

**Stratford  
St Mary**

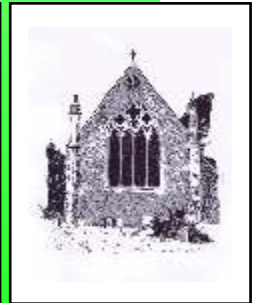
**Higham**

**Holton  
St Mary**

**Raydon**

# Quartet

The Parish Magazine



**March 2020**

Issue 379

Babergh District Council has launched the

### **'Tree for Life'**

initiative - they are offering families a tree to mark the arrival of every new child. For more information, go to:

<https://www.midsuffolk.gov.uk/environment/tree-for-life/>

### **FOR SALE**

Three dozen assorted sized rockery stones and fifteen coping stones for sale. All in good condition.

£50-00 ono Buyer must collect.

Contact Dave 07930390517

### **Assistant Benefice Administrator Wanted.**

The Benefice Ministry Team for the Benefice of Higham, Holton St Mary, Raydon and Stratford St Mary is looking for someone to provide secretarial/admin support. This will be a paid position and will probably involve 6-10 hours a month, mostly working from home in your own time.

If you would like to know more about the role please contact Frances Torrington on 01473 312046 or [familytorrington@btinternet.com](mailto:familytorrington@btinternet.com)

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

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

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

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

# Small Ads pin board



# The Quartet Diary

## March

- 4 SSM Open Gardens Meeting
- 9 Stratford Parish Council Meeting
- 10 Raydon Parish Council Meeting
- 11 HSM Parish Council Meeting
- 14 Globe Theatre Talk, Raydon
- 21 HSM Social Club Quiz with fish and chip supper  
Higham Church Spring Clean Up
- 24 Raydon Fair Trade Coffee Morning
- 26 RDGC Meeting Raydon
- 27 HSM Social Club Whist
- 28 Big Breakfast SSM  
Medical Cannabis Talk, SSM

## April

- 1 Stratford Annual Parish Meeting
- 3 Quiz Night, SSM
- 4 RDGC Spring Show Raydon
- 9 Raydon Annual Parish Meeting
- 15 HSM Annual Parish Meeting
- 17 HSM Social Club AGM

- 21 Raydon Fair Trade Coffee Morning

## May

- 2 Higham village quiz
- 9 HSM Social Club VE Day Celebrations
- 11 Stratford Parish Council AGM
- 12 Raydon Annual General Meeting
- 13 HSM Parish Council AGM
- 19 Raydon Fair Trade Coffee Morning

## June

- 9 Raydon Parish Council Meeting
- 16 Raydon Fair Trade Coffee Morning
- 28 Higham Summer Party

## July

- 3 HSM Social Club Golf Day
- 13 Stratford Parish Council meeting
- 14 Raydon Parish Council Meeting  
Raydon Fair Trade Coffee Morning

# Editors Corner

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We have a jam packed edition for you this month! I think it must be a sign of spring on the way. There's advance notices for events this month and well into the spring, so rather than pick any out, I think I'd better let you look through the pages and find out for yourself what's going on. We love to advertise as wide a range of events as we can in the Quartet, so there's something for everyone - so if you know of any upcoming events, don't forget to let us know by emailing [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk).

Another thing we love to do is bring you interesting and informative articles to bring a bit of something extra to the magazine. This is difficult for us to achieve and we need your help. Over the next few months we will be advertising a **500 words challenge**. Will you rise to the challenge and write us an article in no more than 500 words on a subject of your choosing? Perhaps you have an interesting hobby, or a favourite television programme, perhaps you're involved with an organisation or can tell of your experiences on holiday? Perhaps you might like to write a short story? Have a think and we'll announce more details next month

In the meantime, peruse the general 'goings on' for another month and we hope you find something you can support.

Wishing you happy reading for another month

Anne and Jane

Articles for the Quartet are included if we have room, and if, in the opinion of the editors, they are of general interest to our readers. Please remember all articles will be subject to editing. We prefer you to contact us via email where possible.



Copy deadline for next edition:  
**19<sup>th</sup> March 2020**

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# Stratford St Mary

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## Maintenance Work in Village

Stratford St Mary Parish Council are looking for a contractor to carry out general maintenance work in the village. This will involve repairing of benches, clearing of footpaths and other jobs as and when required.

If you are interested, please email Parish Clerk:  
[parishcouncil@stratfordstmary.org.uk](mailto:parishcouncil@stratfordstmary.org.uk)

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## Attention!

Please note there has been a change of date for the

**Stratford St Mary  
Annual Meeting**

From 27<sup>th</sup> April to

**1<sup>st</sup> April 2020**

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## STRATFORD ST MARY INSTITUTE HALL

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

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

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

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## STRATFORD ST MARY PARISH ROOM

Letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.

all day - £38.00.

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

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

Peter collecting a cheque for £530 on behalf of the Stratford st Mary and Langham Community First Responders, from Waitrose Colchester. Donated by the public through the green token scheme. A very big thank you to everyone. By helping us, we are helping you.



