

**Stratford  
St Mary**

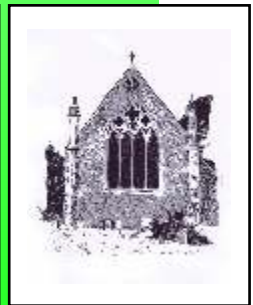
**Higham**

**Holton  
St Mary**

**Raydon**

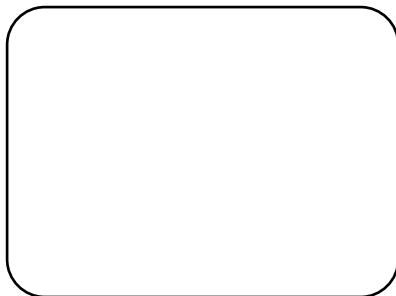
# Quartet

The Parish Magazine



**March 2017**

Issue 343



£15 Donation to Stratford St  
Mary Church Fund.

Magimix - Cuisine System  
4200XL Auto.

Good condition and good  
working order - BUT NO BOWL

All accessories in tray.

Instruction booklet available.

01206 323022.



**IGNITION Youth Club**  
**Stratford Chapel**  
**Every Friday night**  
**7.30 to 9.30**

Age 11 - 16  
contact Beckie.w@live.com



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

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



Dear friends,

When you get this, I shall have just come back from a 3-week pilgrimage to north

India, and no doubt I shall be very ready to bore you with stories and photos of my time there. As I write in early February, I am thinking of all that has gone into preparing for my trip, not only physically so that I don't go down with some horrible disease, but also spiritually, because despite - or perhaps because of - its British legacy, parts of India are sometimes actively hostile to the Christian faith. But I am reminded at the same time that I am nowhere near to suffering the plight of the refugees from the Middle East who had counted on a safe haven in America but have been denied that last vestige of common humanity by the (almost literally) incredible policies of President Trump. I hope that, by the time I get back, those policies will have been thoroughly overridden by the American courts, as they are beginning to be as I write.

Let's get to some good news - we have decided that this year's Mothering Sunday service will be celebrated by all 4 parishes together, in the Parish Room at Stratford. As it falls on a 4th Sunday, which is usually the Family Hour Sunday, we shall meet at 9.30 for bacon butties, followed by a short family service with dressing up and acting out of a Bible story, and we shall of course have the usual posies for children to give to their parents. Do come and join us for the fun.

March sees the start of Lent, a time when we take a look at ourselves to see how we could do better in future, especially in offering our lives to God. To help us to do that, we shall be running a Lent Course, using a leaflet called 'Living our Gifts'. We will start on 7 March at the Rectory from 2.30 to 4 p.m., finishing with tea; the 3 following sessions will be in other houses around the Benefice (venues tba), and then we shall end at the Rectory again on 12 April. Please do come and explore the gifts that you can offer to God through his Church.

Finally, another reminder that on 1st Sundays we now run a 'Sunday School' (a prize for anyone who can come up with a better name!) during the 10 a.m. service at SSM for primary age children to listen to a story and do some activities that they will then show to the grownups when they come back into the service. If you would like your child(ren) to know more about God, please bring them on those Sundays. You will be more than welcome.

Rosalind Paul  
Rector



# The Quartet Diary



## March

- |   |  |
|---|--|
| 1 Stour Valley Men's Probus Club                                    | 12 Stour Valley U3A Meeting  |
| 8 Stour Valley U3A Meeting  | 18 Raydon Parish Council Meeting<br>SSM First Responders AGM                           |
| 11 Charity Book Sale, SSM<br>Dog Day, Sudbury, St Peter's<br>Church | 21 Good Friday Walk  |
| 13 SSM Parish Council Meeting                                       | 22 Constable Singers Concert<br>Charity Walk in the Dedham Vale<br>Raydon Village Talk |
| 14 Planning Meeting, SSM Open<br>Gardens                            | 23 SESAW Spring Fair, Long Melford   |
| 15 Stour Valley Men's Probus Club<br>AGM                            | 24 SSM Annual Parish Meeting   |
| 21 Raydon Parish Council Meeting                                    | 25 Raydon Fair Trade Coffee<br>Morning   |
| 23 R & DGC Meeting  | 26-29 Dedham Players Performance   |
| 28 Raydon Fair Trade Coffee<br>Morning                              | 27 R & DGC Meeting   |
| 31 HSM Social Club Whist  | 29 SSM Church Clean Up Day   |

## April

- |  |   |
|--|---|
| 1 Hadleigh Choral Society Concert<br>SSM Village Life Race Night<br>SESAW Easter Fair, Whatfield | 8 SSM Parish Council Meeting  |
| 5 Stour Valley Men's Probus Club   | 13 HSM Social Club Progressive<br>Dinner<br>Plant Sale, Raydon Village Hall |
| 7 HSM Social Club AGM  | 16 Raydon Parish Council Meeting  |
| 8 R & DGC Members Spring Show<br>HSM Social Club Quiz Night                                      | 23 Raydon Fair Trade Coffee<br>Morning                                      |
|  | 25 R & DGC Evening Woodland<br>Garden Visit                                 |

# Editors Corner

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With the spring weather just around the corner, things are once again hotting up in the villages and more and more events are appearing in the pages. I won't highlight any particular event this month, but we hope you have a good read through and find a few things to go to. Remember, we advertise 'out of the immediate area' events after the Holton section for those of you who like to go further afield.

