

**Stratford
St Mary**

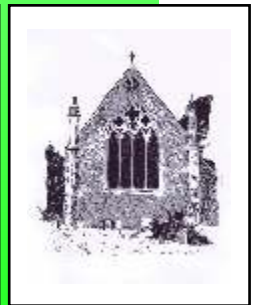
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



March 2018

Issue 355

CLEANER NEEDED

Stratford St Mary church needs a cleaner who is prepared to go in once a month at the beginning of the month to vacuum, dust and clean the brasses. We can pay up to £30 a month. If you are willing to help us in this way, please contact Jonathan Dewey on 01206 322148.

Looking for information on care and support?



Care Choices' comprehensive guide to choosing and paying for adult care and support

- Home support • Specialist care • Care homes • Useful contacts

For **FREE** copies of the new **Suffolk Care Services Directory**
or for assistance with finding care and support,
call Care Choices on **01223 207770**

The e-book will be available online at www.carechoices.co.uk

NEW
FOR 2018

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

Small Ads pin board

Welcome



Dear friends,

A quick reminder that our first two morning services in March will be in a different

rotation from usual because of Mothering Sunday on 11th. You may notice that the Church calls it 'Mothering Sunday' rather than 'Mother's Day' - that's because we believe that the kind of care that is known as 'mothering' isn't only done by mothers! Indeed, one of the most famous saints of East Anglia, Dame Julian of Norwich, talked about Jesus as our mother in her 'Revelations of Divine Love': 'It is a characteristic of God to overcome evil with good. Jesus Christ, therefore, who himself overcame evil with good, is our true Mother. We received our being from him, and this is where his maternity starts. And it comes with the gentle protection and guard of love, which will never cease to surround us.'

In this day of extreme awareness of gender relations, let's celebrate kind, gentle, non-abusive support from whatever source we get it; we all need 'mothering' from time to time. So we do hope families from around the Benefice will come and join us at SSM at 10 a.m. on 11th for a special service during which children of all ages will be given posies for their mothers - and those who mother them in other ways - to say thank you.

And speaking of caring for those we love, it has been on my mind for a while now that I would like to do something to help preserve the sanity of all those in our villages who care for loved ones at home.

I come across more and more of you who are doing a heroic job of looking after relatives with dementia or a terminal illness, and I know how tired you get, physically, mentally and emotionally. So I am inviting you to give yourselves a break one morning a month by coming to a 'Carers' Coffee' at the Rectory to let yourselves be looked after for an hour or so and to share your stories with others who will understand all too well what you are going through. Carers can often become very isolated from the wider world around, and depression is not uncommon, so please come and offload in a safe and caring environment. We will start up after Easter, and I will put further details into the April Quartet.

However you are approaching it, may the next few weeks of Lent bring you new insights into yourself and how you can move forward with God, till we come to the outburst of joy that is Easter morning on 1 April. Then we shall celebrate the new life of the one who gave himself for us, a life that he is longing to share with us all. On that morning there will be a service at both SSM and Holton, and Easter eggs will abound!

God bless you all.

Rosalind Paul
Rector



The Quartet Diary



March

- 4 HSM Annual Sunday Lunch
- 7 Men's Probus Club Meeting
- 10 SESAW Fair, Whatfield
- 12 SSM Parish Council Meeting
- 14 U3A Meeting
- 21 Men's Probus Club AGM
- 22 R&DGC Meeting
- 23 Quiz Night, East Bergholt School
- 24 Hadleigh Choral Society, Snape
- 27 Raydon Fair Trade Coffee Morning
- 30 HSM Social Club Whist

April

- 4 Men's Probus Club Meeting
- 7 R&DGC Spring Show
- 11 U3A Meeting
- 18 Men's Probus Club Meeting
- 21 Raydon Lecture
- 22 SESAW Fair, Long Melford

- 23 SSM Parish Council Meeting
- 24 Raydon Fair Trade Coffee Morning
- 25 HSM Annual Parish Meeting
- 26 R&DGC Meeting
- 27 HSM Social Club Whist
- 28 Higham Quiz and Curry Night

May

- 9 U3A Meeting
- 12 Plant Sale, Raydon
- 14 SSM Parish Council Meeting
- 22 Raydon Fair Trade Coffee Morning
- 24 R&DGC Meeting

June

- 17 R&DGC Coach Outing
- 19 Raydon Fair Trade Coffee Morning

July

- 1 Higham Village Party
- 9 SSM Parish Council Meeting

Editors Corner

Over the past few years the Quartet team have got into the habit of holding our AGM in January. It's a good time to look forward to the New Year, make plans and think ahead. You will be pleased to know that things are ticking along nicely. Dave and Jenny are on top of the advertising and delivery and Jane and I are finding ways to fit the editing of the magazine into our busy lives, so we are all looking forward to another year! Revenues have remained constant throughout last year, so we are not proposing any increase to advertising tariffs at the moment.

