

**Stratford  
St Mary**

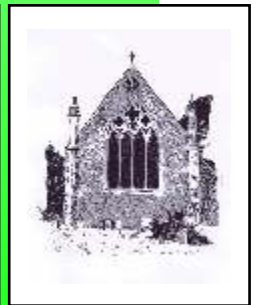
**Higham**

**Holton  
St Mary**

**Raydon**

# Quartet

The Parish Magazine



**October 2016**

Issue 338

Wanted cement mixer in good condition also woodworking machinery in good condition, also a petrol self propelled leaf collector, please phone Ashley 01473311226

**FREE** Camping kit including, two man Scout tent with cover.camping gaz stove.double inflatable mattress and two compressed roll up mattresses. 01206 323545.

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Tel. 01206 337 368

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Classic Landrover, 1962 88SWB  
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You can place items for sale or wanted on the Small Ads Pin Board for free.  
Just email [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk) with your advert.  
We will place it for one month space permitting.

# Small Ads pin board

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# Welcome



Dear friends,

As announced in last month's Quartet, we are hoping to involve

children more and more in the life of the church, so please do let me know if your children would like to take on some special roles on Sunday mornings, doing things like taking up the Communion bread and wine or the collection, or even helping me to give the Communion wine to people as they come up to the altar to receive it.

We are also hoping to launch a new 'Family Hour Sunday School' in Stratford on the first Sunday of the month - children will have their own fun session in the side chapel of the church while their parents continue with the normal service. I have one brave parent who is willing to oversee this, and it would be great if others would offer, too. We shall aim to start this on an experimental basis in the New Year, so look out for further information in this magazine.

As also promised, we shall be reverting to a pattern of weekly Morning Prayer in the four churches, so look out for the dates and venues in each month's centrefold.

On a rather sadder note, some of you will have read in the local and national

press about our Rural Dean and Rector of Hadleigh, Layham and Shelley, Revd Martin Thrower, who was arrested in early August for voyeurism. He is currently suspended from his duties while on police bail, and his parishes are being looked after until further notice by Revd Canon Dr John Parr. I have taken on the duties of being Acting Rural Dean, and would ask for your prayers for myself, my colleagues, and all others affected by this very distressing situation.

I know that those of you who are already cynical about the Church will not be attracted to find out more about Jesus Christ when you hear about things like this. I can only apologise to you all on behalf of the Church as a whole. We here in Hadleigh Deanery hope to learn from this situation and move forward to choose the love of God as our guide for a better future.

With very best wishes to you all,

Rosalind Paul  
Rector

# The Quartet Diary



## October

- |  |  |
|--|--|
| 1 SSM Rambling Club  | 5 Nayland Bonfire & Fireworks<br>SSM Community Fireworks<br>Raydon Bonfire Night |
| 5 Stour Valley Men's Probus Club<br>Dicky Ticker Talk, Capel                     | 8 Raydon Fair Trade Coffee<br>Morning  |
| 6 Autumn Fair, Great Bromley   | 9 Stour Valley U3A Meeting   |
| 8 Devillish quiz Raydon  | 11 SSM Rambling Club   |
| 11 Raydon Fair Trade Coffee<br>Morning<br>SSM Rambling Club                      | 12 Headway Suffolk Awards Ball,<br>Woodbridge                                    |
| 12 Stour Valley U3A Meeting  | 14 SSM Parish Council Meeting  |
| 13 Raydon Parish Council Meeting   | 15 Raydon Parish Council Meeting   |
| 15 HSM Social Club Quiz Night  | 16 Stour Valley U3A Meeting  |
| 19 World Famous Psychiatrist to<br>Visit Essex<br>Stour Valley Men's Probus Club | 19 SSM 2 <sup>nd</sup> St Edmunds Pie Dance                                      |
| 23 SSM Rambling Club   | 21 SSM Rambling Club   |
| 27 R&DGC Open Charity Night  | 24 R&DGC AGM/Social Evening  |

## November

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 2 Stour Valley U3A Meeting      | 6 Raydon Fair Trade Coffee<br>Morning |
| 3 SSM Rambling Club             | 7 Stour Valley U3A Christmas Lunch    |
| 4 HSM Social Club Bonfire Night | 10 Phoenix Brass Concert Raydon       |
|                                 | 15 Raydon Parish Council Meeting      |

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# Editors Corner

It never ceases to amaze me how different August is from September. It seems that with the passing of the holiday season, all of a sudden the warm sunny days are over and the mud, wind and rain start again.

I think it has been even more pronounced this year with our lovely hot summer, but as I write this in mid September, I somehow don't feel it at all strange to be letting you know Christmas is just around the corner - the weather is already telling me.

Christmas IS only just around the corner, and to prove it you will find the first of the Christmas events being advertised - it's not too early to be organised!

Before we get there though, don't forget bonfire night. There's plenty going on in the villages, so do join in.

One more thing to mention, something that I don't remember happening before, so it would be good to support - James Cartlidge is doing a surgery in Stratford (see the advert on page 6) It's good to see our MP taking the time to come to see us!

Happy reading and don't forget to wrap up warm!

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> October 2016**

**Contact details:** Email:  
quarteteditor@hotmail.co.uk

**Editors:**  
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Cottages, Holton St Mary. CO7 6NN

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Stratford St Mary. CO7 6JQ

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07930390517

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quartet.advertising@gmail.com

# Stratford St Mary

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## Are you interested in local History?

Stratford St Mary is looking for a new Archivist. This will be someone who is responsible for collecting and ensuring the care of historic journals, letters, photographs and other works relating to Stratford St Mary. The Parish Council currently have the present information stored, but if the right person is able to keep to documents safely and securely at home this would be an advantage but not absolutely necessary. Also if anyone is interested or has experience in converting documents to electronic format this would also be a bonus. Please contact a member of the Parish Council or the Clerk on [parishcouncil@stratfordstmary.org.uk](mailto:parishcouncil@stratfordstmary.org.uk).

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## STRATFORD St. MARY PARISH ROOM

letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.

all day - £38.00.

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

Special rates for regular bookings.