Please do feel free to email us suggestions of events in the surrounding locality if you know about or are involved in any. We will be pleased to publish all that we can find room for.

We have another reader offer for you this month - there is a voucher on the Higham page from Place for Plants for free entry into the garden - well worth a visit if you haven't been. The voucher is valid until 31<sup>st</sup> May, so hang on to it!

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> March 2017**

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# Stratford St Mary

## Charity Book sale

Stratford St Mary Parish Rooms  
on Saturday March 11th

from 10am-1pm

There will be books for sale,  
coffee/tea and home-made cakes

All money raised will be donated to  
Ipswich Salvation Army for their  
work with the homeless



## 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.



## Junior Road Safety Officers at Stratford St Mary Primary School

On Wednesday 18th January 2017  
the JRSO's and PC Denise Ford (Community  
Police Officer) observed the parking outside  
the school gates at the end of the school day.  
The JRSO's were making sure drivers had  
parked safely and correctly. With support  
from PC Denise Ford, the JRSO's looked at  
the cars individually and made a decision on  
which ticket the driver should be issued with.  
There were three different tickets; A+ for  
considerate parking, C for could be better and  
FAILED for dangerous parking. The JRSO's  
issued four green tickets, one yellow ticket  
and one red ticket. The JRSO's hope this will  
encourage the parents to think about how  
they park and continue to do so safely. The  
JRSO's will continue to do spot checks on  
the parking outside the school gates.

Miss R Jones

## PARISH COUNCIL MEETINGS

### AT THE INSTITUTE

13th March  
24th April Annual Parish Meeting  
8th May  
10th July  
11th September  
13th November

7.30pm till 10.30pm

## Stratford 100 Club Winners February

3	S. Brass	£40.00
76	S. Ablitt	£10.00
22	C. Cousins	£5.00

## 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

# SSM



Open Gardens /

OpenVillage

**PLANNING MEETING**

**14<sup>th</sup> March**

**Parish Room – 7.30pm**

**All Welcome!!**

Open Gardens is getting closer and we hope to make this a full village event with a range of activities such as:

- Art Exhibition
- Boat Rides
- Pop up stalls
- =Arts and Crafts exhibitions/demonstrations
- =Village History
- Music

.....and much more

**Volunteers are needed to help so GET INVOLVED by coming to the meeting to find out how.**

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

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

**or call on 07989639583**





### 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!**



## 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](mailto: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.

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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

For booking please see or ring  
Don Umfreville at Christmas Cottage,  
Upper Street.  
Tel : 322 626.

## 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**



## 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.





## Community First Responders

### Hall Farm support to the Village

Our Community First Responder Service is struggling to cover the number of hours it would like because of the difficulty of finding volunteers with available time.

One way of addressing this issue is to have public access to a life saving defibrillator available 24 hours a day in the village. Hall Farm have contacted us with an opportunity to provide just such a facility.

Just over 2 years ago a lady died at Hall Farm, in spite of great efforts to save her. As a thank you for those efforts the lady's family wish to donate a defibrillator to Hall Farm in memory of their mother, and also of a loved sister.

Although it is bequeathed to Hall Farm, and hence will be sited there, John, Myra and their family wish it to be available to the whole Community.

For this reason we are liaising with the Ambulance service to have it adopted as a Community defibrillator site. The defibrillator will be externally mounted in a heated box safe with a code lock which is accessed through the 999 service; Hence it will be available to all of us 24 hours a day, 7 days a week.

However we will need to raise some additional funding for the external box, so are approaching the village community for help. We are organising a raffle with some very attractive donated prizes and selling them via a door knock which will also give an opportunity to explain what is happening. We will give you a draw ticket for every pound donated and then we will enter these into a raffle. If we are lucky enough to raise more than is required, the extra money will go to the ongoing village Community First Responder service. The Draw will take place on Saturday 1<sup>st</sup> April at the Race Night.

We believe this will be a key development for the village and we hope we can count on your support.

### 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 : [philipwyncoll@btinternet.com](mailto:philipwyncoll@btinternet.com)

<http://www.stratfordstmarychapel.com>

### 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.

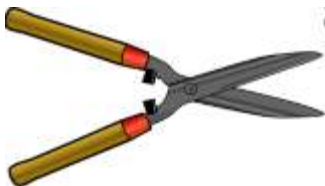
## BOOK OF MEMORIES

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](mailto: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.