We had a good conversation about the need for smaller, seasonal advertisers such as firewood or Christmas trees, to have a space to advertise for their season, rather than the whole year. We have decided to split the Small Ads page to include a Seasonal section when this becomes necessary. Small Ads will remain free, but a charge of £5.00 will apply for the seasonal section, to keep it in line with our policy of charging commercial enterprises.

One last thing before we let you loose on the magazine - you will find a Place for Plants voucher on page 10 this month - just in time for Spring!

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:
19th March 2018

Contact details: Email:
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quartet.advertising@gmail.com

Stratford St Mary

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



Can we remind dog owners to clear up after their pets? Most are responsible and already do so but there are still some that don't.

Thank you

Stratford St Mary Parish Council can now be followed on FACEBOOK. "Stratford St Mary Parish Council" is the page name so please like it and follow it for updates about all things Parish Council related going on in our village.

Power Cuts

Support may be available free for those with medical needs, people of pensionable age or with children under 5.

Register on UK Power Networks website
<http://www.ukpowernetworks.co.uk/internet/en/help-and-advice/priority-services-during-a-power-cut/>
or contact Hilary Cairns on 01206 323417

PARISH COUNCIL MEETING DATES

12th March

14th May

9th July

10th September

12th November

7.30pm until 10pm

Family Hour @ The Parish Room

Every 4th Sunday families and friends come together for breakfast followed by a 30 minute interactive church service.

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

Come and join us!

100 Club winners FEBRUARY

144 M.Pyman	£	40.00
122 M.Gotelee	£	10.00
14 D.Halsall	£	5.00



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.



IGNITION Youth Club Stratford Chapel Every Friday night 7.30 to 9.30

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

STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

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

Sunday Services:

10a.m. Morning Service and Junior Church followed by refreshments
6.30pm Prayer and Praise time

Mid-week Groups:

Various House Groups meet at Stratford, Dedham and Capel St. Mary

Men's Recreation Evening: Meeting 3rd Wednesday monthly. All men welcome.
Friday 5pm to 6.30pm Sparks for children aged 7-11 years
Friday 7.30pm to 9.30pm Ignition Youth Club for ages 11- 16 years

For further information: Tel: Phil Wyncoll (01473) 310728 or email: philipwyncoll@btinternet.com

STRATFORD St. MARY PARISH ROOM

Letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.
all day - £38.00.

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

Special rates for regular bookings.

Heating and lighting are included

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

The Institute hall

can be hired at reasonable rates for a
wide range of social activities. For
more information please contact our
booking secretary, Norman Woodard
on 01206 323015, his email is
ssminstitute.bookings@gmail.com and
his home address is 12
Swaynes, Stratford St Mary.

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

Stratford St Mary Institute Committee

Stratford St Mary Churchyard Clean Up Day.

Saturday March 17 2018.

9-30 to 12-30 .



Bring your own tools.

Refreshments will be provided.



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

You will need to use

parishcouncil@stratfordstmary.org.uk

BOOK OF MEMORIES

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

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



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
Jenny Symons on 01206 322636



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.



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.

Higham



HIGHAM CHURCH

**SATURDAY 28TH APRIL
AT 7.30**

£10 PER HEAD - bring your own
wine and glasses

TO BOOK YOUR TEAM OF 4
CONTACT

JILL WILSON ON 01206 337271 or
KATE FAIRBAIRN ON 01206337302

**DON'T DELAY, NUMBERS
LIMITED!!**

PROCEEDS TO HIGHAM CHURCH

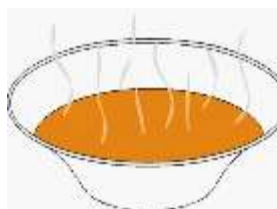


Fairtrade Fortnight 26th

February – 11th March

Do please make yourselves aware of this
worthwhile campaign and support it by
buying Fairtrade products wherever you
can.

www.fairtrade fortnight.org.uk



**Lent Lunch - Good Friday -
30th March**

Higham will be hosting a Benefice Lent
Lunch on Good Friday

in the church
12.30pm

All are invited even if you're not taking part
in the Good Friday Walk
Donations towards Christian Aid

HIGHAM VILLAGE PARTY

Save the date
Sunday 1st July 2018

Further details to follow
Please Contact Sara Carr – 01206 337325



Fair Trade Coffee Morning

I think this is another first for our Fair Trade coffee mornings! Because for

various reasons we didn't actually hold the one planned for January 30th!