**Village  
Life**  
**INVITES**

**All well behaved canine residents of Stratford St Mary to**

**A Village Dog Walking Day**

on the beautiful **Post Office Meadow** (*opposite the Black Horse*)

**Sunday 8th March 2020 between 11am and 3pm**

***Post Office Meadow provides 11 acres of grassland  
bordering the river.***

***It is reasonably secure and dogs can run free, play ball games,  
explore or just sniff.***

***A wood burning brazier will be available at lunch time should  
people wish to cook sausages etc.***

***Picnics welcome but, please no litter.***

***People without dogs are welcome too.***

**For more information contact:**

**Chris Griffin Tel: 01206 337 363 or Mobile: 07885 807 567**

**e-mail: [villagelife@stratford-st-mary.org](mailto:villagelife@stratford-st-mary.org)**



**Family Hour @ The Parish Room**

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

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

**Come and join us!**

## Stratford St Mary Parish Council

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

### Meeting dates for 2020

09 March

1st April: Annual Parish Meeting

11 May: Annual Parish Council Meeting

## Dig Deep fundraising!

We are very honored to have been asked to join a group of ambassadors in a fund-raising walk along the Rift Valley in Kenya for the Dig Deep Charity (see benefice newsletter in this magazine). We will be fundraising for the charity by holding 3 events, we would love to see as many of you as possible at the following events.

### **Saturday 28<sup>th</sup> March**

Big Breakfast in the parish room 8.30-11am

Hot, cold and children's options available.

### **Friday 3<sup>rd</sup> April**

Quiz with supper 7.30pm

In Hall Farm café (by kind permission of the Barrie Family)

£10 per person (max 6 per team)

With a raffle organised by Karen Suddes. Please bring your own drinks and glasses.

If you would like to book for the quiz please contact Christine on 01206 322530.

Thank you in advance for your support, Christine Cousins and Sarah Brass.

*Save the Date*

## *The Stratford St Mary Village Ball*

*Has been revived!!*

**18<sup>th</sup> September 2020**

**The Falbooth**

*A great opportunity to put on your glad rags*

*and bring the whole village together*

*Tickets available shortly*

# "The Coffee Pot" -at- Stratford St Mary Chapel



Stratford St Mary Chapel welcome all to their community coffee morning. We are situated within the chapel lounge where there is a safe area for children to play whilst you catch up over freshly made coffee, tea and cake.

Every **Tuesday** morning  
between 9am and 11am  
*during term time only.*

At around 10.30 am each week there will be Story time and songs for any children and a brief 'thought for the day'

Further information

contact:beckie.w@live.com



We are collecting Leftover currency to raise funds for new play equipment.

Thank you for your fabulous generosity!

An amazing £241.37 has been raised for abc Preschool so far.

Found some more coins? Please bring them in to abc Preschool, in the grounds of Stratford St Mary Primary School, Monday- Friday 9am-3pm.

Any old or new foreign or British currency gratefully received. We would love to be able to raise even more.



Stratford St Mary Primary School will be collecting the 'Plant to Plate' tokens which will appear in the Ipswich Star and East Anglian Daily Times, from Saturday 18<sup>th</sup> January to Friday 27<sup>th</sup> March 2020. **EVERY** school that collects a minimum of 1,000 tokens will receive £130 worth of gardening equipment, whilst the top three (as a ratio to registered pupils) will win £1,000 worth each and personal advice and guidance from Head Gardener Peter McDermott. If you have any tokens please drop them off at Stratford St Mary Primary School. Thank you for your support.

## Stratford St Mary Parish Council Emergency Team

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

### Norman Woodard

12 Swaynes 01206 323015  
Norman.woodard@fatbloaters.com

### Chris Griffin

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

### Steve Kite

42 Strickmere 01206 322482  
07958 515573

### Bill Davies

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





# ***Volunteers Needed***

*for*

## **SSM Open Gardens**

### **Open Village**

**Saturday 20<sup>th</sup> June**

***In addition to our beautiful gardens suggested activities include:***

***Scarecrow Trail***

***Classic Cars, Village Photo's & Wedding Dress exhibitions***

***Mini-market with Art & Crafts Displays, Cakes, Antiques and much more***

***Garage Sales & Plant sales***

***Boat Rides***

***Children's Activities***

## ***Everybody is invited to get involved!***

***If you live, work or play in Stratford St Mary we need you!***

***Individuals, Families, Groups, Organisations,  
bring your ideas, skills and above all, offers of help, to the  
planning meeting***

***Wednesday 4<sup>th</sup> March. Parish Room @ 7.30pm***

***Be part of it ..... the more the merrier!***

***for more information contact***

***Julie: [julie@jj-associates.co.uk](mailto:julie@jj-associates.co.uk) (call 07989639583) or***

***Brian: [villagelife@stratford-st-mary.org](mailto:villagelife@stratford-st-mary.org) (call 07850668064)***





## Medical cannabis: weeding out the facts

**An insight into drug trials in medicine and the facts behind the use of cannabis in medicine**

**Professor Richard Appleton**

Consultant and Professor in Paediatric Neurology Alder Hey Children's Hospital and the University of Liverpool

**Saturday 28<sup>th</sup> March 2020**

**7.30 pm in the Parish Rooms,  
Stratford St Mary**

£8.00 a ticket which includes wine. All proceeds to Stratford St Mary's Church Fabric Fund

Tickets available on the door or in advance from Hall Farm Shop or Stratford St Mary Post Office (Vale Garage, Upper Street)



**Community  
First Responders**

**AGM**

7.30pm Wednesday 22nd April  
All are welcome.