Heating and lighting are included

For booking please see or ring  
Don Umfreville at Christmas Cottage,

Upper Street.

Tel : 322 626.

## Transport to medical appointments.

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

We can also help with transport to visit people in hospital.

Please give us as much notice as you can.

ring:. Charlie Ablitt on 01206 322684

Lynn Badcock on 01206 323788



## COMMUNITY SPEEDWATCH SCHEME

This has been in operation since 2013 and is run by village residents giving their time in order to make our village safer for residents of all age groups by encouraging motorists to drive through our village at no more than the legal limit of 30mph.

We would, however, welcome a few more volunteers into the scheme so if you could spare just 1 or 2 hours per month please consider joining us.

Please contact

Bill Davies, 3. Spanbies Road,

tel 01206 322990 for more details.

## POPPY DAY APPEAL – 2016

I have taken over responsibility from Eileen Platford, after her many years of sterling work, providing poppies for the above appeal in Stratford St Mary. It will take time to organise door-to-door collections, so I hope you will forgive me if I place Poppy displays this year in the following locations, so that you can purchase a poppy:

Farm Shop/Restaurant  
Anchor Public House  
Garage  
Post Office/Stores  
Swan Public House  
Black Horse Public House  
Primary School  
Church  
Rosebank, Lower Street

It is a worthy cause, to support servicemen and woman who, at the behest of the Government in power, fight on our behalf to keep this country safe. The injured require ongoing care, help and support.

Thank you

David Isaac



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

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Please note the following dates for the Parish Council meetings:

November 14th 7.30pm

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## 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](mailto:hilcairns@tiscali.co.uk)

### Norman Woodard

12 Swaynes 01206 323015

[Norman.woodard@fatbloaters.com](mailto:Norman.woodard@fatbloaters.com)

### Chris Griffin

Brook Farm, School Lane 01206

337363/07885 807567

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

### Steve Kite

42 Strickmere 01206 322482

07958 515573

### Bill Davies

3 Spanbies 01206 322990

[billdav@hotmail.com](mailto:billdav@hotmail.com)

# James Cartlidge MP



Will be holding a constituency surgery at

Stratford St Mary Parish Rooms

Upper Street, Stratford St Mary

Friday 14<sup>th</sup> October 4pm – 6pm



Please email [helen.harris@parliament.uk](mailto:helen.harris@parliament.uk) or phone  
020 7219 4875 to arrange an appointment

Strictly by appointment only



[www.facebook.com/james4southsuffolk](https://www.facebook.com/james4southsuffolk)



[@jc4southsuffolk](https://twitter.com/jc4southsuffolk)

## SSM Rambling Club

### Future Events

Saturday 1 October – Woodham Walter  
(about 4.5 miles)

Tuesday 11 October – Thorrington  
Street (about 4 miles)

Sunday 23 October – Halstead (about  
4.5 miles)

Thursday 3 November – Chappell  
(about 4.5 miles) – time to be confirmed

Friday 11 November – Pin Mill (about 5  
miles)

Monday 21 November – Fingringhoe  
(about 4 miles)

### Recent Events

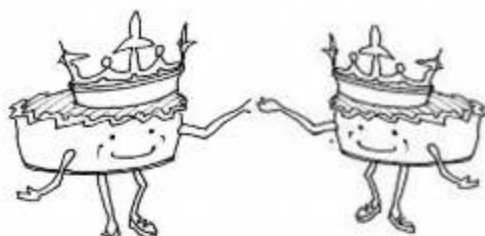
In August, instead of a summer BBQ we  
had a day out on the River Stour. We  
took 3 boats from Sudbury to Henny,  
where we lunched at the Swan. See  
photos.

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.

Dave George 01206 322297







**V**illage  
**L**ife

**Saturday 19<sup>th</sup> November 2016**

**7pm until 11pm**

***St Edmund's***  
***Pie Dance***

***Pie and Mash Supper***  
***followed by country dancing to***  
***The Haywainers***

**Licensed Bar**

The Institute Hall, Stratford St Mary  
Tickets: £12.50 per head (inclusive of supper)

**Tickets and information available from:**

Chris: 337363, David: 322259, Norman: 323015

Brian: 01206 323091

[www.stratford-st-mary.org](http://www.stratford-st-mary.org)

## Weather report

Forgetting June, I think we can say we have experienced a barbecue summer which seems to have continued into September at the time of compiling this article.

No doubt the summer has been good compared to the average but not record breaking. June was the wettest recorded in recent years in our area. I measured a total of 115 millimetres (4.5 inches) of rain for June which was 2 1/2 times the average for June where we live. At the same time, France experienced devastating floods with the Seine overflowing its banks in Paris resulting in some loss of lives. However the months of July and August have been exceptionally dry. I measured a total of 21.7 millimetres (0.85 inches) and a total of 19.8 millimetres (0.78 inches) for August, the rainfall in both months being less than half the average. Taking into account the uneven distribution of rain, the overall amount for the summer months was about average.

The maximum and minimum temperatures for July and August were appreciably above average. I recorded 22.8C and 14.8C respectively for July and likewise 23.4C & 14.8C for August. Sunshine amounts in June were below average because of the rain and around average for July but an estimated total of 266 hours for August being well above the mean for the month and explains the partial parchiness of the landscape and the yellow and bronze colour of our lawns at the time of writing. By virtue of the wet June, Alton Water looked well topped up in July so I should imagine there is no immediate threat of water shortages and hose pipe bans.

There has been a noticeable absence of thunder recorded in our area this summer, continuing the trend of recent years which doesn't necessarily apply to other areas of the country. One unusual feature were the strong winds, almost gale force, on August 20th, causing some damage to fences, runner bean supports etc.

We lose 4 hours daylight between August 21st and October 21st so Autumn has approached fast. The romantic poet John

Keats (1785-1824) in his ode to Autumn describes it as a 'season of mist and mellow fruitfulness' which sums it up pretty well. Sadly, Keats never lived to make old bones and was buried in a cemetery in Rome, whilst on a tour of Europe.

October and November tend to be some of the wettest months of the year. The average maximum temperature for October is about 15C and for November it is around 10.5C. Don't count on this coming winter to be as mild as the previous one when I didn't record a flake of snow and very few frosts.