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## Stratford St Mary Church



On Saturday 29<sup>th</sup> April 2017 from 10am we are holding a clean-up day in the Churchyard, where we will be removing ivy from around the Yew trees and from the walls and also to pollard the lime trees. If you can spare an hour or two to help us with this we would be very grateful, and in return Sarah Brass will provide you with a delicious lunch!

*Village Life*

# **Race-Night**

*Raising funds for village causes*



Saturday 1<sup>st</sup> April 2017 - 7.30pm  
Stratford St Mary Institute  
Higham Road, Stratford St Mary  
Licensed Bar - Ploughman's Supper  
Join us for an evening of fun and excitement

Featuring the 'First Responders Defibrillator' Draw  
Tickets Adults: £8.00 Children (u.15) £4.00 (inc. supper)  
Available from:  
Hall Farm Shop or Stratford St Mary Post Office  
Or telephone:  
Brian - 01206 323091; David - 322259; Norman - 323015  
e-mail: [villagelife@stratford-st-mary.org](mailto:villagelife@stratford-st-mary.org)  
Why not become a racehorse owner, trainer or jockey for the evening?  
On sale before the race-night at £2.00 each



Community  
First Responders

### **SSM First Responders AGM**

Tuesday 18th April

7.30pm Parish Rooms

## 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.



### **PLANT CENTRE, GARDEN & CAFE**

*For Specialist and Popular Plants*

### **Quartet Offer**

*This voucher entitles two adults free entry to The Place for Plants garden, East Bergholt.*

**Valid 1<sup>st</sup> March to 31 May 2017**

**(excludes Sundays)**

**OPEN DAILY 10am-5pm**

**East Bergholt Place, CO7 6UP**

**Tel: (01206) 299 224**

**[sales@placeforplants.co.uk](mailto:sales@placeforplants.co.uk)**

**[www.placeforplant.co.uk](http://www.placeforplant.co.uk)**

## Run for MS-UK

**Join the MS-UK Colchester Half marathon team and be part of this amazing event on Sunday 12 March 2017.**



Every penny you raise will help MS-UK offer our vital services to local people in Essex living with multiple Sclerosis. Plus you will get all the support and encouragement that you will need to take part and your very own MS-UK running top! For more information contact Mark today

on  
**[mark@ms-uk.org](mailto:mark@ms-uk.org) or 01206 226500.**



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# Raydon



## Fair Trade Coffee Morning

A very cold and grey day for our Fair Trade Coffee Morning on January 31st. This didn't

dampen our spirits though as we had a birthday to celebrate! Cards and good wishes came in abundance, and it was soon standing room only! We had to get our singing voices into gear though when our "Frinton patisserie friends" arrived as they had brought a lovely birthday cake for the occasion. A huge thank you to them for all the lovely scones, cakes and sausage rolls that they make for us during the year.

Our plans for the "Big Brew" that we have during Fair Trade Fortnight were the hot subject this month, with ideas for more and different stalls. However just a few days after our plans were initiated I heard that a very good friend had passed away and the funeral was to be on our "Big Brew" date of February 28th. We'll have to travel the day before so regretfully there will be no "Big Brew" this year but the usual coffee morning will go ahead with the "Tea Team" in charge, with good company and lovely coffee as usual.

I'll see you all again on 28th March when hopefully it will be a bit warmer. Until then enjoy the February event and thanks for your continued support.

Wendy Mumford 312123

**Tuesday February 28<sup>th</sup>**

**Regrettably Big Brew cancelled.**

But Please Come to the coffee morning and Make a donation for the Fair Trade Farmers.

Raydon Church 10.15am-11.30am

Many thanks

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

Tuesday 21 March  
Tuesday 18 April  
Tuesday 16 May  
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 (details below)***

**Jane Cryer**

**Clerk to the Council**

**Sunnyside Cottage, Overbury Hall Road,  
Layham IP7 5NA**

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

## From Raydon St Mary's Church.



Somebody has been in Raydon Church and either stolen or thrown away part of one of the figures from our Nativity Crib which has been standing in the Chancel over Christmas. The figures were hand made and cannot be easily replaced. The item concerned is one of the Three Wise Men who just happens to be a black person. The head has been taken between Monday 16<sup>th</sup> and Thursday 19<sup>th</sup> January..

If this is just a childish prank perhaps the person concerned would be kind enough to return the item by placing it on table nr Vestry door. We can then repair the figure. We sincerely hope it's not because of the colour.

### **Probably not related**

Other items have been taken from our Church Stall this same week after it has been closed for the day (after dark) which seems to be an increasing problem. If anybody happens to see such activity ie Car with headlights on parked by stall at night try and get number plate so we can inform police.

Geoff Horrex / Simon Tennent (Church Wardens).

