

**Stratford
St Mary**

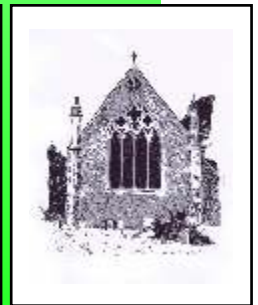
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



March 2019

Issue 367

Decorating update

After the birth of her first child, Felicity Toone from Holton St Mary is returning on a part time basis to her Painting and Decorating work. With over 20 years of experience she is happy to advise and carry out small to medium jobs locally. Contact via email flisstoone@gmail.com or mobile 07900 242 141.

Bag of ink cartridges T1811-4. £10 the lot. Tel 07717 867583

Corby 3300 Trouser Press with coat hanger, beech. As new, £50. Tel 07717 867583

Ergonomic office chair, multi positioning, wine upholstery. VGC, £25. Tel 07717 867583

Black leather look office chair, good condition, £10. Tel 07717 867583



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

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.

Wanted for 25th May 2019

Waiting staff for local wedding reception in Raydon.

Good rates of pay.

Call Sigi 07981875267 or steer2@btinternet.com

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

The Quartet Diary



March

- 11 SSM Parish Council Meeting
- 12 Raydon Parish Council Meeting
- 13 SSM Lunch Club, Parish Room
HSM Parish Council Meeting
- 16 Big Quiz, Raydon
- 20 Communion, SSM Parish Room
- 26 Raydon Fair Trade Coffee
Morning
- 27 SSM Coffee Morning, Parish
Room
- 28 R & DGC Meeting
- 29 HSM Whist

April

- 5 HSM Social Club AGM
- 6 R & DGC Spring Show
- 8 SSM Annual Parish Meeting
- 9 Raydon Parish Council Meeting
- 10 SSM Lunch Club, Parish Room
- 13 HSM Quiz Night
- 17 Communion, SSM Parish Room

- 23 Raydon Fair Trade Coffee
Morning
- 24 SSM Coffee Morning, Parish
Room
HSM Annual Parish Meeting
- 25 R & DGC meeting
- 26 HSM Whist

May

- 8 SSM Lunch Club, Parish Room
HSM Parish Council AGM
- 13 SSM Annual Meeting of the
Council
- 14 Raydon Parish Council Meeting
- 15 Communion, SSM Parish Room
- 19 HSM Open Gardens
- 21 Raydon Fair Trade Coffee
Morning
- 22 SSM Coffee Morning, Parish
Room
- 30 R & DGC meeting
- 31 HSM Whist

June

- 8 HSM Progressive Dinner

Editors Corner

The Quartet team like to get together early on in the year for an Annual General Meeting and this year we managed it in late February. We use the meeting to reflect on how things are going and to see if we can come up with any good ideas to keep things fresh.

This year we have made two decisions! The first is that in order to keep up with rising expenses, we will have to raise the cost of advertising in April. This will bring the cost of a quarter page advert for example, from £66 to £72 for the year. We feel this still represents good value for money. If you would like to know more about advertising in the Quartet, just email quarteteditor@hotmail.co.uk and we will send you details.

The other big decision involves you - after an interesting discussion about how difficult it was to find a good takeaway round here, we would like to put together a useful list of local venues, particularly those that readers recommend and that will deliver locally. Please can you let us know your favourite local takeaways and if they deliver? A one or two word review would be great too and we'll compile all the replies to give everyone a good idea about what's best around here and how to contact them.

Before we go - checkout the new Voucher on Page 7 - a free cup of coffee awaits at Place for Plants!

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 2019

Contact details: Email:

quarteteditor@hotmail.co.uk

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Stratford St Mary

Stratford St Mary Parish Council website has now been updated. Please pop over to www.stratfordstmary.onesuffolk.net and let us know what you think. If you would like your event advertised on the website as well as in the Quartet, whatever it may be, please let the parish clerk know on parishcouncil@stratfordstmary.org.uk



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

07842 207598

INSTITUTE HALL BOOKING CLERK CHANGE

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

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

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

STRATFORD ST MARY PARISH ROOM

Letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.

all day - £38.00.

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

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

STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

(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



We are desperately seeking a Treasurer to deal with the Stratford St Mary Church Accounts of which are in order and on the computer.

If you can help please contact

Stephen Fowler 07464 775215

100 Club winners

85 G. Ablitt £40.00

79 N. Badcock £10.00

2 D. Pooley £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

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



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!

Transport to Medical Appointments.

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

Please give us as much notice as you can.

Graham/Diana Pearce 01206 321297
Jenny Symons 01206 322636

SSM Parish Council Meetings

11 March
 08 April
 (Annual Parish Meeting)
 13 May
 (Annual Meeting of the Council)
 08 July

COMMUNITY FIRST RESPONDERS.