Robin Jackson

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### STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

(known also as "Stratford Chapel")

Upper Street, Stratford St. Mary CO7 6JH

We are an evangelical/charismatic and community based Church attended by all age groups

#### Sunday Services:

10 a.m. Morning Praise & Worship followed by refreshments

10.15 a.m. - 11.15 a.m. "Sparks on Sunday" for children aged 5 – 11 years and Youth Group for ages 12-16 years.

6.30 p.m. Prayer and Praise

#### Mid-Week Groups:

Tuesdays 9.30 am – 11.30 am - Mums & Tots (during term time)

Tuesday 7.30 am - 9.30 am - Men's

Recreational Evening (2<sup>nd</sup> Tues every month)

Wednesday 7.30 pm – 9.30 pm - Bible Discussion and Fellowship Evening

Friday 5 pm – 6.30 pm – "Sparks on Friday" for Children ages 7 – 11 years

Friday 7.30 pm – 9.30 pm - "Ignition"

Youth Club for teens ages 11 – 16 yrs

#### For further information:

Telephone: Phil (01473) 310728

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

<http://www.stratfordstmarychapel.com>

## Fed up with hard water and lime scale? Fitting a water softener will save you money and time.



East Anglia has some of the hardest water in Great Britain. The scale build up on shower screens and taps, that ring of scum in the basin, and limescale in kettles are some of the visible consequences of hard water. We have to resort to using large amounts of washing powder, conditioner, extra salts in the dish washer and expensive bathroom cleaning products to overcome the dreaded scale.

In my professional capacity I've replaced countless appliances that should have had a longer service life.



Scale blocks water ways in boilers and hot water pipes. Heating elements in hot water cylinders and electric showers get encrusted and fail.



All these problems can be solved by fitting an ion exchange water softener. Laundered clothes will feel

softer, after showering your skin will feel smoother, you'll use far less detergents and the adverse effects on your plumbing system will start to reverse.

If you would like to know more, give me a call. I'm happy to show you a simple 15 minute demonstration and provide an installation survey. A typical installation can be done in one day.

Ring me on 01206 337316 or 07896 054439 or email [nickmarno@tiscali.co.uk](mailto:nickmarno@tiscali.co.uk)

*Nick Marno*

Brett Valley Installations

## 100 Club winners September

17	Carole Lawrence	£40.00
5	L. Paiola	£10.00
81	B. Kill	£5.00

With immediate effect, the new e-mail address for Stratford St Mary Parish Council will be [stratfordstmarypc@btinternet.com](mailto:stratfordstmarypc@btinternet.com).

## The Institute hall

can be hired at reasonable rates for a wide range of social activities. For more information please contact our booking secretary, Norman Woodard on 01206 323015, his email is

[ssminstitute.bookings@gmail.com](mailto:ssminstitute.bookings@gmail.com) and his home address is 12 Swaynes, Stratford St Mary.

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



# **Stratford St Mary**

## **Community Fireworks**

### **Display**

# **Saturday 5<sup>th</sup> November 2016**

**Stratford St Mary Primary School (Playing Field)**

**Gates open at 6pm**

**Online Tickets now available from [www.ssmfireworks.co.uk](http://www.ssmfireworks.co.uk)  
or Primary School Office, Post Office & Hall Farm**

**(Please note that due to popularity and restriction on numbers this is a ticket only event so  
please purchase in advance to avoid disappointment)**



## **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.



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

**Age 11 - 16  
contact [Beckie.w@live.com](mailto:Beckie.w@live.com)**



Colin the fishmonger has his fresh fish van in the lay-by at the bottom of Church Hill in Stratford every

**Thursday morning from  
10.30am to 1.30pm**



## Fair Trade Coffee Morning

It was the hottest day for 105 years today for our September 13<sup>th</sup> Fair Trade Coffee

Morning. Can you believe it, it was too hot to be outside, but the Church was wonderfully cool and beautifully decorated following our harvest service.

We had some visitors from the other side of the world today, the family of two of our regulars and it was nice to welcome them again. We also had a visitor from one of the Ipswich cycle clubs who are regulars at our "Tea Afternoons" and make sure they don't miss the ones that include us on their routes! Now the Fair Trade coffee mornings with the goodies from the "Frinton Patisserie" could make their list. This time black pudding sausage rolls were a new addition and absolutely fantastic! Another bag full of knitted squares arrived today, I will have already taken them before our next coffee morning so I'll let you know then how many there were this time and thanks for keeping the needles clicking.

We're rushing through the year now and it's the October Fair Trade coffee morning on the 11<sup>th</sup> next time. Only one more after that and it will be our "Festive" celebrations, where has the year gone to again?

Thanks again for coming along each month and supporting "Fair Trade"  
Wendy Mumford 312123

## A note for Everyone

Just a reminder for house names/numbers to be visible. If an emergency vehicle needs to find your house at night, will it find it easily?

Lots of names/numbers are hidden behind bushes - it would only take a few minutes to clear it but those few minutes might make a huge difference if the emergency vehicle finds your house first time.

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

Thursday 13 October  
Tuesday 15 November  
Thursday 15 December  
Thursday 19 January 2017

***NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please contact Jane Cryer, Parish Clerk (details below)***

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

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



**Raydon Club** is open to residents of this parish and will in future be held on Wednesday evenings each week from 8.30 till 11 pm.

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

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**Suffolk Phoenix Brass**  
Presents

## **A CHRISTMAS CONCERT**

on Saturday 10<sup>th</sup> December

in St Mary's Church, Raydon  
At 7.30pm

Advance ticket Sales  
To include refreshments &  
wine

Children under 12 Free  
Contact 01473 310320



### **Raydon Century Club Draws:**

#### **SEPTEMBER**

£25 100 Mr Gregson  
£15 17 Mr & Mrs Aldous  
£10 155 Rosemary Coe  
£5 16 Ms N Summers  
£5 99 Mrs S Larnar  
£5 5 Mr S Daldry  
£5 127 Mr Barry Marchant

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### **Bike Ride**

I'm standing in for Jan Hyland regarding the Suffolk Historic Churches Trust so on her behalf a huge THANK YOU to all the Raydon Riders and their sponsors.