## **Stratford St Mary Parochial Church Council**

Notice of the Annual Parochial Church meeting and Meeting of Parishioners

**Monday 20th April at 7.30 pm  
in the Parish Room.  
Refreshments provided**

- Election of Church Warden(s)
- Find out what has been happening in your local Church during the past year.
- Find out how the finances work
- Meet your PCC members
- Learn about the work to maintain our historic church building

Please come along!  
Sandy Ranson  
PCC Secretary



## **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.

## The Village Emergency Telephone

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

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

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

The number to call these volunteers is :-

**01206 700919**

### **SSM 100 Club winners**

FEBRUARY 2020

58	E. Pring	£ 40.00
47	J Alexander	£10.00
76	S Ablitt	£ 5.00



## **Stratford St. Mary Chapel**

Upper Street, Stratford St. Mary CO7 6JH

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

### **Sunday Services: (every Sunday)**

10 am Morning Service and Junior Church followed by refreshments

6.30 pm Prayer and Praise

### **Midweek Activities:**

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

"The Coffee Pot" for everyone

Tuesdays 9 am - 11 am during term time

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

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

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

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



**Community  
First Responders**

Interested in becoming a CFR?

Why not find out what it is about?

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

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

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



## Fair Trade c o f f e e morning.

A very busy gathering for our first Fair Trade coffee morning of 2020. Some of our regulars were

enjoying their holidays but I think we more than made up for that with the amount of chatting that was going on.

January 28th was a cold but sunny day, and as well as our great coffee and wonderful "Frinton" scones and cake we had a "small stall" again.

This was very popular and all items for sale had been donated for the Church roadside stall, an excellent way to recycle your surplus goods. A big thank you to buyers and donators, so search your cupboards and see if you have anything you no longer require.

We also sold several tickets for the ever popular Mark Mitchell lecture. This year we have afternoon tea before the talk, which is on March 14th at 3pm. It's tickets only which cost £7.50 and include tea. Phone 01473 311548 for yours.

Our next Fair Trade coffee morning is on February 25th but I think we might already have had that before you get your copy of the Quartet so hope you were able to come. We meet again in March on 24th so hope to see you then.

Many thanks for your continued support, a warm welcome awaits you.

Wendy Mumford  
01473 312123

## Raydon Community Speedwatch

Following concerns by several parishioners about the speed of traffic through Raydon, the Parish Council would like to set up a Community Speedwatch Team. This can only be done with the help and support of local volunteers.

If you would be willing to help out, please send your contact details to Jane Cryer, Parish Clerk, at raydonpc@gmail.com  
01473 824287 / 07920 713940



## GWEN NELSON

Adrian and David Nelson wish to announce the sad passing away of their Dearly Beloved Mother, Gwen Nelson.

She passed peacefully in her sleep at home on the morning of 7th.  
February 2020.

She will be very sadly missed by her family and her many friends.

## Raydon Parish Council

### Schedule of meetings 2020

All at 7.30pm in the KGF Pavillion

Tuesday 10 March

Thursday 9 April (Annual Parish Meeting)

Tuesday 12 May (AGM)

Tuesday 9 June

Tuesday 14 July

Tuesday 8 September

Tuesday 13 October

Tuesday 10 November



### Inconsiderate car parking - again!

The footpath along The Street, especially near Noaks Road is often partially blocked by cars parked with their wheels on the path, making access difficult for pedestrians - and, more importantly, mobility scooters. Please try to keep the footpath clear.

Jane Cryer  
Clerk to Raydon Parish Council

St Mary's Raydon

## WANTED

Extra pairs of hands to join our flower arranging team.

No formal qualifications needed just a desire to keep our church looking beautifully cared for.

For further details, please ring me.

**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](mailto:raydonpc@gmail.com)

A note for your diary!

## Raydon Spring Clean

Saturday 13th June  
Meet at 10am  
King George's Playing Field  
Pavilion  
All welcome!

More info next month

**YOU ARE INVITED TO**  
**AFTERNOON TEA FOLLOWED BY**  
**A TALK BY**  
**MARK MITCHELS**

**SHAKESPEARE'S**  
**GLOBE THEATRE**

**SATURDAY 14 MARCH 2020**  
**3.00PM**  
**RAYDON VILLAGE HALL**

**TICKETS £7.50 EACH**  
**FROM**  
**01473 311548**  
**IN ADVANCE ONLY**





## Church Spring Clean

Calling all "Domestic Goddesses"

We will be carrying out the  
annual Spring Clean  
of St Mary's Church on

**Saturday 7th March**

commencing at 9.30

Coffee and goodies may be supplied!