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

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

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

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

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

RNIB Stamp Appeal

Well done everyone - a great effort! Our first carrier bag full of postage stamps has now been sent off to the RNIB. Although it has been quite a few decades(!) since I collected stamps as a hobby, it was very interesting to note where all the foreign stamps had come from. I counted 27 different countries including:

Australia, Bermuda, Bulgaria, Canada, Croatia, Eire, Falkland Islands, Finland, France, Germany, Greece, Grenada, Guernsey, Hong Kong, India, Italy, Mauritius, The Netherlands, New Zealand, Papua New Guinea, Singapore, The Solomon Islands, South Africa, Spain, Tanzania, USA, Zimbabwe.

It is nice to think, in this age of email and paperless post, that we are still communicating across the world in a more tangible way.

Please keep collecting your used postage stamps for the RNIB, supporting people with sight loss. Collection boxes are located in the church and the parish room.

Sandy Ranson

Ringling Tributes

On Saturday 26th January 2019, a band of 6 ringers from the Suffolk Guild of Ringers came to St Mary's Church to ring the church bells in tribute to Charlie Ablitt who, as many local people will already know, played a major part in keeping bell ringing alive in Higham and Stratford St Mary for over forty years.

The band, consisting of Brian Whiting, Christine Knight, Neville Whittell, David Stanford, Thomas Scase and Alan Mayle, rang a peal of 5040 changes incorporating 4 minor methods (1 extent of Kent Treble Bob, 2 extents of Oxford Treble Bob, 2 extents of Cambridge Surprise and 2 extents of Plain

Bob), taking 3 hours and eight minutes to complete the peal.

The band recorded the following tribute in the belfry visitor's book: *In fond memory of Charles H Ablitt, former Tower Captain and much loved tutor of many ringers.* Some three weeks later, on the morning of Saturday 16th February, a band of ringers perhaps more closely associated with Charlie, rang a quarter peal (1260 changes) of plain bob doubles at Higham, which took some 42 minutes.

The band (see picture below), was made up of three members of the Ablitt Family, (daughter Sarah, son Peter and niece Lynn), two of Charlie's trainee ringers (Brenda and Brian Such) with the peal being conducted by Richard Hobson who was also taught to ring by Charlie. In celebration of the life of our much-loved Tower Captain Charlie Ablitt, his instruction to always lead with open hand-stroke' will not be forgotten.

Boards recording these tributes will be installed in the respective ringing chambers in the coming months.

New ringers are always welcome and anyone (of any age) who thinks they might like to follow in Charlie's footsteps by giving ringing a try, should call Martin Carr 01206 337 325, Brenda or Brian Such 01206 323 091. Practice sessions are held on Friday evenings 7.30 to 9.00pm, at Higham and Stratford church towers (alternately).



STRATFORD ST MARY

ANNUAL PARISH MEETING

Will take place on 8 April 2019 at
7.30pm

in the Institute Hall, Higham Road.

All residents are invited to attend.

Refreshments will be served.

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

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

Spanish Club



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

Julie
07989639583



PLANT CENTRE, GARDEN & CAFE
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*This voucher entitles you to
Two complimentary drinks in our
Café*

*Valid 1st March to 31 May 2019
(excludes Charity Sundays)*

OPEN DAILY 10am-5pm

East Bergholt Place, CO7 6UP

Tel: (01206) 299 224

sales@placeforplants.co.uk www.placeforplant.co.uk



Stratford St Mary Primary School are collecting the 'Lego for Schools' tokens which appear in the Ipswich Star and East Anglian Daily Times, from Saturday 9th February to Friday

3rd May 2019. **EVERY** school that collects a minimum of 1,000 tokens will receive £50 worth of Lego whilst the top three (as a ratio to registered pupils) will win £1,000 worth each. If you have any tokens please drop them off at Stratford St Mary Primary School.

Thank you for your support.

Higham



The PCC are delighted to announce that St Mary's, Higham is now classified as an 'eco church' having recently gained a bronze award. This is a fine achievement bearing in mind the age of the church building. However, the PCC are not content with just bronze and would like to go for silver if not more...

To enable us to do that the PCC wondered if there is somebody from Higham who might be interested in taking on the responsibility for managing this project. It is not onerous, requiring about an hour a month to keep a check on how the church is doing and further changes we could make to achieve our goal.

If this is something you feel you have the time for and know that it will make a difference for generations to come, please talk to the Churchwardens or any member of the PCC.



Lent Course 2019

2.30pm – 4pm

14 th March	All taking
21 st March	place at
28 th March	5, Veyses End
4 th April	Stratford St Mary

7.30pm – 9pm

14 th March	Kingfisher Cottage, Higham
21 st March	The Old Rectory, Higham
25 th March	Heath Barn, Leavenheath
1 st April	Oaks Farmhouse, Holton St Mary

We will be following John Stott's book on The Beatitudes

(book will be provided)

Please contact Nicola Tindall 01787 212348 for further details

Raydon

Brain injury charity Headway Suffolk is marking its fifth anniversary year by hosting three fundraising events this spring to help improve its services for local adults with acquired brain injuries and neurological conditions and their families.