## Raydon Century Club Draws: February

£25	5	S. Daldry
£15	93	Leigh Polding
£10	37	Vera Gostling
£5	26	Neil Banyard
£5	107	Mrs J West
£5	16	N Summers
£5	68	C Neckreus

## Elizabeth Garrett Anderson (1836 – 1917)

Who knows the story of this lady, celebrating the centenary of her death this year? Many people will have seen her name above the entrance to the A & E unit at Ipswich Hospital, but are they aware what a remarkable woman she was, or even who she was?

She was born in London but spent most of her childhood in Suffolk, Leiston, where her father was a successful business man. He had a barley and coal merchanting business at Snape Maltings and moved to Aldeburgh where he built Alde House. But what an amazing daughter he produced – so many firsts to her name.

The first woman to pass the exams to become a doctor, opened the first hospital for women in London, first Dean of the London School of Medicine for Women and finally first female mayor in England – Aldeburgh. Through all this she was constantly fighting the Victorian prejudice against women doing anything but bear children and manage the home. Needless to say she was a leading political campaigner for women's rights. To learn a lot more about our local heroine, **come to Raydon Village**

**Hall on 22<sup>nd</sup> April where Mark Mitchels will give one of his celebrated talks.**

# Raydon and District Gardening Club

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It's mid February already with snow on the ground as I look out of my window wondering what to write for March. As yet our first meeting of 2017 is still a week away ,however the snowdrops are now flowering fully and out in the country side catkins are also showing well, this alone means winter is running out and Spring is just around the corner. March is a great month partly for me as it's my birthday month which normally means daffodils and freshly mown grass, rhubarb well on the way to first pickings, longer days with both lighter mornings & evenings, planting the veggies, & watching the birds who are getting busy nest building along with increased bird song. It all just makes you feel better with the added get up and go to start the garden again after its winter rest. Hope you gardeners all feel the same and are optimistic of a good successful year ahead with both produce, + all the lovely flower colours and perfumes to enjoy. As the saying goes "bring it on", but we must try not to wish time away but enjoy the moment. Every day has something.

So to club matters:- Our meeting on Thursday 23rd March will be Jan Michalak who will give us a illustrated talk on the National Plant Collection, of Muehlenbeckin, New Zealand. This deserves a full house for what will be a fascinating and informative evening. Members bring along a guest visitor. Its only £2.00 pp on the night, and refunded if they join the club on the night.

Then it's Saturday 8th April "Spring Show" once again. The aim of the day is to enjoy, so go on have a go and put a entry or two in, then come along with friends to view,

who knows you may have won!! Pick up a schedule/ entry form from any committee member, fill in, and hand in including entry fees on Wednesday 5th April, then bring your entry(s) along on show day for judging. Remember in Spring show most of entries can be picked from your garden, or if photos, these can be taken anytime over the last year, just check the subjects.

On Thursday 27th April our guest speaker will be Maikie Windhorst on the subject of growing for flower arrangers. Lighter nights so we go outdoors on Thursday May 25th our first local evening visit to a woodland garden. Lastly our coach outing on Sunday 25th June is to Leeds Castle nr Maidstone, Kent. Our last club visit was in 1998 so guess we should see several changes for a fantastic day out not to be missed. We are now taking bookings.

Geoff Horrex (01473 310422)



[www.raydon-gc.org.uk](http://www.raydon-gc.org.uk)



Raydon Village Hall

## **PLANT SALE**

**on Saturday  
May 13th,  
10am-noon,  
also cakes craft stall  
etc**

## **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

### **Parish Clerk:**

Jane Cryer - 07920 713940

We are still concerned about the amount of speeding through Raydon and also the number of articulated lorries passing through, so we will be discussing this at a future meeting with PC Christopher Garrod from Suffolk Constabulary. Your Parish Council would welcome your ideas and opinions on this - or anything else that affects Raydon.

Feel free to contact any of us, or email Jane Cryer, the Parish Clerk, at [raydonpc@gmail.com](mailto:raydonpc@gmail.com).

The next meeting of the Parish Council is on Tuesday 21 March at 7.30pm in the KGF Pavilion - all parishioners are welcome to attend as observers.

## **EASTER LILIES**

**In St Mary's,**

**Raydon**

## **EASTER SUNDAY**

**16<sup>th</sup> APRIL**



**If anyone would like to have lilies displayed in the Church in memory of a loved one at Easter, please contact:-**

**Angela King on 01473 311120**

**I would appreciate orders by  
MONDAY 3<sup>rd</sup> APRIL please**



**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.

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

## **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

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## Do you FB?



Did you know Holton St Mary have a Facebook page? It's a great place to share what you like about HSM. For villagers, there is also a closed

group - great for communicating with friends and neighbours without sharing with the world. If you would like to join, make a request. John Willoughby is the manager.

## First Friday of the Month Lunch Club



On the first Friday of every month there is a Lunch Club in the Village Hall for residents of the village of Holton St Mary. All ages welcome!