All should be back in order from now on though, with our Fair Trade coffee morning on February 27th and also March 27th. It will be nice to catch up with everyone again though, and I expect Easter will be the main topic of conversation. It's also the Good Friday walk to each Church in our Benefice a couple of days after our Fair Trade coffee morning so if you haven't done the walk before then come and find out from us "regulars" what you've been missing!

Look forward to seeing everyone again and don't forget we meet at 10am now as the library van is earlier.

Wendy Mumford
01473 312123

If you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact Jane Cryer, Parish Clerk on 07920 713940, or email her at raydonpc@gmail.com.

Computer Buffs - Artists - Doodlers - Designers - Cartoonists - Sketchers



Before the end of March, we would very much like to have designs in black and white to reproduce as interesting/fun/beautiful postcards for sale in the church. They should be of "bits" or bigger, unusual aspects of St Marys, taken from any angle - inside or out.

More suggestions - following those in February Quartet -

The organ pipes,
The huge sycamore tree,
Part of a church window,
Chatting in the Church porch
The church stall

All designs will be displayed in the Church for choices to be made.
For further details please contact
Simon Tennent 10473 310320
Geoff Horrex 01473 310422

Raydon Century Club Draw

FEBRUARY 2018

£25 133 Matthew King
£15 10 Mrs A Howell
£10 125 Mrs J Lee
£5 99 Mrs S Lerner
£5 85 Mrs B Cooper
£5 57 Ashley Short
£5 44 K Newby

Highways Issues in Raydon



The Parish Council has requested a site meeting with Suffolk County Council to discuss a number of issues, including lorries turning into Woodlands Road, speeding and extending the 30mph areas. In the meantime, please continue to report issues such as potholes and signage problems via the Suffolk County Council website.

Many thanks,

Jane Cryer
Clerk to Raydon Parish Council
01473 824287 / 07920 713940
raydonpc@gmail.com

Advance Warning!

Annual Raydon Lecture
Village Hall

Saturday 21st April

Speaker: Mark Mitchels
Please put it in your diary!



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!



PLANT CENTRE, GARDEN & CAFE

Quartet Offer

This voucher entitles
two adults free entry
to The Place for Plants, Garden
Valid 1st March to 30 April 2018
(excludes Sundays)

OPEN DAILY 10am-5pm
East Bergholt Place, CO7 6UP
Tel: (01206) 299 224

sales@theplaceforplants.co.uk www.placeforplant.co.uk

Raydon and District Gardening Club

Writing these notes on a dull wet day (mid February) but looking out of window seeing snowdrops fully out, along with aconites and hellebore it shows winter is hopefully running out and "Spring is arriving". Hope you gardeners like me are feeling optimistic and enthusiastic once again to get outside and get started on what should be another fantastic time to come. It's such a up-lifting time of year with all the fresh green grass, with plants emerging followed by new leaves soon to start appearing on shrubs and trees. March is a great month for increased light, sunshine, increasing colour + perfume from the flowers after the dull months of winter. Driving around the Suffolk countryside it's all happening as well so if possible get out and enjoy it and watch this wonderful time of year inspire you even more.

Our first meeting on February 22nd was after deadline for Quartet so more next month. Thursday March 22nd will be a subject called Viscountess Byng & the Restoration of Thorpe Hall by guest speaker Jan Michalak. If it's anything like last year's talk on Flowers of New Zealand then we are in for a treat once again so do not miss this interesting evening.

This will be followed by April 7th Spring Show (open to all provided living in restricted areas) see schedule or ask any members. There are cups to win and cash prizes for children so come along and have a go, you could be lucky.

Note :- Coach outing this year will be a week earlier than last year due to a race event on day we had planned to go so it's on Sunday 17th June. Venue will be Grimthorpe Castle & Gardens near Bourne in Lincolnshire. We last visited as a club in 1997. Provisional bookings with Daphne Horrex please as soon as possible. Coach company will be Three C's of Nedging once again picking up in Hadleigh, Raydon, Holton St Mary. If you wish to be picked up elsewhere on route please contact me first.

We are still looking for an additional member to join committee if anybody interested. Look forward to meeting you all again at the March 22nd meeting.

Geoff Horrex.
01473 310422 / 07810086143.



Raydon Parish Council

Your Parish Councillors are:

Nev Davenport 01473 311548
Christine Hempstead 07891 236245
Kathy Herbig 01473 310024
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.

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

Dates to be advised

*NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact Jane Cryer, Parish Clerk
Sunnyside Cottage, Overbury Hall
Road, Layham IP7 5NA
07920 713940 /
raydonpc@gmail.com*

Easter Lillies

If you would like to have an EASTER LILY in the Church at EASTER to remember a loved one, please contact 01473 310320 or 01473 311164

Plant Sale



Raydon Village Hall

Saturday 12th May 10-1pm

proceeds go towards the upkeep of Raydon Village Hall.