Please find attached press release and posters detailing the events.

It's rehabilitation, therapy and support services help users rebuild lost skills, improve confidence and increase social integration.

Headway is embarking on ambitious plans to build the Professor Stephen Hawking Neuro Centre - a new rehabilitation hub and housing provision in Ipswich

Supporters can help by getting involved in its fundraising events throughout 2019, starting with these three in spring:

Tuesday 12 March - Charity Dinner at Bruisyard Hall and Barn, near Saxmundham. £45 per person. Tables of 8-10. Email: teresarous@denningtonhall.co.uk.

Thursday 11 April - Quiz Night at St Georges House, Olding Road, Bury St Edmunds. £8 per person (includes cold buffet and refreshments). Teams of up to 4. Email: davidcrane@headwaysuffolk.org.uk.

Saturday 27 April - Cycle Ride and Walk around Ipswich, Leavenheath, Felixstowe and Martlesham. Free to enter with sponsorship. Email: helenfairweather@headwaysuffolk.org.uk

A public meeting is to be held on Thursday, 14th March at 8.00pm to discuss the future of Raydon Village Hall. Venue: Raydon Village Hall, The Street, Raydon, IP7 5LH.

All residents welcome.

David King, Chairman.

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

Tuesday 12 March
Tuesday 9 April (Annual Parish Meeting)
Tuesday 14 May (AGM)
Tuesday 11 June
Tuesday 9 July
Tuesday 10 September
Tuesday 8 October
Tuesday 12 November

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

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

**07920 713940 / email
raydonpc@gmail.com**



The Big Quiz

Presented by
Michael Mumford of Semer fame

**IN
Raydon Village Hall**

**On
Sat. 16th March 7.30pm**

£4.00 per person - maximum six
contestants per table.

Don't miss the fun
Book your table on 01473 312123
Nibbles and soft drinks provided

In aid of Raydon Church fabric funds

RAYDON CENTURY CLUB WINNERS - February

	No.	
£25	94	B. Banyard
£15	91	D. Andrews
£10	20	K. Hyland
£5	14	C.K.Quedley
£5	28	G. Cook
£5	2	B. Tricker
£5	73	M. Hammond



EASTER LILIES

St. Mary's, Raydon

Sunday 21st April 2019

Please contact me if you would like an
Easter lily displayed in the Church to
remember a loved one.

Orders by 11th April please

Angela King

01473 311120

*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*

PARISH QUESTIONNAIRE

Following the questionnaire that was distributed last year, we thought you might like to see an update of the agreed actions and progress to date – for example:

- The first Litter Pick was held in June 2018 and this will now be an annual event;
- A working party has been set up to monitor issues with highways and road signs;
- A grant from the British Heart Foundation was successfully applied for and a defibrillator has now been installed outside the Pavilion on King George's Field (see below);
- 30mph stickers were purchased for parishioners' wheelie bins.

To view the full document, go to www.raydonpc.org.

IMPORTANT INFORMATION ON CHANGES TO SCHOOL TRANSPORT

Suffolk County Council is implementing changes to its School Travel Policy, with effect from September 2019. SCC has written to all schools with information about the policy change and how it will affect them. For full details of the changes and how they may affect schools in our area, go to www.raydonpc.org.

ELECTION YEAR!

Your Parish Councillors are elected for a maximum of four years, after which they retire and may stand for re-election. The current Parish Council meets for the last

time on Tuesday 12 March, but the Chairman invites you to the Annual Parish Meeting on Tuesday 9 April, when reports are presented on what has been achieved during the past year - not only by the Parish Council, but by all organisations in the village. This year's Parish Council election will take place on **Thursday 2 May**. It is good for a community if there is some competition, so we urge you to think about getting involved with Parish Council work. During March, details of how to nominate yourself as a candidate will appear on the village notice boards. In the meantime, if you want to find out more, talk to one of the existing councillors or to Jane Cryer, Parish Clerk - 07920 713940, email raydonpc@gmail.com.

A Defibrillator has arrived in Raydon

With the help of a grant from the British Heart Foundation, Raydon Parish Council has installed a defibrillator on the outside wall of the Pavilion at King George's Playing Field.

As part of the grant we have received a British Heart Foundation Call Push Rescue kit. We will be running a familiarisation session on: Friday 22nd March at 10.30am at the King George's Playing Field Pavilion.

The session should last about 1 hour and you will have the opportunity to view the British Heart Foundation Call Push Rescue training DVD and try CPR on a Mannequin.

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

Raydon and District Gardening Club

Springtime is just a few weeks away and early signs are appearing with the snowdrops & aconites now in full bloom along with some early flowering shrubs and trees and even early crocus. At the moment as I pen these notes they are all being tossed around in the strong wind and rain but at least not covered in snow. March means to me daffodils, mowing the lawns, pulling the rhubarb, more warmth in the sun, longer daylight hours to enable all the gardening jobs to get done, but still allowing time to enjoy watching the birds nesting and listening to the lovely birdsong while enjoying sometimes a cup of tea or coffee. We have a summerhouse which is great as some of the month can be cold and windy of course so we can sit out in the garden. I hope you all feel optimistic and looking forward to another successful gardening year as all the wonderful colours and perfumes come back into our lives. Most veggies of course take a bit longer.