A Light Lunch will be served between 12.30 - 2.00 pm at a cost of £2.50 per head.

The lunches are a collaboration between some of the organised groups in the village, and are non-profit making!

Any surplus funds will be reinvested.

If you would like to join us for lunch, please contact Frances Torrington on 312046 or Sally Thurlow on 312080 or email Frances on [familytorrington@btinternet.com](mailto:familytorrington@btinternet.com) or Sally on [salthurlow@gmail.com](mailto:salthurlow@gmail.com)

We are also looking for volunteers to help run the lunches and help on the day.

## Holton St Mary Social Club

WHIST - last Friday of the month  
Next Date 31st March.

AGM :- Friday April 7th. .

Quiz Night :- Saturday April 8th  
Please register your team on the notice provided in the club

Progressive Dinner :- Saturday May 13th  
Please contact John Partridge if you are interested in taking part.  
(01473 311677)

Contact Erik: Mobile 07969 459944  
Email [erik.ellis@me.com](mailto:erik.ellis@me.com)



## Gifts for Mother's Day given from the heart

The exact origins of Mothering Sunday are unclear. Some have even linked it with the spring festivals for various mother goddesses held in ancient Greece and Rome.

However, it is certainly known that by the 16th century during Lent there was one Sunday when all returned to their "Mother Church" - the main church or cathedral of the area. This custom evolved over the years to become the day when those working away from home, often in service, or as apprentices, returned to visit not only their mother-church, but also their own mother and family. They would bring hand-picked flowers or cake; a precursor to the tradition still observed today of the giving of gifts to mothers on Mothering Sunday.

Beneath the cards and the flowers gifted to 'that caring and supportive someone' there is a simple message of love and appreciation that can be given on Mothering Sunday. For many years now Mothers' Union have supported this act through our fantastic **Make a Mother's Day Appeal** where our ethical gifts have the added benefit of making a difference to mothers and communities around the world. On Mothering Sunday, this year (25th March 2017) why not give a gift that will transform a life. Whether you are buying for your mother or in memory of your mother, you could help a mother like Marie Claire Agahire, 44, learn a skill to provide for her family and community.

Marie Claire lost her mother at 18 and had to bring up her six siblings. Mothers' Union

were there for her during this difficult time and taught Marie Claire craft-making skills which she now uses to earn money for her family. Marie Claire has also set up a workshop to pass on her skills to orphaned children.

Marie Claire says, *"Thank you for training me in crafts such as sewing, knitting and jewellery. I now buy all I need and have my workshop to teach children how to weave*

I am currently a member of the Action and Outreach committee at Mothers' Union central base in London. I hear directly from our members across the world about the impact of our project work and play a role in monitoring and supporting new projects. I have a particular interest in projects that promote self-reliance and resilience. In Gikomero Parish, Rwanda, 105 young single mothers joined our Mothers' Union parenting skills group. Many knew little about parenting and were being shunned by their families.

One mum from the group says, "We are so thankful. We felt excluded as single mothers but your support brings us together and we find strength in each other. We have learnt practical skills like growing vegetables for a healthy diet. We have even started a savings group to help each other care for the needs of our children."

How it works

I have placed Make a Mother's Day packs in each of the churches in our benefice for you to use. Or you can log on to the website [www.mothersunion.org](http://www.mothersunion.org) and buy your gift online.

I will give you an update later in the year of how much was raised and the news of lives transformed through your generosity.

Jeanette Appleton, Holton St Mary

**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

# Hadleigh Choral Society

**Beethoven**

**Missa Solemnis**

**Colchester Symphony Orchestra  
conducted by Christopher Phelps**



Elaine Tait(soprano) Sian  
Cameron(mezzo-soprano) Ashley  
Catling(tenor) Owain Browne(bass)

**St. Mary's Church Hadleigh**

**Saturday 1 April 2017**

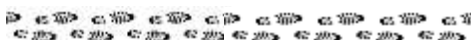
**Concert at 8 p.m ... Bar opens at  
7.30 p.m**

**Tickets: £14**

**Over-60:£12 , Under-16: £2**

**Available from The Idler, High Street,  
Hadleigh and from choir members  
and at the door .**

**[www.hadleighchoralsociety.org.uk](http://www.hadleighchoralsociety.org.uk)**



## Mayor's Walk

With the Dedham Vale Area of Outstanding Natural Beauty  
(AONB) Chairman, Cllr Nigel Chapman.

The Mayor of Colchester, Cllr Julie Young, **invites you** to join  
her on a walk in aid of the Mayor's Charities (Beacon House,  
Open Road, Signpost, The Rob George Foundation, The Invicta  
Foundation) and the Stour Valley Environment Fund.



Walkers will need to be able to walk 14 miles on 22 April 2017 from  
Bures to Dedham through one of England's finest landscapes, the  
Dedham Vale Area of Outstanding Natural Beauty.