If you have any plants for us to sell at the event, please bring it along on the morning or phone 01473 8222987 to arrange collection/delivery.



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

The ever popular Holton St Mary



Annual Sunday Lunch

run by the Church Fundraising Group,
and supported by the HSM Social
Club

will take place on

**Sunday 4th March 2018
In the Village Hall**

Price £15 adults £10 children

If you would be willing to help, please
contact Sally Thurlow 01473 312080
or salthurlow@gmail.com

There will be several serving times to
stagger the serving queue,
between 12.30 and 13.30.

If you email or leave a message,
please say if you prefer an early or
later serving (we will try to
accommodate this), how many in your
party (and any children) and any
special requirements (especially
vegetarians and non-pork/beef eaters
please)

This popular event is always fully
subscribed so book early to avoid
disappointment.

To book your place, please Frances
Torrington 01473 312046 or
familytorrington@btinternet.com

The First Friday of the Month Lunch Club



On the first Friday of every month (except
August) 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:
312046/familytorrington@btinternet.com
Or Sally Thurlow:
312080/salthurlow@gmail.com

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

Holton St Mary Social Club

Please remember that WHIST is always
last Friday of the Month
All are welcome, so please do come along
Next Dates :-

Friday 30th March
Friday 27th April
Friday 25th May

There are still some of you who haven't
renewed your membership yet.

Charges for the coming year are:-

Senior(60+)	£2.00
Adult	£4.00
Junior(under 18's)	£ 1.00

thanks

Peter Longmate
quaywallslongmate1@btinternet.com

A Plea from Lee

Please don't feed the sheep currently
grazing in Holton. It can be dangerous for
them

Many thanks

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

If you feel you might want to make an
application please contact: Paul Torrington
on familytorrington@btinternet.com or
01473 312046.

HOLTON ST MARY ANNUAL PARISH MEETING

Will take place on 25th April 2018
at 8pm in the Village Hall

All residents are welcome to attend

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

Walking in the Countryside

A reminder to everyone that it is important
to keep to the marked footpaths when
walking in the country. With the warmer
weather approaching, there will be more
large machinery out in the fields. Please
be responsible and keep to where you're
supposed to be!

‘Ministers all dressed up with no one to listen’

This headline in the ‘Faith’ section of the Times in early February highlighted the decline in church congregations and how the Church of England must respond, particularly in rural areas. The article focused on Northamptonshire, but the phenomenon affects all rural communities. Jesus did tell us that, ‘When two or three are gathered in my name ... there will I be’; this promise is clearly not restricted to the inside of a medieval church and applies equally to a house, field, football stadium or street-corner. However, nothing can replace the building that is the ‘Church’, a sanctuary from earthly exasperations for worship, fellowship and prayer. The evening service is at greatest risk of ‘congregation no-show’ but the morning (‘Principal’) Sunday service is not spared. Multiple factors are responsible for this situation including; an aging population with either no, or a slowly-emerging younger population; a perceived lack of need for a Sunday Church service or God, or both (discussion of the latter merits a separate article). Many rural communities would unequivocally cite the church as being the village focal point, either through conviction or a rosy optimism. Sadly, there is a real danger that within a decade (two at most), many rural churches will be congregation-less and risk de-commission, thereby obviating the dedicated work of many charities that have strived to maintain them, as well as depriving the village of what many perceive as its heart and soul.

Some consider ‘Festival Church’ (FC) a solution to this inexorable decline. This is perceived, if not broadly defined as a Church that is not needed for weekly worship, but is still loved. Its religious role becomes limited to religious festivals, typically Christmas, Easter and Harvest, but also for Mothering Sunday, Remembrance Sunday and some Rogation Day services.

It would remain available for the habitual ‘rites of passage’ (weddings, funerals and baptisms) and would also accommodate appropriate complementary and community uses, for example, ‘Mums and tots’; ‘Craft, chat and coffee’, and concerts. This would provide excellent opportunities to establish or reconnect the church building with the community and, crucially, nurture future congregations. Practical and potential financial benefits of an FC are outside the remit of this article.

The concept of an FC is unlikely to receive universal acclaim. I would be saddened if my village church was unavailable for worship on a weekly basis. However, the principle behind a FC demands serious consideration and, like the proverbial curate’s egg, is good in parts. What is clear is that the Church must do more to understand both the religious and secular needs of the rural community and to adapt to meet these needs. Consequently, it will better serve the entire, and not just the aging and disappearing village congregation. This can only be effected by open, honest and collaborative work by the whole community, whether practising and believing Christians or not, and the ordained and lay ministry teams. If we really love and champion our village Church, we must show it.