It's always a shame that the deadline of the Quartet is 19th of the month so always unable to talk about the meeting until the following month as our meetings are held on the fourth Thursday each month, so hopefully February meeting was well attended.

On the 28th March our guest speaker will be Ken Abel who will explain all there is to know about growing "Pelargoniums" another interesting evening to look forward to. Then Saturday 6th April is "Spring Show" Day once again. It is open to all who live in the restricted villages (all listed in show schedules) now readily available so collect your copy early. Children's sections range from Under 8 yrs – to 9 –

14yrs. There's plenty of things to have a go at for cash prizes, with the main winners in each section a cup is also awarded.

Show open in afternoon 2.30 – 4.30pm with refreshments and a raffle, always popular as well as joining in with plenty of talk so please come along and join in this local village community show. We are now in our 39th year. If you're new to the village come along and meet possible new friends, you're most welcome. Show held in the old primary school, now the village hall so easy to find. Also in April on Thursday 25th we have another fantastic evening with guest speaker John Henson whose subject is "Sweet Peas". Now there's a flower and most with perfume to match

Advance notice: we will be going to Groton for a outside visit to a lovely garden on Thursday 30th May.

Your committee looks forward as always to meeting you all once again as we hopefully will all enjoy another wonderful gardening year together.

Geoff Horrex, 01473 310422.



Raydon Parish Council

Your Parish Councillors are:

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

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

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



SESAW Spring Fair,

11-2pm 23rd March

at Whatfield Village Hall, Rectory
Road, IP7 6QU

Tables still available at SESA
Easter Fair, 10-3pm 14th April at The
Old School, Long Melford, CO10
9DX. Phone/text 07881 785535 to
book



Raydon Club

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

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

Ideal for your special event

The Raydon Pavilion 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

'Green Gym Group'

The February session was blest with blue sky, sun and an expansion in the Group's numbers: thank you. The group's work has been much-appreciated ... but not by the miserably malevolent weeds, leaves and spiky undergrowth that wait, menacingly

The next session will be on

Saturday, 2nd March at 10.30.

The Group will meet in Church Square. Leaf-rakes, brushes, paver-weeders, secateurs and robust bags (of the roadside litter, compost or 'Scrulch' type) would be helpful.

I look forward to seeing you there. Thank you very much.

Richard Appleton

Holton St Mary Parish Council

13th March - Parish council meeting

24th April - Annual village Meeting

8th May - Parish Council AGM

8pm in the Village Hall

Its Election year this year - if you would like to nominate anybody in the village to stand as councillor, please contact the Clerk: hsmparishclerk@yahoo.co.uk

The 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 p.m. at a cost of £3.50 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 at 8pm

All are welcome, so please do come along
Next Dates :-

Friday 29th March Friday 26th April

Friday 31st May Friday 28th June

Future Dates:-

Friday 5th April AGM

At 8:30 for 8:45pm. Anyone wishing to submit a resolution and/or proposal should send a copy to me at my email contact below by Friday 29th March 2019.

Saturday 13th April Quiz Night

Teams up to 6 people, choice of Fish, Chicken, Scampi and a Vegetarian option.

Anyone interested should contact Lee Barton on lee.aptfarming@gmail.com

Saturday 8th June Progressive Dinner

Anyone interested should please contact Gil Mann on gilbertmann@btinternet.com

Opening Hours

Fridays from 8:30pm until 11pm

Sunday from 1:00pm until 3pm

Peter Longmate

quaywallslongmate1@btinternet.com

mobile:- 07957 910608

home:- 01473 314150

The Holton St Mary United Charities Trust

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

Paul Torrington on

familytorrington@btinternet.com or 01473 312046.

Holton St Mary Village Hall

can be hired at very reasonable rates!

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

Saturdays from £35.00

For further information and booking please contact Bookings secretary

Carol Singing in Holton St Mary

Many thanks to all those who joined the carol singing groups on 19th and 20th December. We were particularly grateful for the participation of friends from East Bergholt. A special thank you too for the generous hospitality of the Unwin family at the Hawthorns and to Claire Rowan for her very welcome mince pies. The sum of £118.50 was raised for the Children's Society.

Rosalind Field and Diana Wilson

In Praise of Slow.

Slow Stitch group will now be meeting on a Thursday afternoon 2 - 4pm in the village hall, Holton St Mary.

Everyone is welcome from beginners to experts. Some people bring a project they have started, others join in a group project and some come for the tea and chat.

For more information contact:

Jeanette Appleton m 07768418942

The Eagles have Flown!