**Walkers are requested to commit to raising a minimum  
of £50 to be split between the charities listed above.**

Full details and booking information from Simon:  
[dedhamvale.project@suffolk.gov.uk](mailto:dedhamvale.project@suffolk.gov.uk) or 07971 909649



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or Tel 03336663366 (booking  
fee) or online at  
[www.dedhamplayers.org.uk](http://www.dedhamplayers.org.uk)***

---

**CONSTABLE SINGERS  
CONCERT**

**on Sat 22nd April**

**AT  
Congregational Church  
East Bergholt  
7p.m.**

**Further details from Posters/magazines  
nearer the time of concert.**

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Constable singers meet every Thursday at Lambe School apart from 2nd Thursday when we meet at Congregational Church Cemetery Lane E.B. at 7pm. We sing music from the musicals and pop songs. Words provided no audition. Further details from Mel 01206298628 or Yvonne 01206298428

## SESAW NEWS

It was all quiet in the kitchen, even Kenny was snoozing as I slipped past to send this month's news from the feline point of view. The little Prima Donna has been quite well behaved lately so perhaps Mother will let him go out to events again this year. A must for all canine fans is the Dog Day at St. Peter's Church, Sudbury, 10-3pm on 11th March.

Now spring is around the corner we are bracing ourselves for another kitten season. Please remember us black or black and white cats are just as lovely as the other colours. We make even better pets when we are neutered or spayed, thus avoiding more kittens ready to reproduce at four or five months old.

By the way, as Mark Twain almost said, reports of our closure are greatly exaggerated. Please tell all your friends the Sanctuary has NOT closed down as anyone can see during our usual opening hours, 10-1pm, Thurs-Sun every week.

Our craft ladies are busily knitting and sewing lots of handmade goodies, ready for our Easter Fair at Whatfield Village Hall, 1st April, then a Spring Fair at the Old School, Long Melford on 23rd April. Tables still available at £10 each, please phone 01206 263269 or download a booking form from our website. Thank you to all the kind readers who donated wool, material and other items, please keep them coming.


Talking of tables, it's time I checked the kitchen to see if Mother has hidden away the butter from me, Ollie (the Black) Cat.

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)

## Waste & Recycling

### Collection Schedule 2017

March 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	30	31		

 Recycling collected this week

 Rubbish collected this week

THE THIRD AGE TRUST



THE UNIVERSITY OF THE THIRD AGE

On Wednesday 8th February Prof John Midwinter FRAE, FRS., formerly at BT & UCL spoke on "The Truth About Climate Change". His lecture explored evidence that we are changing the climate of our planet, probably irreversibly, and this was linked to a discussion of what this probably portends and why we should be very concerned.

Mark Mitchels will speak on Wednesday 8th March on "The Sutton Hoo Ship Burial". This will be an illustrated lecture that attempts to re-create the moment. It will tell the story of the

excavation and when a remarkable people sent their leader on his final voyage. This was one of the greatest treasure ever found on English soil, and a Royal tomb.

On Wednesday 12th April Amanda Richmond's subject is "Two teachers ascent of Everest" Amanda is a teacher, mountaineer skier, traveller & bell ringer. She will tell in an engaging way the story of two Suffolk teachers' ascent of Everest, the 6 years preparation, planning and hardships involved in tackling this formidable ascent.

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 ThirdAge 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.



## Report from Constable Country Patient Participation Group

### Verbal abuse of receptionists

We were very sorry to hear that receptionists have recently been victims of an increase in personal abuse from patients. You may be frustrated, worried and angry when you call but please don't take it out on the receptionists.

**Two of our PPG members spent a morning at Capel and East Bergholt surgeries.** They were impressed by the helpfulness and attitude of the staff, and the systems in place. Phone calls were constant and answered on average in 30 seconds.

There were many requests for input from the doctors (from prescriptions to urgent queries). These requests are immediately passed on electronically, and an 'urgent task' pops up on the doctor's screen.

One bit of feedback from patients was acted on immediately - you will notice that your name is now on the screen for much longer!

### Follow-up appointments

If a doctor wants to see you again, ask him/her to book this for you, as receptionists aren't usually able to do this.

### Problems with prescriptions

The recent changes to electronic prescriptions have meant there is increased delay in providing the prescribed medicine. Please ensure that you get your repeat prescriptions in early.

Kathy Pollard, Chair Constable Country PPG  
01473 311384  
Email: constablecountryppg@gmail.com



## Stour Valley Men's Probus Club

On Wednesday 1 February Peter Gant talked to us about "100 years of Postcards" and Dudley Chignell presented "The Four Seasons in East Anglia" on 15 February. Both meetings were much enjoyed by our members.

On Wednesday 1 March Joyce Kimber speaks on "Ciphers & Enigma" and the Annual General Meeting will be held on Wednesday 15 March when President Hew Naylor will stand down after his year in office. Julian Wong will talk on 5 April about the good work undertaken by the charity "Mary's Meals". We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB

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.