I have heard whispers of some of the totals raised and they sound fantastic!!!

As usual, if you could collect the money from your sponsors and let me have it before the end of October that would be great. Then in the November Quartet we'll find out how much you all collected and if the "whispers" were correct!

Many thanks again.....  
Wendy Mumford 312123

# Raydon and District Gardening Club

Writing these notes on 16th September, a very wet day after the highest hot temperatures (mid 80's) for the first week of September for years following weeks of hot dry weather, the rain is much needed, and also a strange coincidence because if you look back to 2015 Quartet on the 16th September it was also a very wet day after weeks of dry weather.

Remember the saying "what comes around goes around", it will be nice to make watering cans / hoses redundant, giving us more time to collect seed from plants ready to plant and increase your stock, or replace older plants that might have died or just be in the wrong place, or of course later this month you can move established plants around. Its also time to purchase additional bulbs ready for planting for that extra special "Spring display". If it's tulips of course don't plant them until late October or even early November. Most of all enjoy your autumn gardens and the wider countryside.

October 27th is our "Open Charity Night" and this year we are raising funds for the East Anglian Air Ambulance so hope you will all come to support this very worthy Charity as who knows when it will be needed to help somebody near and dear to any of us. Our guest speaker will give a illustrated talk, taking us all on a "Thai Odyssey" which sounds very intriguing and I am sure will be very interesting and informative. This will be followed by the usual refreshments and raffle. Anybody can come so members bring along friends and neighbours to help us raise a substantial amount to yet another very worthy Charity.

As they say "Help them to help us" if and when needed.

To all members please attend your AGM & Members social evening on Thursday 24th November. It's your chance to vote for a new committee, and to come and enjoy a glass of wine, cold buffet, table quizzes, grand raffle, & meet invited guests, your president and of course most importantly to renew your membership. (Not necessarily in that order) Also remember to please bring along anybody who wishes to join the club on the night. More members means more funds to spend on quality guest speakers and hold the membership fee to a reasonable amount. As always your committee looks forward to seeing you all at these events.

Geoff Horrex, (01473 310422)



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



## **SPEEDING – HELP TO MAKE RAYDON SAFER**



It is a matter of extreme concern to your Parish Council that speeding traffic in the village is becoming more prevalent by the day - and statistics show an alarming picture.

Your Parish Council is determined to try to alleviate this problem and is considering a number of speed detection devices suitable for our road conditions and effective as deterrents.

Research has involved a lengthy consultation with neighbouring parishes who have already acquired such equipment and operated it for some time. We can report that the most effective means of curbing speeding, based on our consultation, appears to be Community Speedwatch. Some parishes say that the results have been conclusive - speeding has been noticeably reduced.

However, this would require volunteers to operate the equipment. Please contact me if you would be prepared to participate, should the PC decide to go ahead with this initiative – full training would be given. You can find out more about Community Speedwatch by visiting:

<http://www.suffolk.police.uk/safetyadvice/roadsafety/knowthelaw/speeding/communityspeedwatch.aspx>

**Jane Cryer**  
**Clerk to Raydon Parish Council**  
**01473 824287 / 07920 713940**  
[\*\*raydonpc@gmail.com\*\*](mailto:raydonpc@gmail.com)



## **RAYDON PARISH COUNCIL NEEDS YOU!**

Raydon Parish Council should have nine Parish Councillors - at the moment we have only five. We wish to fill the four vacancies in order to be able to represent you as effectively as possible. In particular, we are keen to recruit people from Lower Raydon as the existing Councillors are all from the upper part of the village.

The job of a Parish Councillor is to represent the interest of the village as a whole. As a Parish Councillor you will represent the electors of Raydon in raising and discussing those issues on which the Parish Council is empowered to act. You will be expected to attend the regular Council meetings, which are held monthly on a Thursday. Membership of the Council is open to electors whose residence is in Raydon or within 3 miles of Raydon, or whose principal place of work is Raydon. Training is available through SALC (Suffolk Association of Local Councils).

If you wish to support your village and are interested in becoming a Parish Councillor, please contact me

**Jane Cryer**  
**Clerk to Raydon Parish Council**  
**01473 824287 / 07920 713940**  
[\*\*raydonpc@gmail.com\*\*](mailto:raydonpc@gmail.com)



**Dont Forget!**

## **Devilish Quiz**



Raydon Village Hall

8th October

7.30

Apply for tables 310320 or  
310422

Bring own drinks  
Nibbles provided



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

## **Bonfire Night at Raydon**

**Saturday November 5<sup>th</sup>**



**Bonfire lighting at 7pm approx**

The big night out - come & enjoy  
BBQ and Bar

Even more fireworks this year so  
please give generously to the  
bucket collection.

# Higham

## HIGHAM VILLAGE SUMMER PARTY



A huge thank you to all who came to the party in Hugo and Caroline's field on 31<sup>st</sup> July and made it a memorable and enjoyable event. The cricket match held according to Higham Rules was a sight to behold with new comer Hugo Lloyd being named man of the match. Thanks to Chris Griffin for taking budding sailors out from the Brett and on to the Stour in his boat (and safely back again).

We also enjoyed music from James Sakal, a BBQ from Kerridges and other superb food from ladies in the village. There are so many people to thank – the organising committee, Sara Carr, Caroline Parker, Jill Wilson and Kate Fairbairn; the tent erection team; the providers of food; Hugo Parker for crafting a cricket pitch in a field which a few weeks before was waving with unmown hay. Most of all thank you to all who came and generously contributed to the £1,011 raised for the planned improvements to Higham Church.

Martyn Carr - Churchwarden



### CAN YOU HELP?

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

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

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

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

**Frances Torrington on 01473  
312046/07711080658**

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

Previous experience with horses helpful but most certainly not essential.

One form to fill in and an Advanced DBS check required unless you have had an Advanced DBS check with another organisation within the last six months.