Richard Appleton
Reader, Benefice of Holton St Mary,
Raydon, Higham and Stratford St Mary





A14 Orwell Bridge to Junction 62 works

REVISED SCHEDULE

Work to the westbound carriageway will now be carried out in three separate phases:

- Junction 59 to 57 – 2 February to 23 February
- Junction 57 to 55 – 26 February to 16 March
- Junction 60 to 59 – 19 March to 23 March

Each section of the A14 will be closed on weeknights between 8pm and 6am with a signed diversion route. We are aware of the disruption that has been caused to local residents by the diverted traffic and apologise in advance that this will continue while we complete these works.

This programme of work is weather dependent, so the dates may change slightly. For the latest information, please sign up to our weekly roadworks bulletin by emailing Area6Comms@osborne.co.uk with 'subscribe' in the subject field.



CAN YOU HELP?

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

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

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

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

**Frances Torrington on 01473
312046/07711080658**

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

Previous experience with horses helpful but most certainly not essential.

One form to fill in and an Advanced DBS check required unless you have had an

Nayland Horticultural Society

The Spring Show is on the morning of Saturday 24th March 2018 at the Church Hall, Bear Street, Nayland.

Come along for coffee, cake, raffle and a friendly chat! Everyone is welcome to have a go at exhibiting daffodils and other Spring flowers. The schedule is available from Trevor Smy at 24 Harper's Estate, Nayland, CO6 4LB, telephone: 01206 262022 or e-mail him at trevor.smy24@gmail.com or via the website.

Our Spring Speaker is Ian Seager who will be talking about Wildlife Gardens and Conservation on 27th March. This is held in the Church Hall, Bear Street, Nayland, 7.30pm for 8 o'clock start and it is Free! All welcome but get there early as the hall fills quickly!

Nayland Horticultural Society's AGM is due to take place in the Church Hall, Bear Street, Nayland on 17th April. There is usually coffee, a raffle and a Fun Quiz with a horticultural twist to test your gardening knowledge and win a prize! Come along and meet other like-minded, green-fingered folks! Why not join us? Single membership is £3 per annum, joint £5. Contact Trevor or Margaret Smy, details on the website.

Constable Country Medical Practice Patient Participation Group (PPG) update

The Patient Participation Group meets on a regular monthly basis. All minutes are available on the Practice website (www.constablecountrymedicalpractice.co.uk) and there should be paper copies available in the waiting rooms.

We discuss items we receive from the Comment cards at our meetings and we thank you for filling those in. These are available in both waiting rooms. If you add your contact details we can get back to you directly. You can also contact us via email at constablecountryppg@gmail.com

Programme of talks for 2018

We are currently planning a series of talks on a variety of health topics suggested at our previous talks on diabetes, heart problems and men's health. If you have any other topics you would like to suggest please get in touch via either of the methods above. Childhood ailments is the next planned talk.

Patient Research Project

We are currently working with the University of East Anglia to carry out research on patient views in the practice. Thanks in particular to Dr. Frank Wells, the Vice Chair of the PPG, for his determination to find a local university willing to take this on.

Managing NHS pressures

Pressure continues to increase on all NHS services. Receptionists in the practice have been on "Care Navigator" training, which helps them to direct patients to the most relevant clinician, as well as to local support services. So there may be times, for example, when they suggest you see a Nurse Practitioner, rather than a doctor.

PPG "cluster" meetings

We attend meetings with PPG groups from other practices to discuss what we're all doing and to hear presentations from local organisations and the East Suffolk Clinical Commissioning Group. At a recent meeting representatives from OneLife Suffolk spoke about the importance of improving patients' lifestyles, concentrating on regular exercise, stopping smoking and reducing weight. This could be the subject of a future talk organised by the PPG. Your views welcome.

Patient Transport Capel St Mary, East Bergholt and surrounding villages

Unfortunately the patient transport scheme has had to be suspended until all volunteers have completed a "DBS" check. This is a routine check which has to be done for a variety of jobs where people have one to one contact with the public, including children. It checks whether someone has a criminal record, for example. Taxi drivers have to go through this and, although our drivers are volunteers, it's been thought best that they undergo this screening.

Capel surgery refurbishment

The refurbishment of the Capel surgery will be starting soon, so please bear with it while improvements are made.

Toys return to the waiting rooms

After a long period of discussion we at last have agreement that toys will be available in the waiting rooms. They will be regularly cleaned to avoid infection risk.

East Bergholt High School Association

Registered Charity No.1017476



To be held at East Bergholt High School on

Friday 23rd March

at

7.30pm

Bar opens at 7pm

Tickets cost £5 per person including nibbles

Teams of 8

Bar serving alcoholic and soft drinks

Please pre-book teams on 07776291445

Over 18s only unless accompanied by an adult.