All help would be very welcome



## 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

## Your Raydon Parish Councillors

**Sue Newton (Chair)**

07808 818847

**Keith Lovering**

07939 075143

**Howard (Jim) Lowe**

01473 313094

**Amanda Pyall (Vice Chair)**

01473 310050

**Sigi Steer**

07591 875267

**Jayne Tann**

01473 828283

**Jane Cryer – Clerk**

Sunnyside Cottage, Overbury Hall Road  
Lower Layham IP7 5NA

01473 824287 / 07920 713940

[raydonpc@gmail.com](mailto:raydonpc@gmail.com)



## 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!

# Raydon and District Gardening Club

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Daphne and I went for a lovely walk the other day, the rooks were making nests and some were sitting on the nests high up in trees approximately 20 of them, a sure indicator that Spring is on its way. Since last month everywhere around the countryside snowdrops abound and what a lovely sight along with aconites & primroses, makes a pleasant change from seeing all the litter thrown out or dumped in our used to be beautiful countryside. I also noticed people are starting to do something in their gardens again & some have even started to cut the grass which has hardly stopped growing due to the mild winter so far. With our changing climate it will certainly give all us gardeners a new challenge on how or when we do different jobs like when to prune, when to plant different seeds etc as the old guide lines seem to be not applicable as much, oh the joy of being a gardener.

Hopefully our February meeting got off to a flying start with the subject "Orchids in the wild" with guest speaker (new to garden club) Mrs Tina Loose who is very good and I have known her for several years. Hopefully we had a good attendance as many of our guest speakers come some distance for us and they deserve a good number of members, they also help us by passing on lots of knowledge.

March 26th and Chris Parfitt will be giving us a interesting evening of Cornwall and its gardens which should appeal to everybody. Cornwall have some great gardens but of course it's a long distance to travel, so most people perhaps can only go when in that part of the world on holiday or visiting friends and family.

Saturday 4th April will be our "Spring Show" once again and held in the village hall. Although we are marking our Ruby Anniversary this year, the main arrangements in this spring show will be mostly daffodils to celebrate St David's Day so yellow will be the major colour. Don't forget to pick up our show schedules in good time as entries have to be booked in advance of show day on Wednesday 1st April latest. This helps us work out table spacings and ensures every exhibit is displayed to its advantage. Late entries on the day are only accepted if table space allows.

Also in April on Thursday 23rd again in village hall our evening meeting is with Chris Reeve who is senior gardener at Helmingham Hall, and he will talk through "A year of gardening" at this quite famous garden.

We will be taking bookings for our annual summer coach outing and hopefully will have prices sorted, also the destination.

We may also have a another outing (shorter distance) to look forward to, however your committee has still to confirm if this is possible.

As always your committee looks forward to meeting all members and guests, plus new members at all meetings and shows. Enjoy the "SPRING" as it comes in with all the different colours. Geoff Horrex.





# Higham

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Benefice Lent Retreat Morning

**Saturday 7<sup>th</sup> March**



## **Lazarus and Lent, Jesus, Bethany and Us**

led by Revd Canon Dr John Parr

St. Mary's Church, Higham

refreshments from 9.15am – begin  
9.30am  
parking available  
(please bring a bible with you)

## **VILLAGE QUIZ**

After the success of last year's quiz night, we are planning this year to hold two village quizzes.

The first will be held in the church on **SATURDAY 2ND MAY** beginning at 7pm.

Entries are invited for teams of up to six persons. Please choose a name for your team and send your entry to [rogerfinbow@angliamail.com](mailto:rogerfinbow@angliamail.com)

Fee: £5 per person, payable on the night, to include wine and soft drinks at half time. Any surplus will be given to the church

Please bring your own picnic.

A repeat of last year's popular Quiz and Curry evening will be held in the Autumn: details later.

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## **HIGHAM SUMMER PARTY – Save the Date**

The Higham Summer Party will take place on Sunday 28th June 2020.

Picnic lunch by the river. Lots of activities. Open to all Villagers, families and friends.

Further details to follow.

## **CHURCH SPRING CLEAN-UP MORNING**

Higham Church

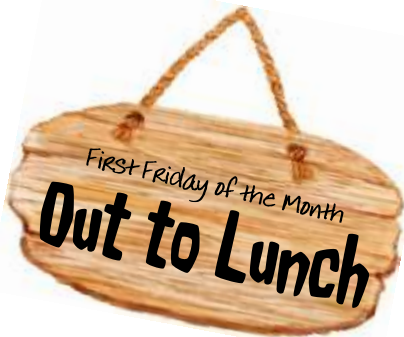
**Saturday 21st March**

Any help with a bit of polishing, hoovering, hoe-ing, hedge clipping etc, (which can be combined with a cup of coffee and a chat), even for just 45 mins, sometime between 9.30am and 1pm would be enormously appreciated.