# Holton St Mary

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## To all dog walkers



The Parish Council has received reports of dog mess being left in the Churchyard. When out and about with your dog please remember it is your responsibility to clear up any mess. This applies to public footpaths as well as the Churchyard, Millennium Green and pavements. There is a dog litter bin in Church Square.

Thank you for your co-operation.

## First Friday of the Month Lunch Club



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

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

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

Any surplus funds will be reinvested.

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

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

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## Holton St Mary Social Club

Whist – Last Friday of the Month

Quiz Night – 15<sup>th</sup> October

Bonfire Night – Friday 4<sup>th</sup> November

Bonfire Material collection the Saturday before as usual

## **Christmas is coming! Do you want to save time and money?**

For a small donation the Holton St. Mary Church Fund Raising Group will publish your good wishes to your friends in the Quartet area via Quartet And Church notice board, saving you the time and expense of writing Christmas Cards.

To let me know how you would sign for you and your family,

e-mail me [jean.styles@uwclub.net](mailto:jean.styles@uwclub.net), phone 01473828532 or put a note in the box on the church bookcase.

**Closing Date NOVEMBER 8th**

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### **Suffolk Historic Churches Trust Ride and Stride, 10th September 2016**

A big thank you to all those in the Benefice who made the day such a success, the cyclists, walkers, their sponsors and the recorders who made our visiting cyclists so welcome.

We are very lucky to have so many supporters in our four villages and I know that everyone involved with the Suffolk Historic Churches Trust is grateful for your help.

Please put Saturday 9th September 2017 in your next year's diary for the 36th Ride and Stride!

Caroline Favell, Area Organiser

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**Christmas Coffee and  
Shopping Morning  
Saturday 26th November  
2016  
Holton St Mary Village Hall  
10 am to 12 noon**



**Carved wooden products  
Made in Holton Stall  
Tombola  
Silk flower & basket  
creations  
and many more...plus  
Coffee, Cakes and Chatter**

**Proceeds to Holton St. Mary Church  
There is still time to book in if you  
wish to take a stall.  
Please contact Claire Rowan:  
01473 311 531**

### **Holton St Mary Village Hall**

can be hired at very reasonable rates!

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

For further information and booking please contact Rachel Eagle on 01473 310550

## Kenny's SESAW News

Our canine mascot is preparing to meet his Public at our Great Bentley Autumn Fair (report next month) so it's me, Ollie here to give you the feline point of view. Last month Kenneth suggested us cats don't notice the volunteers but we miss nothing! Whilst he scuttles around below, up in the hay store I observe the dog walkers; some dragged by their eager charges, others gently coaxing new arrivals for their morning constitutional. Sad mutterings from the kitchen about unhappy Victor, a fellow black cat who has been with us for months. Poor lad just needs someone to care for him and his sore eyes. Now they are talking about Andy, the beautiful grey cat who likes humans and dogs, not his own kind!

As I stroll around my estate I find the fundraisers sorting books, pictures, vinyl records and cameras for a front garden sale, 10-1pm on 1st and 2nd October. Other books are put aside for the Colne Valley Railway at War event, Castle Hedingham, CO9 3DZ, 10.30-5pm on 9th October. The ladies discuss the craft products and animals they are taking to meet Gladwell's customers on 22nd October. Kenneth's friends from Betty's Knitters and Stitchers will also be there at Copdock Mill, Old London Road, Ipswich, IP8 3LP. After that it's our big Christmas Fair at the Old School, Long Melford on 20th November.

As a car arrives with more donated items from a kind supporter I disappear, preferring to remain incognito, unlike Kenneth. Mind you, the Chihuahua is doing a good job but don't tell him I said so. His head would not fit into his igloo bed if he heard praise from me, Ollie (the Black) Cat.

Suffolk & Essex Small Animal Welfare,  
Reg.Charity No.1124029, Stoke Road,  
Leavenheath, CO6 4PP. 01787 210888  
[www.sesaw.co.uk](http://www.sesaw.co.uk)



**S t o u r  
V a l l e y  
M e n ' s  
P r o b u s  
C l u b**

On Wednesday 7th September Tom Hodgson, our speaker's subject was "What the Papers Say" and on Wednesday 21st September Francis Boardman returned to present "The Battle of Waterloo". Both events proved popular with our Members.

Our October speakers are:

5th – Anne & Dennis Kell "Natural History of Bats"

19th – David Ablewhite "Wallace & Edward"

Our November speakers are:

2nd – John Stark "Mid Suffolk Light Railway"

16th – Homestead Senior Care "Senior Fraud"

We meet at the convenient St John Ambulance HQ, Manningtree CO11 1EB. Our Club endeavours to be simple in structure, be free of the constraints and obligations of service clubs, and involve members to a minimal cost. The club is directed primarily to providing fellowship between members who are compatible with each other, and provide the opportunity for development of acquaintances. New members are welcomed by Stour Valley Men's Probuss Club, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Secretary Brian Rolfe on 01206 393665 for further details.

## **Dedham Players Autumn Production - "Lend Me A Tenor"**

This funny and highly entertaining farce will be staged at Dedham on 26th to 29th October. Keep your diaries free and look out for our main advert nearer the time (tickets when available from [www.dedhamplayers.org](http://www.dedhamplayers.org) or Shakespeare House Gallery, Dedham).

This production will be directed by acclaimed international actor and director Kelvin Hastings-Smith whose performance as "The Dresser" in April was unsurpassed. The play centres around a hotel suite where two scantily clad women both believe they are with Il Stupendo, a world famous tenor, after the man himself passes out temporarily and his place is taken by his assistant Max.

A sensation on Broadway, you'll fall about at this madcap, screwball 1930's set comedy. Book as soon as tickets become available. DON'T MISS IT!

---

## **Dedham Community Farm urgently seeks volunteers**

Do you love ANIMALS and have a few hours a week to spare.

If so, we urgently need help with Animal Welfare, Maintenance and Land Management. We are a not for profit community farm which stands on 14 acres in the beautiful Dedham Countryside. Run by Volunteers and Occupational Therapists we aim to bring the pleasure and therapeutic value of the human-animal bond to people with disabilities and learning difficulties.

Please contact either Cath on 07825 952 560 or Debbie on 07788 718 817 for more information.