Hadleigh Choral Society

Saturday March 24th at 7.30pm

Snape Maltings Concert Hall

Elgar: The Music Makers

Elgar : The Spirit of England

With Colchester Symphony
Orchestra

Rachmaninoff : Piano Concerto No.2
in C minor

John Lill – Piano

Ticket prices : £15 , £18 , £22
available from choir members or
phone 01473 670140

Coaches will be going from Hadleigh
and will cost £6.50 return . Please
phone the above number to book .


Constable Singers


This would be a good time to come and join our choir as we start on new songs for the coming season. We sing each Thursday at The Lambe School East Bergholt and on the second Thursday of each month at The Congregational Church E.B. starting at 7pm. No audition and words provided and the first session is free after that £5 per session so come along and enjoy.


For further details contact Mel
[01206298628] or Yvonne[01206298428]

Waste collection schedule

March 2018						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
			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

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

EAST BERGHOLT TENNIS CLUB QUIZ EVENING

Saturday 24th March at

Sports club Pavilion start 7.15pm

Tickets £15 to include a Fish and Chip or Chicken and chip supper and first glass of wine.

Contact Mel 01206298628 for further details

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SESAW EVENTS

SESAW Easter Gift and Craft Fair, 11-2pm
10th March, Whatfield Village Hall, IP7 6QU. Exquisite items handmade by skilled crafters plus other stalls, refreshments, snacks, raffle. 50p entry, free parking.

Tables available at SESA Spring Fair in Long Melford on 22nd April. Please phone 01206 263269 to book your space. These are both fundraising events for Suffolk & Essex Small Animal Welfare, reg.charity no.1124029

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



At our meeting on 14 February Robert Burridge spoke on "Scott, Amundsen & The Race to the South Pole". He concentrated on the personalities of both men, their leadership styles and the equipment they used to show their characters & their epic achievements in the face of huge difficulties.

"The Life and Times of Sir Alfred Munnings" is the subject for the 14 March meeting. Marcia Whiting, Curatorial Associate at the Munning's Museum will give an illustrated presentation exploring his life and wide ranging subject matter, including portraits, landscapes & rural scenes as well as the horse paintings for which he is so well known. On Wednesday 11 April Professor Wendy Harwood will speak on "GM Crops - where are we now?" She will cover what the technology is, how it has developed from the first GM crops, how the new technology of gene editing fits in, the current situation worldwide and what is in the pipeline. Roger Kennel will talk on "William Pretty - A Suffolk Family and Corset Manufacturer" on Wednesday 9 May. His illustrated presentation follows the major corset making business of William Pretty & Son at Ipswich (& its outpost factories) which was part of the Footman Pretty department store, now Debenhams.

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, chess, mahjong, science, singing, 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 nearly 286 members and over 35 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Gillian Gibbs may be contacted.

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 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.

Remember

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Stour Valley Men's Probosc Club

Our two meetings in February were on the 7th and 21st when Dudley Chignall talked on "Journey to paradise" and David Whittle on "How the Victorians developed Dovercourt" respectively. ON Wednesday 7th March Grant Elliot returned again and this time his subject was "The Life of Chic Murray".

We hold our Annual General Meeting on Wednesday 21 March and on Wednesday 4 April Bob Milne will talk on "The assignation of the Italian Barber". Oliver Paul, from the Suffolk Food Hall, voted the best Local Food venue in the UK and Ireland in the Countryside Alliance rural oscars, will speak to us on Wednesday 18 April and his subject is "Food and Farming Heritage".

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 for 10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.

Brantham Garage Sale

Last year was the first year that the Brantham Annual Garage Sale was organised by the Nepal Children's Trust, a small local charity. The turn-out was good, the support for the charities was high, but the overwhelming feedback was that warmer weather would have been nicer.

This year we will be holding the garage sale on the **16th June, 9:30am - 3pm** hoping for clearer skies and sunshine. If you would like to book a garage, or a table in the village hall then please contact us:

Maya Watling: 07508 430671
mayawatling@hotmail.com

Margaret Woods: 07867 546484
maggie1woods@googlemail.com

Louise Madley: 07792 236414
louloumadley@btinternet.com

Ollie's SESAW news

Please excuse my smug expression when I tell you the "Boss" dog has put his paw in it again. Did you see the unflattering photo Kenneth sent last month of the pig pulling "Mum" down the garden through the mud and rain? Mother was not impressed, mind you she nearly lost one of her boots while trudging across the field recently. Usually I accompany her but this time I decided to curl up in the volunteers' caravan. Unfortunately I was shut in overnight but pretended I did it deliberately. A chap has to maintain his dignity.