# Holton St Mary

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On the first Friday of every month there is a Lunch Club in the Village Hall for residents 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 Village Hall

can be hired at very reasonable rates!

Available during the day and most evenings (not Friday) from £17.00  
Saturdays from £35.00

For further information and booking please contact Bookings secretary  
Tanya Kunz 01473 311570



## Praise of Slow.

Slow Stitch group meets every third Thursday of the month **1.30 - 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

## Sunday Lunch



The ever popular Holton St Mary Sunday Lunch run by the Church Fundraising Group, and supported by the HSM Social Club will take place on

**Sunday 1st March 2020**

**In the Village Hall**

Price £15 adults £10 children (free for pre-school children). Now is the time to volunteer or book your place to attend.

To do so, please contact

Sally Thurlow (01473) 312080 or

salthurlow@gmail.com or

Marjorie Haste (01473) 311615

marjorie.haste01@btinternet.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 leave a contact number and 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)

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## Holton St Mary Parish Council

Our next Meeting is on

Wednesday 11<sup>th</sup> March

8pm in the Village Hall

All parishioners welcome

## 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 Date :- Friday 27th March

Early Opening on Friday.

Please note that the next date for early opening is:- Friday 13th March

### Forthcoming Events

Quiz Night with Fish & Chip Supper

Saturday 21st March

The team entry sheet is now on the Notice Board in the Village Hall

£10 pp.

for more information please contact Lee on 07415 960164

AGM Friday 17th April

VE Day Celebration

Marquee on the Millennium Green

Saturday 9th May From 7pm til late

Dance along to the 9 piece "Sweeting

Swing Band" Hog Roast

Tickets are now on sale

Members £25, Non-members £30

Period dress optional but appreciated

For more information please contact

Bob on 07966 266293

HSM Golf Day

Friday 3rd July at Rushmere Golf Club

Tickets £42.50 Contact Bob on 07966 266293

Kind Regards

Peter

peter longmate

quaywallslongmate1@btinternet.com

mobile:- 07957 910608

home:- 01473 314150

## **Update from Constable Country Patient Participation Group March 2020**

### **First Aid awareness session for parents and carers**

We will be running a First Aid awareness session on March 18<sup>th</sup> at 7.30 pm in Capel Methodist Church (IP9 2EF). This is aimed at parents and carers of babies and children up to age 11. The session will be two hours and we had excellent feedback when we ran one at East Bergholt primary school at the end of last year. There is no charge for this session. We will also be asking if people would like to sign up for a First Aid course, which would result in a First Aider qualification.

### **New appointment system**

We are aware of the difficulties some people are experiencing with the call back system and continue to discuss these with the practice manager and GPs. The Constable Country practice website ([www.constablecountrymedicalpractice.co.uk](http://www.constablecountrymedicalpractice.co.uk)) lists a number of alternatives for patients to get in touch, including the e-consult service. Do continue to let us know your views by emailing us at [constablecountryppg@gmail.com](mailto:constablecountryppg@gmail.com) or by filling in one of the comment cards in either surgery or ring me: 01473 311384

### **Community Connectors Motorhome dates in March:**

Wednesday March 4<sup>th</sup> at East Bergholt surgery 12.30 to 3.30pm

Wednesday March 18<sup>th</sup> at Capel St. Mary Community centre 12.30 to 3.30pm

Kathy Pollard (Chair) Constable Country Medical Practice

## **Hadleigh Choral Society**

Dramatic and majestic in its sound, the organ will feature prominently in three choral works at Hadleigh Choral Society's upcoming Spring concert. All are invited to attend as we perform a series of musical depictions of biblical psalms, requiem mass, and heartfelt poems. Latin, Hebrew and English plus a bit of Gregorian chant harmonisations will all be on the menu as the Choral Society sings Chichester Psalms by Leonard Bernstein, Requiem by Maurice Durufle and Five Mystical Songs by Ralph Vaughan Williams.

Directed by Christopher Phelps, the choir will be accompanied by professional soloists (Mezzo soprano Nina Bennet, Counter tenor Tim Travers Brown, and Baritone Owain Browne), along with Organist Tom Bell. Harp and percussion instruments will round out the musical ensemble.

Join us for this evening of celebratory praise through these well-loved choral classics, two of which made their debut appearance at such esteemed venues as Chichester and Worcester Cathedrals.

**Concert details: 28th March, 7:30 pm at St Mary's Church in Hadleigh (IP7 5DT).** Tickets are £15 (under 25s free) and are available from the Hadleigh Choral Society [www.hadleighchoralsociety.org.uk](http://www.hadleighchoralsociety.org.uk), The Idler bookshop in Hadleigh (37 High Street), choir members, or on the door. For more information phone 01473 823 791



## **The Benefice House Group**

(This is an ultra-short summary of the eight-week House Group course on Peter)

## **Peter: learning to be like Jesus**

Peter faced a very steep learning curve from being found by Jesus to becoming the person to establish the Christian Church throughout the world. His learning included having to: Obey; Pray; Trust; Believe; Follow; Serve; Love; Persevere; Witness; Change and ... never stop Learning.