## **CONSTABLE SINGERS**

NEW MEMBERS WELCOME . Would you like to come and join us ? We meet on a Thursday at the Lambe School at 7pm apart from 2nd Thursday when we meet at Holton Village Hall.

No Audition, you don't have to read music as we sing along to CD backing tracks. Words provided for popular and songs from the musicals and it is just an evening of fun and enjoyment. singing is a well known as a distressing activity. First session free.

We occasionally sing at sheltered and care homes also hope to have a charity concert later in the year.

Contact Yvonne 01206 298428 or Mel 01206 298628 for further details.

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## **EAST BERGHOLT CONGREGATIONAL CHURCH**

Cemetery Lane, East Bergholt,  
CO7 6RZ

Pastor -Mrs Maralyn Bambridge

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

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

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

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**Headway Suffolk Awards Ball**

**Saturday 12 November, 6.30pm**  
**Seckford Golf Club, nr Woodbridge**



**Celebrating the achievements of brain injury survivors, volunteers and family carers**

**4 course meal & prize giving | £50**

**Tel: 01473 712225**  
**Email: [helenfairweather@headwaysuffolk.org.uk](mailto:helenfairweather@headwaysuffolk.org.uk)**  
**Website: [www.headwaysuffolk.org.uk/events](http://www.headwaysuffolk.org.uk/events)**

## Healthwatch Suffolk calls for your stories of care in the county

Healthwatch Suffolk has the power to shape, influence and improve local NHS and social care services in the county. It is independent from the NHS and social care, which means you can be honest when sharing your views.

It has launched a new campaign called “#NHSSelfieStars” for obtaining feedback from people about their use of local health and social care services. It wants to celebrate what is good about services and highlight where things could be better.

The state of the current health and care economy means that it has never been more important to share your views about local services; even if you don't think it will make a difference. The watchdog hopes that this campaign will encourage people to share their stories so that it can help health and social care professionals understand the views and experiences of people using their services and feed them into ongoing plans to change the way your services are delivered.

Healthwatch Suffolk is asking people to share a “selfie” and a story of NHS care in Suffolk so that it can highlight your experiences. All of the stories will be added to the growing volume of data the watchdog has already gathered from local people and used to hold services to account. You can share your selfie and story with Healthwatch Suffolk on Instagram (use #NHSSelfieStars) or by email to [info@healthwatchsuffolk.co.uk](mailto:info@healthwatchsuffolk.co.uk).

It is always possible to share your experiences anonymously with Healthwatch Suffolk. You can visit [www.healthwatchsuffolk.co.uk/services](http://www.healthwatchsuffolk.co.uk/services), where it is possible to rate and review your experience within any health or social care service in the county. Alternatively, please call 01449 703949 to speak with a member of the Healthwatch team.

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

Sundays at 9am

Holy Days Anticipatory 7.30pm

Tuesdays 10 am


Father Christopher Smith,  
 180 Hawthorn Drive, Ipswich IP2 0QQ  
 Telephone 01473 684963  
[office@stmarksparish.org.uk](mailto:office@stmarksparish.org.uk)




## Waste & Recycling

### Collection Schedule 2016

October 2016						
Mo	Tu	We	Th	Fr	Sa	Su
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

 Recycling this week

 Rubbish collected this week

**Bank Holiday week, everybody's Collection will be a day later**

## Autumn Fair

In aid of Seven Rivers Chesire Home,  
Great Bromley

Thursday 6th October  
10am to 2.30pm.

Admission £3

*Change of venue*

Assembly Rooms,  
High St Dedham CO7 6 HJ

Parking available at Mill Lane car park CO7 6DH

## Stour Valley U3A



On Wednesday 14 September Dr John Ashdown-Hill FSA, FRHistS, historian, writer & lecturer spoke on "The Mythology of Richard III". He explored the traditional mythology & modern myths which have emerged since the discovery of his remains in 2012. He asked was he a usurper, how many did he kill, who was really responsible for finding his remains?

On Wednesday 12 Oct after our AGM Andrew Phillips OBE (Lord Phillips of Sudbury) will talk on "Life in The House of Lords". He will give his views on the House of Lords, that he knows inside out, as an institution and will add some reminiscences from his 17 years there.

On Wednesday 9 November Adrian Wright FRGS will talk on "Earth on Fire". Hawaiian larva oozes continuously while Krakatoa & Vesuvius have been ~ dormant for decades - sometimes centuries- between cataclysmic events. This illustrative talk examines volcanic variety, exploring reasons for such diversity.

Whilst we do not have a speaker meeting in December our popular Christmas Lunch will take place on Wednesday 7th December in the Constable Hall.

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except August and December.

We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 230 members and 21 groups. For further information please visit [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk) where membership secretary Val Pretty may be contacted.



## Constable Country Patient Participation Group (PPG)

### Dicky Ticker? Talk on 5<sup>th</sup> October at 7.30pm

Following the very successful talk on Diabetes we have arranged a second talk by cardiologist Dr. Nick Robinson. This topic was suggested in feedback from the first event. The talk will be on October 5<sup>th</sup> in the Methodist Church in The Street, Capel St. Mary (near the shopping precinct). Refreshments will be served from 7pm with the talk at 7.30pm. All welcome. We will also give you a brief report on our first 15 months in operation as a PPG.

### More volunteer drivers please

Thanks to all those who have volunteered to drive patients from Capel, Wenham, Bentley and Copdock and Washbrook to the surgeries at Capel and East Bergholt. We don't currently have any drivers from Bentley and just one from Copdock and Washbrook. It would be very helpful if we had some drivers based in those villages. If you can help please email us at [constablecountryppg@gmail.com](mailto:constablecountryppg@gmail.com) or phone Dr. Frank Wells on 01473 730101 or Chris Yule 01473 310992.

A reminder also that there is a well-established volunteer driver scheme for people who live in East Bergholt or Brantham.

If you need transport to the surgery just let the receptionist know.