As top cat here I look out for fellow felines, in this case Dad, soon to be Mum and junior from her last litter. This trio arrived via a London bus, hence they have been named Blakey, Mildred and Olive! Obviously they will not be ready for some time but eventually we hope they will be homed together.

The fundraising season starts this month with a Gift and Craft Sale, 11-2pm 10th March at Whatfield Village Hall, IP7 7QU. Lots of handmade items for Mothers Day and Easter plus quality bric a brac, books, CDs/DVDs etc. Next is a Bargain Book Sale, 11am on 24th March at Hintlesham & Chattisham Community Centre, IP8 3PS. Raffle and refreshments at both events. It's getting late and I'm rather keen to see Kenneth squirming his way back into Mother's good books so that's all 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 Open 10-1pm Thurs-Sunday

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July, 8 August

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Strickmere (School Lane end) - 11.50am
- 12.10pm

Route 14

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Tuesdays

27 March, 24 April, 22 May, 19 June, 17
July, 14 August

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

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Friday and can handle any library
customer queries renewals and
reservations to any general library queries.
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operating hours and people can also email
help@suffolklibraries.co.uk

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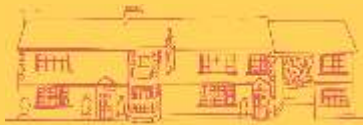
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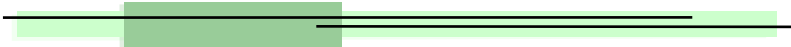
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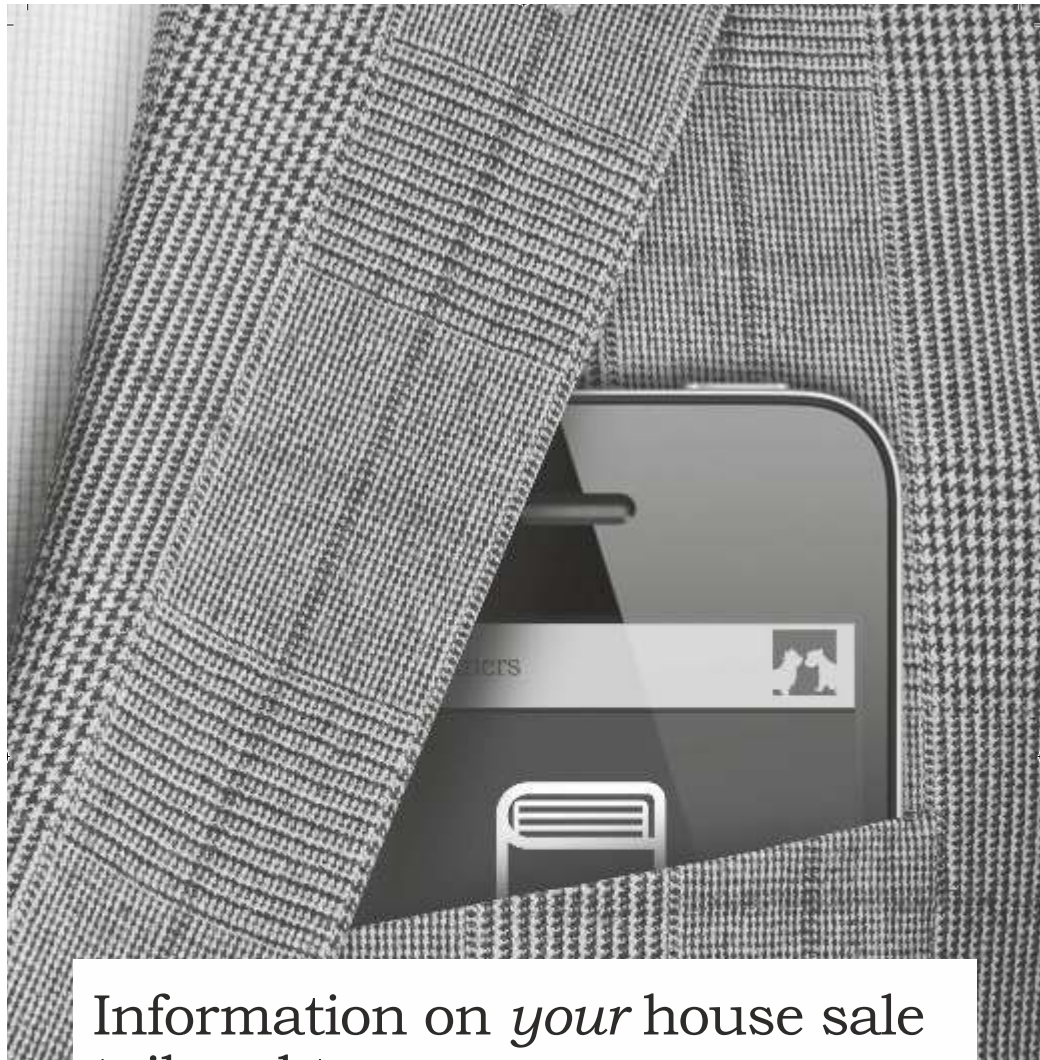
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Please note that her normal day off is Friday.

