

**Stratford  
St Mary**

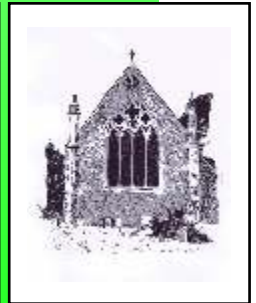
**Higham**

**Holton  
St Mary**

**Raydon**

# Quartet

The Parish Magazine



**October 2018**

Issue 362

### CRAFT FAIR

Whatfield Village Hall, IP7 6QU.

10-4pm, Sunday 7th October 2018

Shop early from a wide variety of craft stalls, bring your friends and family.

Refreshments, free parking.

Tables available, phone 01473 822665 to book.

All proceeds to Whatfield Primary School and Whatfield Community Council.

### " Wanted in SSM "

We are looking for a person or persons to run the Parish Room at Stratford St Mary.

Don Umfreville is retiring after 32 years of loyal unpaid service to the community assisted by Doug Wright whose health has taken a downturn recently.

It involves overseeing and running of the Parish Room, taking bookings and general maintenance to keep the building inside and out in good order.

The Parish Rooms are in the heart of the village and it would be a great loss if it had to close.

### FOR SALE

Due to bereavement I have quantity of tools, a small car trailer and some photographic equipment for sale.

Please email for list :  
katereddington2014@outlook.com

or call 07563 753318

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 I write this in the middle of September, the glorious (to me, at

least!) hot days of the summer are behind us, and serious LIFE lies ahead. Young people in our parishes have started new schools, colleges, universities, jobs, relationships, and we should pray for them that they may find peace and fulfilment in what lies ahead.

I am particularly concerned at present by all the reports one hears and reads about young people's mental health issues and the different kinds of self-harm - physical, mental and emotional - that grow out of the low self-esteem fostered by bullying and by comparisons between oneself and what one is led to believe are the perfect lives one sees in the media.

To someone who used to be a secondary school teacher, the change in confidence levels that so often happens in children when they come out of being top dogs in small primary schools, to feeling lost and of very little consequence in huge secondary schools, is quite shocking and very saddening. Whatever one tries to do as a teacher to support those who are floundering, it simply isn't enough against the barrage of societal and cultural expectations from their peers, let alone their families.

Seeing that kind of change occurring in your child or grandchild can be very painful as quite often, from being open, happy, carefree children, they begin to close

down and refuse to talk about what's happening. You can't force them to talk, but you can let them know that you will be there when they are ready to do so. And you can point them to neutral charities that can help them to get a different perspective on what they're going through. The most important thing is that they know that they are loved with the kind of love that won't smother them but that will provide practical support when they need it and that will underpin everything you feel for them.

Many of us who are reading this will have suffered from depression or anxiety because of the pressures that difficult relationships have inflicted on us. When humans fail us, which they often do, let us never forget that we have a heavenly Father who always cares for us and to whom we can bring any problem that is on our mind. If we can teach that lesson to our children, they will have a rock, a foundation for hope in the future.

Rosalind Paul  
Rector



# The Quartet Diary



## October

- 9 Raydon Fair Trade Coffee Morning
- 13 HSM Social Club Quiz Night
- 16 Raydon Council Parish Meeting
- 20 Evening Of Classical Guitar, SSM
- 24 Slow Stitching, HSM
- 25 R&DGC Open Charity night
- 26 HSM Social Club Whist
- 27 HSM Social Club Bonfire Collection  
HSM Church Clean Up Day
- 28 HSM Whist night

## November

- 2 HSM Social Club Fireworks
- 3 Raydon WW1 Lecture
- 6 Raydon Fair Trade Coffee Morning
- 9 Friday lunch Club, HSM

- 11 Sunday Lunch SSM  
Remembrance Services in all villages
- 12 SSM Parish Council Meeting
- 14 Holton Parish Council Meeting
- 20 Raydon Parish Council Meeting
- 22 R&DGC meeting
- 24 Raydon Christmas Fair
- 30 HSM Social Club Whist

## December

- 4 Raydon Fair Trade Coffee Morning
- 14 Christmas Tree Festival SSM
- 15 Afternoon Tea at Church, SSM
- 28 HSM Social Club Whist

## January

- 9 Holton Parish Council Meeting

# Editors Corner

We've got an action packed magazine for you this month! There is always a lot going on on the build up to Christmas, but with the 100<sup>th</sup> anniversary of the end of WW1 we have more to report on than normal. Please do look at all the village sections to see what is going on near you, every village is doing something special to commemorate the event.

With Christmas beginning to appear in the pages once again, I promised Keith I would mention that on page 33 he is advertising his Raydon Christmas trees for pre-ordering. Are you feeling organised? You can make a good start here!

There are two other 'special' articles for you this month. Our thanks to Robin Jackson for providing an insight into our unusual summer with a Weather Watch article on pages 6 and 7, and also to Trevor Dodwell who explains a bit more about Lasting Powers of Attorney and their growing popularity on page 18.