After just over 42 years at St Clare, Ernest and Rachel Eagle have moved to Capel St Mary to be nearer to their daughter Sarah and son Andrew. They left Sproughton in August 1976 and have been involved in many aspects of Holton St Mary village life.

From All Saints, Sproughton to St Mary's Holton Ernest was soon sidesman and then on the PCC, later being Church Warden twice covering more than 20 years. Rachel followed him onto the PCC and organised the cleaning rota right up to their departure. Throughout their time here they were both involved in the Social Club and the Village Hall. Ernest was always there ready to give a helping hand to whatever was needed especially when replacing the Hall roof and also securing two very large donations towards its cost.

Ernest was also on the Parish Council and Chairman for two stints during which time he took on the Best Kept Village of the Year challenge with Sally Longmate and won it for the Village in 2005. He was also heavily involved in establishing and installing the village sign and the first flagpole on the Church tower.

Ernest was instrumental in agreeing the purchase of the Town Pightle from the United Charities Trust to create the Millennium Green. He was a founder Trustee and helped to collate suggestions from the villagers, plan it out, plant trees and hedges and erect the beacon. All the component parts of the sun dial feature were manufactured in his garage!

When it came to raising funds Ernest and Rachel were always in the forefront. Major event days saw their garden turned over to an array of bygones brought in by their friends and of course his steam engines, Old Nick and Little Old Nick. They even had a small box attached to Old Nick for donations in exchange for rides. They took

their thrashing drum, tractors and steam engines to charitable events all over the country raising funds for many charities. Even before Marjorie and I came to the village in 1979 Ernest and Rachel were supporting us in our efforts to raise funds to establish the Ipswich Transport Museum.

They supported every aspect of our village, they were truly 'Village People' and I am pleased to say they were given an Award in 2002 by Babergh District Council for their outstanding work in the community.

We wish them well in their new home.

Chris Haste

Holton St Mary Open Gardens Sunday 19th May 2019: 11 am to 5 pm

Proceeds to Holton St Mary Church Fabric Fund



The Holton St Mary Open Gardens, established 23 years ago in 1996, will take place for the seventh time on Sunday 19th May 2019.

At this stage we are looking to put the date in your diaries and confirm which gardens will be open and who will help.

If you are willing to take part or for further information contact

Sally Thurlow (01473 312080), or email salthurlow@gmail.com, or
Frances Torrington (01473 312046), email familytorrington@btinternet.com

During 2018 the PCC of St Mary's Church, Holton St Mary was pleased to make donations to the following two charities. Success After Stroke, based in Great Cornard, and Gloneva UG based in Kampala, Uganda.

In addition the PCC was able to make a financial donation and, with the support of the community of Holton St Mary, a donation of food and household items to FIND in Ipswich.

Success After Stroke

Please would you pass our thanks to your PCC for their most generous donation. Leading up to Christmas this news will give our members a lift.

We are spending more effort in providing therapies to our members, so you may be pleased to hear that this is where the money will be spent.

Richard Furlonger, Chairman, Success After Stroke, Great Cornard, Sudbury

Gloneva UG,

With great joy we thank Rev. Rosalind Paul and the church of St. Mary's Holton, the one-off donation contributed by the small congregation in the church, this funding has done a lot, it come at time when we were relocating and we had no office items, and items to be used in managing the operational activities of the new facility, the fund was used to purchase these items in our new house, funds used to facilitate major and general office demands, less would have been done without the funding from this church, with much thanks, may God grant and answer all your special needs, as you have been an answered prayed to us, may God full fill your heart's desire, for you have looked beyond your personal individual needs to the need of a vulnerable children Ocaya Nickson, Gloneva (Global Network Evangelistic Association), Kampala

FIND

Dear Church Members, Thank you for the many tins and packets of food donated to

FIND earlier from your Church's Harvest service.

Those which were well dated will form a part of the hampers which we distribute at Christmas, along with individual gifts for each person of the family. The remainder will have been put on the shelves of the Food Bank to distribute in the emergency food bags which we deliver. These often now regularly number to some twenty families daily.

We do appreciate your support of FIND's work amongst those who are in real need in our local communities.

Heather Cade (FIND Trustee)

Nayland Horticultural Society

Our Annual Spring Show will take place on Saturday 23rd March. Why not have a go at submitting an entry into one of the 18 classes? Bring your entries along to the Church Hall, Bear Street, Nayland, CO6 4HY between 8.15 and 9am for judging. The Show opens at 10am and there will be a raffle, cake stall and refreshments available as well as the wonderful colourful Spring flower exhibits! Entry forms are available on the website or speak to Trevor or Margaret Smy on 01206 262022. Good Luck!

Our Spring Speaker is Hannah Powell from the Perrywood Garden Centre, Tiptree talking about the history of the business and their plans for the future development of their takeover of the Wyevale site near Sudbury. Exciting news for local gardeners!

The talk starts at 7.30pm on Tuesday 26th March in the Church Hall, Nayland, CO6 4HY. Raffle and Refreshments available.