He was a simple, Jewish fisherman and, with his brother Andrew was the first to be called to be a disciple of Jesus. In the lists of the named disciples cited three times in the Gospels, Simon (or Simon Peter) is always mentioned first.

When Jesus and Simon (Peter) first met, Jesus told him he would be thenceforth be called Cephas (Aramaic for 'rock'), or Peter (Greek for 'rock') (1). Eventually, Jesus not only changed his name but his self-image, his prejudices, his expectations and his priorities. However, Peter only fully understood these changes well after Jesus's death and resurrection, and probably only when filled with the Holy Spirit (2). Peter illustrates God's promise outlined in Paul's letter to the Philippians (chapter 1, verse 6): "God, who began a good work in you, will carry it on to completion until the day of Christ Jesus".

Peter was the leading spokesperson for and on behalf of all the disciples as he was the one always prepared to voice his, and others' thoughts (3,4,5). However, there is no evidence that in the early days of the disciples' work he had been given any particular authority to do this. Peter was impulsive and often spoke or acted without thinking (6); he was confused, rash, fickle and weak and made promises that, under pressure, he did not keep (7); he challenged Jesus and frequently got into trouble (8,9);

said he understood but in reality didn't until filled with the Holy Spirit (2). In short, very much like us.

Importantly, Jesus never stopped loving and never gave up on Peter, restoring him as the future (the 'rock'), on which the Christ's Church would be built (10,11).

Peter's journey is that of a typical disciple. Discipleship is never static but dynamic, until our physical death. We can and never should stop learning. All disciples should continually be challenged; 'what more should – and can – I do?' Jesus' hopes and desires following our repentance and acceptance of him move from the general to the more specific. Our call to follow Jesus involves a deeper commitment, and, if necessary, a greater sacrifice; we should be thankful that in Suffolk, it is highly unlikely this sacrifice will end in death. Discipleship should be an attitude as well as a journey as we progressively follow and grow into Jesus. We, like Peter, are called to share and explain the Gospel with others. This does not necessarily mean shouting it from street corners, but in any way that brings others to Jesus and the love of God.

Although it may be tempting to use Peter as a 'role model' that would in some way explain or even excuse our own mistakes, this would be wrong, if only because we know how he behaved. However, we do need to learn from his mistakes and not reproduce them, because we will, inevitably and perhaps even today, say or do something wrong, and sin. Turning the situation around, we can also use the Jesus-Peter relationship as another valuable learning experience, namely that, when we are faced with a Peter-like figure, we should try and show them the grace, mercy, faith, trust and love that Jesus showed him ....and us.

References (book, chapter: verse)  
John 1: 42

Acts, 2: 1-47  
Matthew, 16: 16-17  
Matthew, 17: 24-26  
Luke, 12: 41  
Matthew, 17: 4  
John, 13: 37  
John, 13: 8  
Matthew, 16: 22-23  
Matthew, 16: 17-19  
John, 21: 15-17

## Councils' £420k three-year guarantee to support Citizens Advice

At cabinet meetings this week, councillors at Babergh and Mid Suffolk District Councils gave the go ahead to support Citizens Advice (CA) with more than £420k.

Recognising the value of Citizens Advice which is estimated to have saved £8.1m across Suffolk, and with growing numbers turning to them for help - both councils have agreed a more sustainable funding approach with two three-year funding agreements.

Full details about the funding can be found on the councils website.



## Constable Singers

We meet on Thursdays [apart from the 2nd Thurs. of the month when we meet at E.B Congregational church] at The Lamb School East Bergholt at 7pm.

We would like to have some new members so if you like singing (no audition, no need to read music as we sing along to backing tracks once we've mastered the tune). 1st session is free and words are provided. Contact Yvonne 01206298428 or Mel 01206298628 or Paula Mob.07799248747

If you would like for us to come and sing to your group/club/society Please Contact Paula tel Number above

## Dedham Vale and Suffolk Coast & Heaths AONBs are now open for applications

The various grants from and administered by both Dedham Vale and Suffolk Coast & Heaths AONBs are now open for applications. Deadlines for applications vary but are all in mid March 2020, for grant spend April 2020 to March 2021.

Full details of the funds, their geographical range and their priorities, plus applications forms, are available on these webpages:

<http://www.dedhamvalestourvalley.org/grants-and-funding/sustainable-development-fund/>

<http://www.suffolkcoastandheaths.org/grants-and-funding/>

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 activity group leaders and committee members whilst enjoying a cup of coffee. The next meeting is on Friday 31 January.

### **Membership**

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 400 members and 40 active groups. For further information please visit [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk) where our membership secretary Val Pretty may be contacted.

### **Meeting Venue**

The Constable Hall Gandish Road East Bergholt CO7 6TP at 2 for 2.15pm. Annual membership costs £12 and this entitles members to attend the meetings that take place on the second Wednesday of each month, except December. Whilst Visitors are welcome to join us on a limited number

of occasions, paying a donation each time, Members are given priority, for safety reasons, due the halls limited capacity.