### Complaints, comments and compliments

Please do make use of the Comments cards in both surgeries. We will do our best to get a resolution to any problems. We also pass on any compliments. Or you can email us [constablecountryppg@gmail.com](mailto:constablecountryppg@gmail.com) or phone me on 01473 311384

Kathy Pollard Chair Constable Country PPG

## 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.



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# Local Services

## The Constable Country Medical Practice

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

### **Surgery opening hours**

8.00am – 6.30pm Monday to Friday

Telephone 01206 298272

Fax 01206 299010

**36 The Street, Capel St Mary, Ipswich  
IP9 2EE**

### **Surgery opening hours**

**8.00am – 6.30pm Monday to Friday**

Dispensary 8.30am – 6.15pm

(closed between 1-2pm)

Telephone 01473 310203

Fax 01473 311722

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## **Stratford Village PO Opening times**

### **SHOP:**

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

Saturday 8.30am to 1pm

### **POST OFFICE:**

Monday to Saturday (inc) 9.00 am to 1pm  
01206 323152

## **MOBILE LIBRARY**

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

The bus stops every 4 weeks on  
Wednesdays

5 October, 30 November, 28 December

Black Horse - 11.05am - 11.20am

Tally Ho! Corner - 11.25am - 11.45am

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

### **Route 14**

The bus stops every 4 weeks on Tuesdays,

### **Holton St Mary**

Church Square - 10.00 - 10.15am

### **Raydon**

St Mary's Raydon - 10.20am - 11.05am

### **Lower Raydon**

Sulleys Hill - 11.10 - 11.25am

### **Higham**

The Green - 11.35 am to 11.50 am

11 October, 8 November, 6 December

The **customer service line 01473 283838**

is staffed 9am to 5pm from Monday to Friday  
and can handle any library customer queries  
renewals and reservations to any general  
library queries. An answer phone is available  
outside of operating hours and people can  
also email [help@suffolklibraries.co.uk](mailto:help@suffolklibraries.co.uk) .

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## **Crime prevention**

<http://www.suffolk.police.uk/safetyadvice/reportacrime/tellthepolice.aspx>

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

Telephone...101

# Local Directory

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**French Club.** Every Thursday 4.30pm – 5.30pm (term time only)

For more details about any of the above services please contact Shelley on

01206 323093 or via email [Shelley@orchardbarns.co.uk](mailto:Shelley@orchardbarns.co.uk)

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Stratford St Mary

01206 322466

[abc.preschool@tesco.net](mailto:abc.preschool@tesco.net)

[www.abcpreschoolstratford.co.uk](http://www.abcpreschoolstratford.co.uk)



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email: [nickmarno@tiscali.co.uk](mailto:nickmarno@tiscali.co.uk)

[www.soutersholidaycottage.co.uk](http://www.soutersholidaycottage.co.uk)




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---	--

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[www.countryside-tree-and-garden-services.co.uk](http://www.countryside-tree-and-garden-services.co.uk)



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



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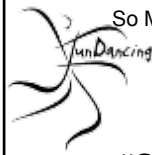
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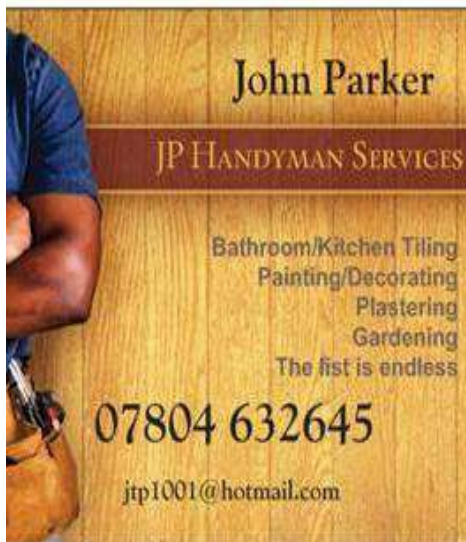
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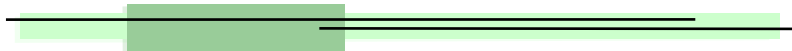
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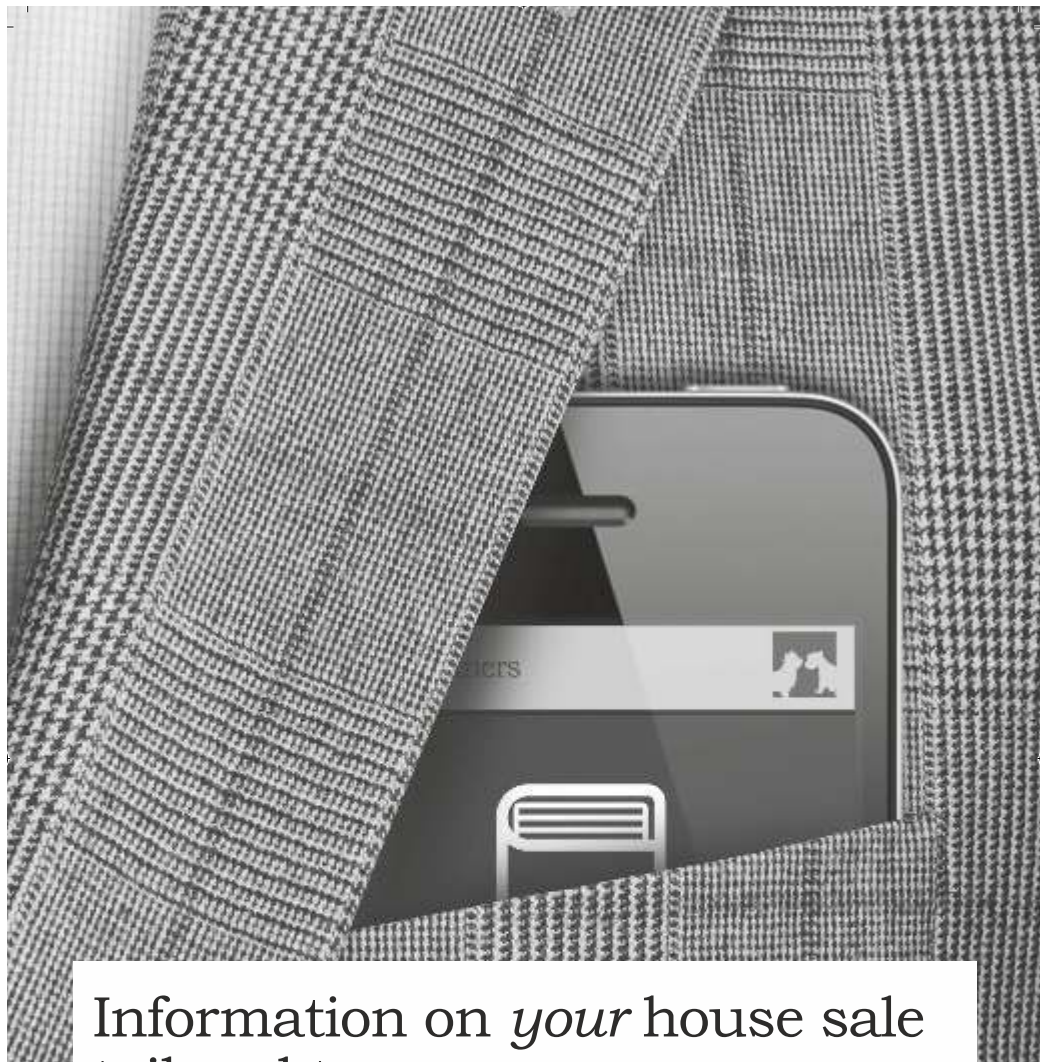