---

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

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Telephone 01473 684963  
office@stmarksparish.org.uk

# 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

## **Stratford Village PO Opening times**

### **SHOP:**

Monday to Friday 8.30am to 1pm and  
2pm to 5pm  
Saturday 8.30am to 1pm

### **POST OFFICE:**

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## **MOBILE LIBRARY**

### **Stratford St Mary - Route 11**

The bus stops every 4 weeks on  
Wednesdays  
22 March, 19 April, 17 May, 14 June, 12 July,  
9 August, 6 September

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,  
28 March, 25 April, 23 May, 20 June, 18  
July, 15 August, 12 September

### **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

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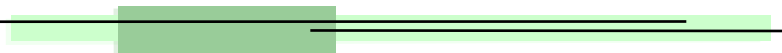


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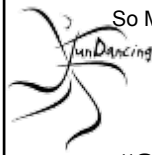
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A business card for John Parker, JP Handyman Services. The card has a wood-grain background. On the left, there is a partial image of a person's arm in a blue shirt holding a tool. The text on the card includes the name 'John Parker', the business name 'JP HANDYMAN SERVICES', a list of services: 'Bathroom/Kitchen Tiling', 'Painting/Decorating', 'Plastering', and 'Gardening', followed by the phrase 'The list is endless'. The phone number '07804 632645' and email 'jtp1001@hotmail.com' are also listed.

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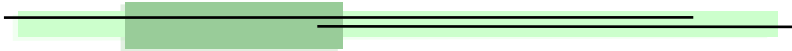
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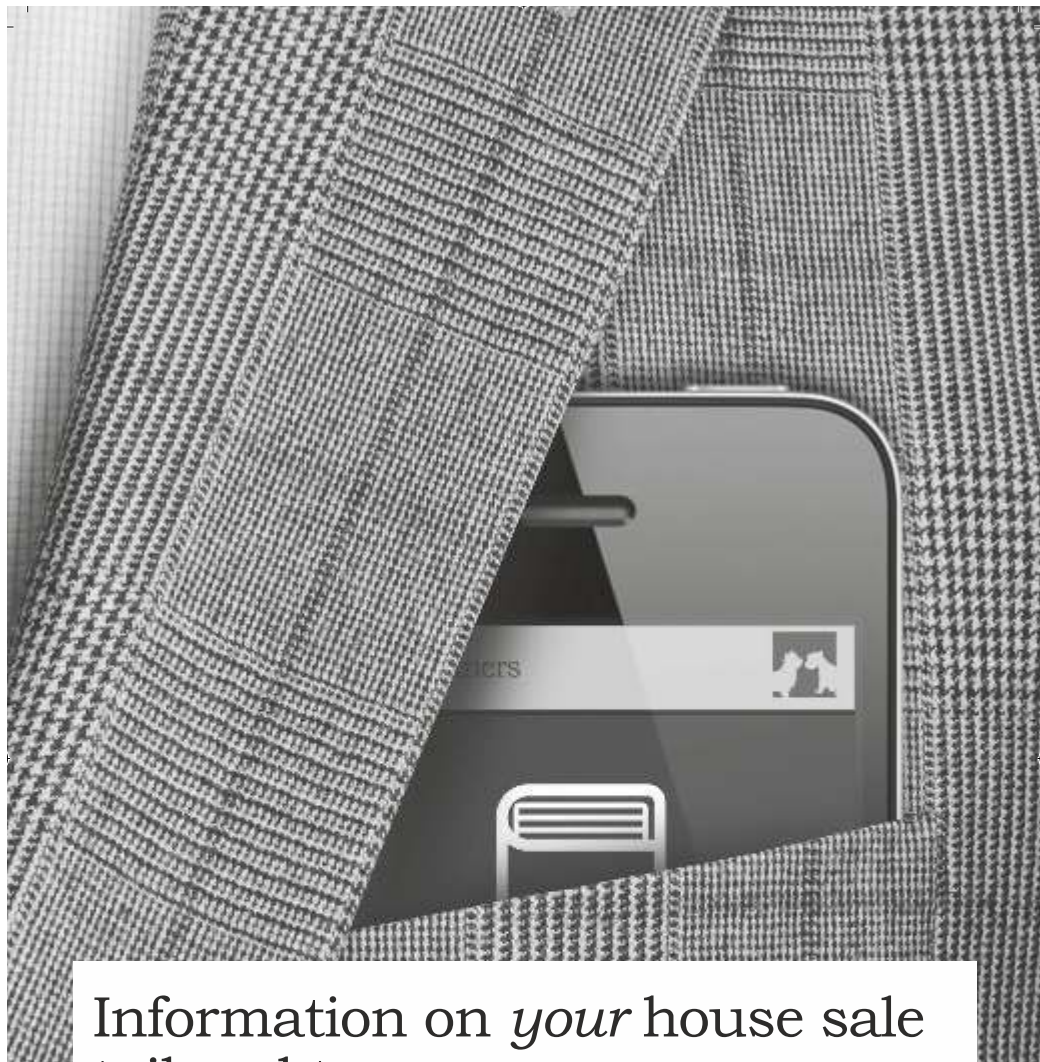
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Please contact the Rector direct to talk about baptisms, confirmations, weddings, funerals, or for home visits. **Please note that her normal day off is Friday.**