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

### **EAST BERGHOLT CONGREGATIONAL CHURCH**

Cemetery Lane, East Bergholt,  
CO7 6RZ

Pastor -Mrs Maralyn Bambridge

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

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

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

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

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[office@stmarksparish.org.uk](mailto:office@stmarksparish.org.uk)



## Stour Valley Men's Probud Club

### Recent Meetings

Following on from last month's talk on Prisoner Of War Camps in WW2 on 5 February Carole Wheatley enlightened us on "Internment in Guernsey during the Second World War" and two weeks later on 19 February Colin Hopper presented "The Story of London Bridge". Both meetings were much enjoyed by all members.

### Future Meetings

On Wednesday 4 March Maureen Clarke will talk to us about "The plight of street orphans in India" and we will be holding our Annual General Meeting on Wednesday 18 March.

Francis Sparrow will speak about "The Black Death" on 1st April and on 15th April Mike Rines will tell us why "The English Language Is Under Attack".

At our first meeting in May on 6th David Lilley will introduce "The Mitford Sisters" and Chris Parfitt will take us on "A Circuit Of Cenral India" on Wednesday 20th May.

### Meeting Venue

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

### New members are welcomed

Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. New Members are always very welcome at all meetings of the Stour Valley Men's Probud Club, just join us at 10am on a meeting date. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. We meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am. Please contact President Dave Carman on 01255 880202 for further details.

## KENNY'S SESAW NEWS

What a scary day that was! I don't know who Ciara is but she caused a dreadful storm in the garden. Mum was nearly blown over when she went out to check the kennels and stables. The dramatic weather may be a distant memory now but our volunteers are still repairing the damage.

It's been a rough year so far. Apart from battling the elements, we lost dear old Peg, one of our Kune Kune pigs. She and her lifelong pal, Bob, arrived some years ago after their owner died. Sadly Peg became ill recently and on the morning of her demise, Bob laid by her side with his head across her. As you may imagine, a few tears were shed that day.

I also suffered a much smaller loss when the Vet removed three of my teeth. It can't be my fault, although every time Mum tried to clean them I bit her just to let her know they were still there. Perhaps I should have let her clean them.

We have lots of bargains ready for our £1 Sale on 14th March at Newton Green Village Hall, CO10 0QS. Don't miss it, if only for the delicious homemade cakes! Which reminds me, it's nearly dinner time! It's so cold, even the cats are staying in and taking over our dog beds. As the rain lashes against the window and the wind howls down the chimney, here ends this under the duvet report from me, Kenny (the Boss) Chihuahua.



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# Bin Collection Schedule

	Week Commencing
Recycling Week	24 <sup>th</sup> February
Refuse Week	2 <sup>nd</sup> March
Recycling Week	9 <sup>th</sup> March
Refuse Week	16 <sup>th</sup> March
Recycling Week	23 <sup>rd</sup> March

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Visit [www.recyclenow.com](http://www.recyclenow.com) to find your nearest recycling banks



## DEDHAM TENNIS CLUB

The new tennis season starts in March & subscriptions are now available for memberships until March 2021.

Juniors are £5, Individuals from £73 & Families £183. These give free access to the courts. Trial periods can be arranged for anyone who just wishes to try it out.

Junior coaching groups take place on Saturdays & adult coaching is available.

More details are available on [www.clubspark.lta.org.uk/dedhamlta](http://www.clubspark.lta.org.uk/dedhamlta)

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

## East Bergholt WI

Our walking group enjoyed some lovely spring sunshine and spring views, especially the many snowdrops, on their walk around Washbrook at the end of January.

Our next meeting is at 7.30pm on the 4<sup>th</sup> March when our Speaker will be from the Home Start charity. We meet at the Constable Hall, Gandish Road, East Bergholt and would be pleased to welcome any prospective new members. For further information please contact our President Tina Hurley on 01206 298223 or check out our website at [eastbergholtwi.wordpress.com](http://eastbergholtwi.wordpress.com)



# Local Services

## The Constable Country Medical Practice

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

### **Surgery opening hours**

8.00am – 6.30pm Monday to Friday  
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Fax 01206 299010

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IP9 2EE**

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## **Crime prevention**

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Wednesdays

18 March, 15 April, 13 May, 10 June

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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

24 March, 21 April, 19 May, 16 June

### **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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An answer phone is available outside of  
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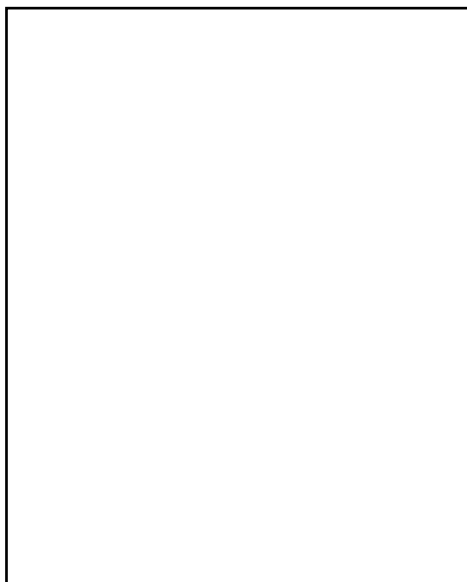