BRANTHAM ANNUAL GARAGE SALE 2019

Benefiting Nepal Children's Trust and the
St Elizabeth Hospice

Saturday July 6th 9.00am – 3.00pm

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

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

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

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

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

Maya: mayawatling@hotmail.com /
07508 430671

Louise: Louloumadley@btinternet.com /
07792 236414

Maggie:
maggie1woods@googlemail.com /
07867 546484

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

SESAW NEWS

They thought I wasn't listening during
afternoon tea (yes, I do enjoy a cuppa) when
I heard about the Nayland10K charity run on
30th June. The organisers will give a
portion of the admission fees to five charities
including SESA W and runners can donate
their sponsorship too. Anyone interested
in taking part should visit the website to
register, there are photos of the lovely
Constable Country courses at
<https://www.nayland10k.co.uk/>

Our Spring Fair takes place at Whatfield
Village Hall, Rectory Road, IP7 6QU, 11-
2pm on 23rd March. We would be grateful
for any unwanted Christmas presents or
toiletries (particularly for the gentlemen),
cosmetics or general good quality items.
Please leave a message on the ansaphone
if you need us to collect from you. Tables
are still available at our Easter Fair, 10-3pm
on 14th April at Long Melford. Visit our
website for booking form or call/text 07881
785535.

Among the many animals at SESA W
awaiting new homes are two handsome
rabbits Peter and Benjamin. Both one year
old, vaccinated, neutered and looking for
female companions of similar age. We also
have a poor Jackdaw that was found, just
standing in a garden. Once Mum gently
wiped his messy eyes he could see and
started eating immediately. It is going to
take a while for him to recover from the
infection but he will get there.

I'm off down the garden to say hello to any
new animals that have come in. I have to
make sure they all know I'm Kenny (the
Boss) Chihuahua.

Suffolk and Essex Small Animal Welfare,
Reg.Charity No.1124029. Stoke Road,
Leavenheath, CO6 4PP. Tel: 01787 210888
www.sesaw.co.uk Usually open 10-1pm
Thursday to Sunday but please check first.



Hadleigh Choral Society is pleased to announce the details of their upcoming spring concert: St. John Passion by J.S. Bach. This choral work will be performed in the original German text at St. Mary's Church, Hadleigh on Saturday 6th April at 7:30 pm, and will feature professional soloists along with the Colchester Symphony Orchestra, John Cooper on harpsichord and David Butcher on organ. Christopher Phelps will conduct this musical retelling of the story of Christ's arrest, trial and crucifixion, in what promises to be a memorable evening full of wonderful music-making.

Tickets are £14 (free admission for under 25s) and will be available on line through www.hadleighchoralsociety.org.uk, members of the choir, or The Idler bookshop in Hadleigh. For more information contact on 01473 823 791.

East Bergholt High School
Association

Quiz Night

To be held at East Bergholt High School on Friday 29th March at 7.30pm

Bar opens at 7pm - serving alcohol and soft drinks

Tickets cost £5 per person including nibbles.
Teams of 8

Please pre-book teams on 07776291445 or pta@ebhigh.org.uk

Over 18s only unless accompanied by an adult.



Stour Valley Men's Probus Club

We held our New Year Lunch at the popular Haywain, Little Bromley, on 6th February when our spouses and Probus Widows joined us for what was an enjoyable event and a tasty meal. On 20 February Brian Wilcox introduced us to "New Ways Of Working", which whilst all members present were retired still found this most interesting.

Brian Wills will present what will be a lecture of particular local interest on Wednesday 6 March when he speaks about "Constable and his Paintings". Our Annual General Meeting will take place on Wednesday 20 March.

On 3 April Chris Parfitt will introduce us to the "Bhutan, Land of The Thunder Dragon" and David Ablewhite will return again and this time present "The Horrible Hanoverians".

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB. New members are welcomed.

Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. 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.

"An Afternoon with Joyce Grenfell" by Gillian Grinham was the subject of our 13th February meeting. Gillian is an Author, former teacher and a Director of plays & musicals. She performed a series of monologues and songs from Joyce's repertoire, interspersed with details of her much loved entertainer's life.

Toni Neobard & Kate Broad, family historians and authors will present "For Better or Far Worse" on 13 March. This will be a light-hearted look at marriage and relationships through the eyes of Victorians. What happened if they didn't marry and what if you did but were not happy with your choice? It will be a glimpse at bizarre goings-on showing wedded bliss wasn't always so !

On 10 April the popular speaker Mark Mitchels will talk to us on "The Genius of Charles Dickens". Dickens rose to become a great novelist by sheer talent and determination. He worked a self-imposed schedule that never relaxed and in the end he probably brought about his early death. But the novels survive, to be rediscovered by each generation. What sort of man was he? His genius is astonishing and this talk uses biography and extracts from his books to re-create the man and his achievements.