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### Morning Prayer

Thanks to all who joined us for Prayer Walks around our parishes over the summer months - I have learned a lot about our area from others who live in our villages! Over the winter we are now going to revert to a weekly Morning Prayer, as follows:

Thursday 6th: 9.30 a.m. Higham

Wednesday 12th: 9.30 a.m. Holton

Wednesday 26th: 9.30 a.m. SSM

### Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **19 October**.



## Services in October and November

	8.00 am	10.00 a.m.	NB. 5pm
2 <sup>nd</sup> October		SSM + Baptism	Holton
9 <sup>th</sup>		Higham Matins + HC	Raydon
16 <sup>th</sup>		Holton	SSM
23 <sup>rd</sup>		Raydon + SSM	Higham
30 <sup>th</sup>		<b>10.30 Stoke by Nayland Deanery Eucharist</b>	
6 <sup>th</sup>		SSM	Holton
13 <sup>th</sup>		<b>10.50 Remembrance Sunday</b> All churches	
20 <sup>th</sup>		Holton	SSM
27 <sup>th</sup>		Higham (family hour +HC)	Raydon Advent Carols



## New Testament Readings and Collects for weekdays in October

2 October: *Trinity 19*. Faithful Lord, whose steadfast love never ceases and whose mercies never come to an end, grant us the grace to trust you and to receive the gifts of your love, new every morning in Jesus Christ our Lord. Amen.

3rd Philipians 1.1-11. George Bell, Bishop of Chichester,  
Ecumenist, Peacemaker, 1958

4th Philipians 1.12-end. Francis of Assisi, Friar, Deacon, Founder of the Friars  
Minor, 1226

5th Philipians 2.1-13

6th Philipians 2.14-end. William Tyndale, Translator of the Scriptures,  
Reformation Martyr, 1536

7th Philipians 3.1-4.1

8th Philipians 4.2-end

9 October: *Trinity 20*. God, our light and our salvation, illuminate our lives, that we may see your goodness in the land of the living, and looking on your beauty may be changed into the likeness of Jesus Christ our Lord. Amen.

- 10th 1 Timothy 1.1-17. Paulinus, Bishop of York, Missionary, 644
- 11th 1 Timothy 1.18-2.end. Ethelburga, Abbess of Barking, 675
- 12th 1 Timothy 3. Wilfrid of Ripon, Bishop, Missionary, 709
- 13th 1 Timothy 4. Edward the Confessor, King of England, 1066
- 14th 1 Timothy 5.1-16
- 15th 1 Timothy 5.17-end. Teresa of Avila, Teacher of the Faith, 1582

16 October: *Trinity 21*. Almighty God, in whose service lies perfect freedom, teach us to obey you with loving hearts and steadfast wills, through Jesus Christ our Lord. Amen.

- 17th 1 Timothy 6.1-10. Ignatius, Bishop of Antioch, Martyr, c. 107

18<sup>th</sup> Luke 1.1-4. ***Luke the Evangelist***

- 19th 2 Timothy 1.1-14. Henry Martyn, Translator of the Scriptures, Missionary in India and Persia, 1812

- 20<sup>th</sup> 2 Timothy 1.15-2.13

- 21st 2 Timothy 2.14-end

- 22nd 2 Timothy 3

23 October: *Last Sunday after Trinity*. Merciful God, teach us to be faithful in change and uncertainty, that trusting in your word and obeying your will we may enter the unfailing joy of Jesus Christ our Lord. Amen.

- 24th 2 Timothy 4.1-8

- 25<sup>th</sup> 2 Timothy 4.9-end. Crispin & Crispinian, Martyrs at Rome, c. 287

- 26th Titus 1. Alfred the Great, King of the West Saxons, Scholar, 899

- 27th Titus 2

- 28th Luke 6.12-16. ***Simon and Jude, Apostles***

- 29th James Hannington, Bishop of Eastern Equatorial Africa, Martyr in Uganda, 1885



### For your diaries

9 October 10 a.m. Higham:

We shall be doing a full sung Matins for the first time in many years, and we are keen to recruit singers to help with leading the responses, psalms and canticles. If you are interested, please let Rosalind know.



### For your prayers

- For Nicola Tindall as she continues her studies to become a Reader
- For Richard Appleton as his Readership is transferred to this Diocese from Chester Diocese
- For our whole ministry team as we try to open ourselves up to God's leading for our communities
- For the parishes of Hadleigh, Layham and Shelley in this period of uncertainty, and for Revd Canon Dr John Parr, who is their Parish Priest for the time being
- For those who are ill or in need:

**Holton:** Ron Golding, Gerard Noel, the Wilsons

**Raydon:** Cliff Cooper

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

**Outside the Benefice:** David Craig, Helen Gregory, Nick Middleton, Cécile O'Dell