Churchwardens

Higham Martyn Carr 01206 337325 (Elder)
Hugo Parker 01206 337234

Holton Paul Torrington 01473 312046

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Stratford Christine Cousins 01206 322530 (Elder)
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Readers

Richard Appleton 01473 311487
Nicola Tindall 01787 212340

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 **21 March**.

Lent Group

Our Lent group on the Resurrection continues at 5 Veyses End from 2.30 to 4 p.m. on the following dates: 1 March, 8 March and 15 March.

Silent Prayer Group

This group continues to meet at the Rectory on the first Monday of each month from 11.30 a.m. for an hour on the following dates: 5 March, 9 April, 7 May, 4 June, 2 July. All are welcome.

Carers' Coffee

Anyone who is a Carer is welcome to come and join us for coffee at the Rectory once a month. Details will follow in the April edition.

Services in March and April

	8.00 a.m.	10.00 a.m.	5 p.m. till April then 6pm
4 th March		Higham	[St Johns Cambridge]
11 th March		SSM	Raydon
18 th March		Holton + Baptism	SSM
25 th March		SSM Family Hour 11.00 am Raydon + Baptism	Higham
1 st April		Easter Day SSM + Holton	
8 th April		Higham	Raydon
15 th April		Holton	SSM
22 nd April	Higham	Raydon + SSM	
29 th April		10.30 am Deanery Eucharist, Bildeston	

Holy Week

26th, 27th, 28th	6.30 p.m. Compline at Holton, Raydon and SSM respectively.
29th	7.30 p.m. Higham, the Maundy Thursday Liturgy
30th	9 a.m.-3 p.m. Walk of Witness starting at Holton and ending at SSM at 2.30 p.m. with a short service to end Good Friday
31st	7.30 p.m. Higham, the Easter Vigil with lighting of the Easter fire



New Testament Readings and Collects for weekdays in March

4 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.

5th Hebrews 4.14-5.10

6th Hebrews 5.11-6.12

7th Hebrews 6.13-end. Perpetua, Felicity and their Companions, Martyrs at Carthage, 203

8th Hebrews 7.1-10. Edward King, Bishop of Lincoln, 1910

9th Hebrews 7.11-end

10th Hebrews 8

11 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.

12th Hebrews 9.1-14

13th Hebrews 9.15-end

14th Hebrews 10.1-18

15th Hebrews 10.19-25

16th Hebrews 10.26-end

17th Hebrews 11.1-16. Patrick, Bishop, Missionary, Patron of Ireland, c. 460

18 March: *Lent 5.* Gracious Father, you gave up your Son out of love for the world; lead us to ponder the mysteries of his passion, that we may know eternal peace through the shedding of our Saviour's blood, Jesus Christ our Lord. Amen.

19th Matthew 13.54-end. **Joseph of Nazareth**

20th Hebrews 11.32-12.2. Cuthbert, Bishop of Lindisfarne, Missionary, 687

21st Hebrews 12.3-13. Thomas Cranmer, Archbishop of Canterbury, Reformation Martyr, 1556

22nd Hebrews 12.14-end

23rd Hebrews 13.1-16

24th Hebrews 13.17-end. Walter Hilton of Thurgarton, Augustinian Canon, Mystic, 1396

25 March: **PALM SUNDAY.** True and humble King, hailed by the crowd as Messiah, grant us the faith to know and love you, that we may be found beside you on the way of the cross, which is the path of glory. Amen.

26th Luke 22.1-23

27th Luke 22.39-53

28th Luke 22.54-end

29th Luke 23.1-25. **MAUNDY THURSDAY**

30th Hebrews 10.1-10. **GOOD FRIDAY**

31st John 2.18-22. *Easter Eve*



For your prayers

We give thanks for those to be baptised in our parishes over the next few months:

Anabelle Evans at Holton on 18 March

Alfie at Raydon on 25 March

Alyana Clubb at SSM on 6 May

Coben Leonard Bilton-Heenan at SSM on 7 October

And we pray for healing for those who are ill or in need, in our parishes and beyond:

Holton: Ron Stedman, Ralphia Noel

Raydon: David King, May Peacock

SSM: Nancy Ablitt, Barrie Cavendish-Tribe, Laura Kerry, Trina

Others: Tory Cook, Helen Gregory, Steve Kupfer, Gail O'Dell