#### *Churchwardens*

<b>Higham</b>	Martyn Carr 01206 337325 (Elder) Hugo Parker 01206 337234
<b>Holton</b>	Paul Torrington 01473 312046 Jean Styles 01473 828532 (Elder)
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### Morning Prayer

Morning Prayer will be said at the following times this month:

16 March 9.30 a.m. Higham

20 March 9.30 a.m. Holton

27 March 9.30 a.m. Raydon

Please do feel free to use our churches to say your own prayers even when I can't join you.

### Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **15 March**.

## Services in March and April

		10.00 a.m.	NB. Change from 5pm to 6pm 2 <sup>nd</sup> April
5th		SSM	Holton
12th		Higham	Raydon
19th		Holton	SSM
26 <sup>th</sup>		<b>All to SSM Parish Room for Mothering Sunday</b>	Higham
2 <sup>nd</sup> April		SSM	Holton
9 <sup>th</sup> April		Higham	Raydon
16 <sup>th</sup> April		SSM and Holton <b>EASTER DAY</b>	SSM
23 <sup>rd</sup> April		8am Higham 10am Raydon	
30 <sup>th</sup> April		10.30am Deanery Eucharist, Hintlesham	

## Services over Holy Week (the week before Easter)

10 April Higham )  
 11 April Holton ) 6.30 p.m. Compline  
 12 April Raydon )  
 13 April 6.30 p.m. SSM, Maundy Thursday Liturgy with Stripping of the Altar  
 14 April Good Friday Walk of Witness, starting from SSM at 9.15 a.m. and ending at Raydon at 2.30 p.m.  
 15 April 7.30 p.m. Easter Vigil, Raydon

## Lent Course

We shall be starting a Lent Course on 7 March, using a booklet provided by the Diocese, entitled 'Living our Gifts'. Each session will take place from 2.30-4 p.m., ending with tea. Everybody is welcome. The sessions will be on the following dates:

7 March The Rectory  
 16 March Venue tba

22 March Venue tba  
30 March Venue tba  
12 April The Rectory



### New Testament Readings and Collects for weekdays in March

5 March: *1st Sunday of Lent*. Heavenly Father, your Son battled with the powers of creation and grew closer to you in the desert. Help us to use these days to grow in wisdom and prayer that we may witness to your saving love in Jesus Christ our Lord. Amen.

6th John 5.1-18

7th John 5.19-29. Perpetua, Felicity and their Companions,  
Martyrs at Carthage, 203

8th John 5.30-end. Edward King, Bishop of Lincoln, 1910

9th John 6.1-15

10th John 6.16-27

11th John 6.27-40

12 March: *Lent 2*. Almighty God, by the prayer and discipline of Lent may we enter into the mystery of Christ's sufferings, and by following in his Way come to share in his glory, through Jesus Christ our Lord. Amen.

13th John 6.41-51

14th John 6.52-59

15th John 6.60-end

16th John 7.1-13

17th John 7.14-24. Patrick, Bishop, Missionary, Patron of Ireland, c. 460

18th John 7.25-36. Cyril, Bishop of Jerusalem, Teacher of the Faith,  
386

19 March: *Lent 3*. Eternal God, give us insight to discern your will for us, to give up what harms us, and to seek the perfection we are promised in Jesus Christ our Lord. Amen.

20th Matthew 13.54-end. ***Joseph of Nazareth***

- 21st John 7.53-8.11. Thomas Cranmer, Archbishop of Canterbury, Reformation Martyr, 1556  
22nd John 8.12-30  
23rd John 8.31-47  
24th John 8.48-end. Walter Hilton of Thurgarton, Augustinian Canon, Mystic, 1396  
25th John 9.1-17. **THE ANNUNCIATION OF OUR LORD TO THE BLESSED VIRGIN MARY**

26 March: *Lent 4/Mothering Sunday*. God of love, passionate and strong, tender and careful, watch over us and hold us all the days of our life, through Jesus Christ our Lord. Amen.

- 27th John 9.18-end  
28th John 10.1-10  
29th John 10.11-21  
30th John 10.22-end  
31st John 11.1-16



For your prayers

- For Nicola Tindall as she comes to the end of her studies to become a Reader.
- For those who are ill or in need:

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**Raydon:** Cliff Cooper

**SSM:** Laura Kerry, Reg Price, Trina

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