-30 to 4 pm at 5, Veyses End, Stratford St Mary. Study: St Peter's Gospel.

**Higham Art Exhibition:** Friday 21 June (7.30pm - 9.30 pm). Saturday 22 and Sunday 23 June (9.30am - 5pm).

**Week of Prayer for Christian Unity:** 9th to 16th June. CtiH.

## **Elders**

Our four church Benefice is fortunate to have five lay elders who are appointed locally and licensed to help and assist with certain aspects of church ministry. For example, they may undertake pastoral work e.g. visiting people in their homes or in hospital, work with young people in running family and children's services and assist with general church services. The lay elders work as part of our local ministry team and may be contacted about local church matters if churchwardens are unavailable.

Martyn Carr    01206 337325, Christine Cousins    01206 322530  
Janet Dewey    01206 322148, Sandy Ranson    01206 322156  
Peter Snelling    01206 337590

## **Weddings**

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

|             |  |
|-------------|--|
| 29th June   | Oliver Charles and Sophia Maddison in Holton St Mary     |
| 27th July   | William Barrie and Tina Page in Stratford St Mary        |
| 10th August | Damian Collister and Amanda Kateley in Stratford St Mary |
| 26th August | James Cook and Hannah Cantrill in Higham                 |



## **For your prayers**

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

**Higham:** Margaret Snelling, the Watkins Family  
**Holton:** Ron Stedman  
**Raydon:** Michael Mumford, May Peacock  
**SSM:** Nancy Ablitt, Laura Kerry, Pat Ablitt and Family  
**Others:** Serena Benson, Tory Cook, Helen Gregory, Steve Kupfer

We pray for Martyn Carr as he prepares for Ordination as Deacon  
on Saturday 29<sup>th</sup> June, St Edmundsbury Cathedral