NEW - On Wednesday 20 March our first Member's Quiz Night is planned to take place at 7pm in The Constable Hall. Bring your own drinks and nibbles and partake in a team of six for just £2 per each. Help will be given to form a team on the night. Please register before 12 March by contacting June Escott on 01206 231707 or email jescott@btinternet.com

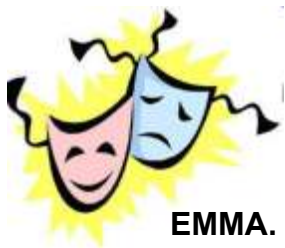
Each month, the Coffee Grinders meet at The Lambe School, Gaston Street, East Bergholt, CO7 6SD from 10-12 noon. This meeting especially welcomes new members but gives all members the opportunity of meeting the activity Group Leaders and the Committee whilst enjoying a cup of coffee. The next meeting is on Friday 22 March.

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 340 members and 35 active 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 December. Whilst visitors are welcome to join us on a limited number of occasions, paying a donation each time, Members are given priority to speaker meetings due to the hall's capacity limit for safety reasons.

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Assembly Room Dedham. Refreshments included.

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www.dedhamplayers.org.uk or
Shakespeare House Gallery, High Street,
Dedham.



Constable Singers

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

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

The start of a New Year time to start a New Hobby?

Do you know the basics of bridge and would like to play regularly in a social environment, then how about coming along to the Lambe School Wednesday evening bridge group. We meet up in Lambe School, East Bergholt at 7.30 each Wednesday. A regular partner is not essential as we ensure everyone who turns up gets a partner for the evening. If you would like to know more then phone Nigel Clover on 01206 323422.

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office@stmarksparish.org.uk



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It is now possible to request a connecting communities Journey online.

To help make the booking process more accessible, you can request up to seven advance return journeys via our new online request form.

Journeys are charged at an equivalent bus fare rate and Endeavour cards are also accepted offering at least 25% discount

Request a journey at

www.suffolkonboard.com/cc

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Babergh and Mid Suffolk District Councils understand that fitting life in around work can be a challenge, especially when it comes to things like your council tax. Well, no more! Why not make your life easier with our online portal MyAccount.

It's free to sign up to, easy to use and you can have instant access to your account at a time to suit you. There's no need to make any phone calls – you can view your bills and update information all online!

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- Apply for discounts & exemptions
- Notify us of a change in circumstances
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- Print bills if you need them for proof/evidence
- And more...

Please note that all named people on the bill must separately register for paperless billing to prevent further paper bills being issued. Any users wishing to receive an online bill for March 2019, should sign up before 15 February 2019.

Sign up only takes a few minutes:

<http://www.babergh.gov.uk/ctpaperlessbilling> (delete link as applicable)

Bin Collection Schedule

Week Commencing	
Refuse Week	1 st April
“	15 th April Waste Services
“	29 th April 0300 1234 000 (option 4)
“	
“	Email: recycling@baberghmidsuffolk.gov.uk
Recycling Week	25 th March
“	8 th April Visit www.recyclenow.com to find your nearest recycling banks
“	22 nd April
“	6th May → Bank Holiday Week - Everyone's collection will be a day later this week.
“	



SESAW Spring Fair,

11-2pm 23rd March at Whatfield Village Hall, Rectory Road, IP7 6QU

Gifts, crafts, collectables, books, flowers, etc for friends, family, pets - and don't forget Mother's Day.

Tombola, raffle, refreshments. 50p entry, free parking.

Tables still available at SESA Easter Fair, 10-3pm 14th April at The Old School, Long Melford, CO10 9DX. Phone/text 07881 785535 to book

support our campaign.

We are trying to prioritise the improvements needed at the A12 Four sisters junction 31 East Bergholt.

We have a Facebook group which people can join and find our online petition.

We have a lot of businesses and people backing the group and would love Quartet readers to join us

Link to us at [facebookhttps://www.facebook.com/groups/2167927646605092/](https://www.facebook.com/groups/2167927646605092/)



Local Services

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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**

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10.30am to 1.30pm

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Stratford St Mary - Route 11

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Wednesdays

20 February, 20 March, 17 April

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

26 February, 26 March, 23 April

Holton St Mary

Church Square - 9.30-9.45am

Raydon

St Mary's Raydon - 9.50-10.30am

Lower Raydon

Sulleys Hill - 11.30 - 11.45am

Higham

The Green - 11.55am to 12.10pm

The **customer service line 01473 283838**
is staffed 9am to 5pm from Monday to
Friday and can handle any library
customer queries renewals and
reservations to any general library queries.
An answer phone is available outside of
operating hours and people can also email
help@suffolklibraries.co.uk

Crime prevention

<http://www.suffolk.police.uk/safetyadvice/reportacrime/tellthepolice.aspx>
PC 1347 Gilkes Pcs0 3041 Cooper babergeast@suffolk.pnn.police.uk
Telephone...101

Local Directory

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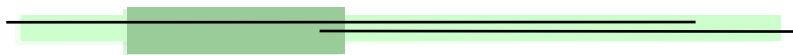
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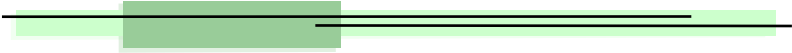
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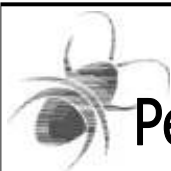
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The Quartet benefice Newsletter and events schedule

From the 4. St Mary's Benefice.