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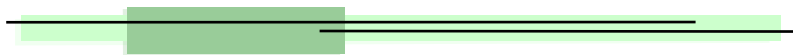
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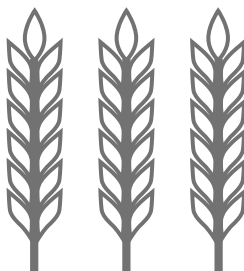
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# The Quartet benefice Newsletter and events schedule

Dear Friends.

Firstly may I on behalf of all the congregations in the Benefice pass on our best wishes to Christine Cousins & Sarah her daughter on what will be a fantastic effort (later this year) to help less fortunate people in Kenya. We take so much for granted here in the UK and perhaps do not fully understand the implications of not having fresh water to drink or proper sanitation. Seeing people on our TV some only young, walking miles in a day to a water hole/river to fill up plastic containers with water that wild animals also use, the contents don't bear thinking about and this is then taken home to drink !!!!!, all we do is turn on a tap. They are in need of all the help we can give so I urge you to support Christine's fund raising effort if possible, such a worthy cause.

As the song said "These boots are made for walking" we also have a short trek of our own in April as it will be time for the Walk of Witness once again. Please join in the fun of walking mostly across country, bring a dog on a lead if you have one, walking boots needed, then join in the short Church stops for the telling of "The Passion" – the story of Jesus, arrest & crucifixion is told.

Watch out in April copy for the confirmed route and timings. Donations please to cover cost for a Lent type lunch of soup, bread & cheese. The plan hopefully is starting at Holton- Raydon (coffee)- Stratford (lunch)- finish Higham.

When you have had a stressful week or a difficult time as I have recently with a family death to contend with I find just going into our wonderful Church for a few minutes of quiet prayer or just to sit in the peaceful surroundings is so rewarding. When you emerge from the building taking in the fresh air as you walk away you feel a great weight has been lifted and your thoughts change from negative to positive. Now that's got to be good for anybody.

As you read this page we will be in the period of "**Lent**" from **February 27<sup>th</sup> to April 11<sup>th</sup>**. It's our time as Christians for real reflection about our way of life, we can bear in mind throughout this period of self-examination the love of our God that supports us through the darkest times and brings us out the other side with renewed understanding.

May God bless you all in this time of Lent which of course leads us steadily towards "EASTER TIME".

Geoff Horrex, Churchwarden, Raydon

## BENEFICE CONTACTS, SERVICES AND EVENTS



### **Reader:**

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

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

### **Benefice Administrator:**

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

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

### **Benefice website:**

[www.4marys.org.uk](http://www.4marys.org.uk)

### **Churchwardens:**

**Higham** 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**

	<b>10.00 a.m.</b>	<b>5.00pm</b>
1 <sup>st</sup> Mar	Stratford St Mary	Holton
8 <sup>th</sup> Mar	Higham	Raydon
15 <sup>th</sup> Mar	Holton	Stratford St Mary
22 <sup>nd</sup> Mar	Stratford St Mary	Higham
29 <sup>th</sup> Mar	Raydon	

**Midweek Communion:** A short Service of Holy Communion will be held in the Parish room, Stratford St Mary on Wednesday 18<sup>th</sup> March

**House Group:** @5 Veyses End, Stratford St Mary on Thursday March 12<sup>th</sup> and 26<sup>th</sup>. 2.30 to 4pm. To study: Jesus 'Wilderness and Waiting'. Two studies to reflect the 40 days of lent in Paint & prose.

**Study Retreat for Lent:** We are delighted to welcome The Revd Canon Dr John Parr to lead the Benefice in a Study Retreat for Lent on Saturday 7<sup>th</sup> March, Higham Church starting with refreshments at 9.15am, starting at 9.30am till 1pm. To register your interest please contact Nicola Tindall.

**Family Hour in March:** Will be held in the Church on Sunday 22<sup>nd</sup> March @ 10am to celebrate Mothering Sunday

## **Elders**

Our four church Benefice is fortunate to have four 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.

Christine Cousins 01206 322530

Janet Dewey

01206 322148

Sandy Ranson 01206 322156

Peter Snelling

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## **For your prayers:**

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

**Higham:** Nicholas Maxwell-Lawford, Amanda Berry

**Holton:** Ron Stedman

**Raydon:** Michael Mumford, May Peacock, Janie O'Brien, David King

**SSM:** Nancy Ablitt, Laura Kerry, Josie Thompson and Family

**Others:** Helen Gregory, Steve Kupfer, Phil Wyncoll and family.

We pray for our Benefice during the interregnum and for any candidates thinking of applying to be our new incumbent.