All the PCC's are working hard together to (a) find a new Priest on a permanent basis, and (b) to keep the Churches' programme of services continuing along a similar pattern that you have all become familiar with. We have in place already priests and those authorised to take all Holy Communion services, or Morning Worship, up to August this year and are now sorting out the remainder. Evensong will be taken by our Elders, or Churchwardens as required. We are very fortunate to have Nicola Tindall (Reader) who is assisting us during this period, along with the help of several Elders as well as the Churchwardens. If there are any problems that need resolving, please contact any of us (contact numbers on following page) as soon as possible then it can be dealt with as we move forward, working together to keep our Benefice strong and carry us forward with renewed hope during this challenging time.

Most Sundays of March we will be in Lent (time of fasting?) as we head towards Easter (this year mid-April). Easter of course means Easter Eggs (doesn't it???) especially for all the young children, but if you would like something different & more meaningful to the time of year, I am planning our annual walk of Witness on Good Friday. You need good footwear as it's mostly across country so not all roads. Dogs on leads most welcome. This year starting from Stratford Church 9.00am for a short opening act of worship, then 1st part of our story. We then walk to Higham Church for 10.45am where the 2nd part of the great drama of "The Passion" – the story of Jesus, arrest and crucifixion is told. Then coffee & hot cross buns before moving off to Holton Church for 12.15pm for the 3rd part of the drama to unfold. This is followed by a light lunch of soup, bread & cheese etc (small charge made) in village hall to fortify us for the onward walk to Raydon arriving 2.45pm (approx.) Here we have the final part of the drama, then some short prayers finishing at 3.15pm (approx.) A cup of tea & biscuits awaits before heading homewards.

The Easter Vigil at Raydon Church on Saturday 20th April @ 7.30pm will see the lighting of the Pascal (Easter) candles followed by a few short readings and prayers inside Church. Candles are then taken by Churchwardens back to their Churches to be used at Easter Sunday services, plus any Baptisms throughout 2019. All are welcome to attend all Easter services around the Benefice.

May God bless you all in this time of Lent as we lead up to the joyful celebration of Jesus' resurrection on Easter Day.

Geoff Horrex,
Churchwarden, Raydon.

BENEFICE CONTACTS, SERVICES AND EVENTS



BENEFICE CONTACTS, SERVICES AND EVENTS

Reader:

Nicola Tindall: 01787 212340 nicolajtindall@btinternet.com

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

Benefice Administrator:

Frances Torrington: 01473 312046 familytorrington@btinternet.com

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

Benefice website:

www.4marys.org.uk

Churchwardens

Higham Martyn Carr 01206 337325
Hugo Parker 01206 337234

Holton Richard Noel 01206 298276
Paul Torrington 01473 312046

Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

Stratford Jonathan Dewey 01206 322148

Services in March and April

	10.00 a.m.	NB. 5 p.m.
3 rd March	SSM	Holton
10 th March	Higham	Raydon
17 th March	Holton	SSM
24 th March	Raydon Family Hour SSM	Higham
31 st March	Higham Mothering Sunday with Communion by extension	
7 th April	Passion Sunday with Baptism SSM	Holton
14 th April	Palm Sunday - Higham	Raydon
21 st April	Easter Day - Holton	

Deanery Holy Communion with Imposition of Ashes

Ash Wednesday - 6th March at 7 pm, Polstead Church.

Midweek Communion: A short service of Holy Communion will be held in the Parish Room at Stratford St Mary at 10am on Wednesday on 20th March.

Morning Prayer A service of Morning Prayer will place on Thursday 28th March at Higham Church at 10 – 10.30am, followed by coffee. All are welcome or just come for the coffee.

Good Friday Walk: The annual Good Friday Walk of Witness will take place on 19th April. Starting at SSM Church at 9.00am. Please see Benefice Newsletter for further details.

Lent House Groups

Afternoons: 2.30 pm-4 pm

14 March , 21 March , 28 March , 4 April:
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Evenings: 7.30 – 9pm

14 March: Kingfisher Cottage, Higham,
21 March: The Old Rectory, Higham
25 March: Heath Barn, Leavenheath
1 April: Oaks Farmhouse, Holton St Mary
Both groups will be following John Stott's book on The Beatitudes

Elders

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

Martyn Carr	01206 337325,	Christine Cousins	01206 322530
Janet Dewey	01206 322148,	Sandy Ranson,	01206 322156
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Holton:	Ron Stedman
Raydon:	David King, Michael Mumford, May Peacock
SSM:	Nancy Ablitt, Laura Kerry, Pat Ablitt and Family
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We pray for Martyn Carr as he continues with his Auxiliary Ordination Programme