We hope you enjoy this month's read. If you have an interesting hobby, or know a little bit more than the average about a topic of interest, we are always happy to receive articles - why don't you give it a go!

Happy reading

Anne and Jane,

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



Copy deadline for next edition:  
**19<sup>th</sup> October 2018**

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# Stratford St Mary

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Margaret and Peter Snelling would like to thank all those who sent 'get well' cards, good wishes and prayers for Margaret during her treatment for heart problems in recent weeks. It is good to be a part of the caring community in the benefice.

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## PARISH COUNCIL MEETING

12<sup>th</sup> November  
7.30pm until 10pm

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On behalf of the Church of Stratford St Mary we pass on our grateful thanks

to Don & Iris Umfreville and Doug Wright for the work they have done, working tirelessly to maintain the church's Parish Room, keeping it in excellent order for the past 32 years. Together they have maintained the Parish Room to the 5 star standard given by the Hygiene Health Inspectors and providing the community and beyond with a well kept venue to enjoy both private and social functions.

A BIG THANK YOU TO DON, IRIS and DOUG.

## A Neighbourhood Plan for Stratford St Mary

At the Stratford St Mary Parish Council Neighbourhood Plan follow-up meeting, held on Tuesday 18<sup>th</sup> September, some thirty or so interested residents received a series of short presentations explaining what a Neighbourhood Plan is, how it could be developed and why our village might wish to do so. On behalf of the Parish Council, Brian Such reprised the information presented to the July launch meeting and Paul Bryant and Elizabeth Ling from Babergh and Mid-Suffolk District Council, spoke about the role of Neighbourhood Planning in wider District Planning, and Community Housing Trusts, respectively. leading to a questions and answers session that indicted a considerable depth of interest from the audience. A clear message that emerged from this session was, that development of a plan is a commitment that should not be undertaken lightly, but that, if successfully concluded, could be of considerable benefit to the community

In the discussion that followed the departure of the guest speakers, it became clear that those attending believed that they needed more information before any decision could be taken as to whether development of a Plan would be the right course for Stratford St Mary. In recognising this, it was agreed that no attempt would be made at this meeting to take a decision but that those interested in doing so would attempt to extend their understanding of the process through access to the many internet-based resources on Neighbourhood Planning (see below) and that a further meeting could be called if required.

The Parish Council will include further consideration of a Neighbourhood Plan on the agenda for its 12<sup>th</sup> November meeting and, in the meantime, Parish residents are invited to contact the council with their views on this important topic.

Information sources:

<http://stratfordstmary.onesuffolk.net/neighbourhood-plan/>

<https://neighbourhoodplanning.org/>

<https://www.babergh.gov.uk/planning/neighbourhood-planning/>

for further information or to express your view, please e-mail [parishcouncil@stratfordstmary.org.uk](mailto:parishcouncil@stratfordstmary.org.uk).



**IGNITION Youth Club  
Stratford Chapel  
Every Friday night**

**7.30 to 9.30**

Age 11 - 16

contact Beckie.w@live.com

**Stratford St Mary Church,**

**There but not there!**

To commemorate the end of World War One we are planning on purchasing nine of the 'There but not there' silhouettes for benches. They cost £42 each and the sale will benefit a selection of charities supporting service persons and will be used to remember each of the men from the village that lost their lives during the First World War. We will seat each of them in the pews of the church and can be seen the weekend of Remembrance Sunday. We are hoping to raise enough, through donations, to purchase all 9 as a memorial from our village. If you would like to make a donation to the cost of these please do so by posting it to Christine Cousins at 7 Tally Ho Corner, Stratford St Mary, CO7 6JJ. Although these will be representing the 9 lives lost in Stratford St Mary we would like to remember all of those family members lost and will have a memorial to those in the church at the same time, please clearly list your loved one's name with your donation and they will be displayed.

We will also be holding a Sunday lunch in the Parish Room on 11<sup>th</sup> November and there will be more details to follow. With many thanks,  
Sarah Brass

**100 Club winners**

Here are the winners

46	C Tatum	£40.00
86	C Ablitt	£10.00
99	S Kite	£5.00





**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!**

## POPPY DAY APPEAL – 2018

British Legion Poppies will be available at the following locations in Stratford St Mary for 2 weeks prior to Remembrance Day.

Farm Shop/Restaurant  
Anchor Public House  
Garage/Village Shop/PO  
Swan Public House  
Black Horse Public House  
Primary School  
Rosebank, Lower Street

Hopefully you will support this worthy cause in respect of 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

### **TREASURER REQUIRED FOR Stratford St Mary PCC**

We urgently need a volunteer Treasurer for the Church's PCC with effect from January at the latest. You do not have to be a church-goer, but you need to have a good head for figures, to be able to do some basic banking online and in person, and to be able to attend 4 meetings a year to give reports on the state of the church accounts. If you think you could take on this role, please email Revd Rosalind as soon as possible ([rosalind.paul@yahoo.co.uk](mailto:rosalind.paul@yahoo.co.uk)). Thank you in advance.

## WEATHER WATCH

The Summer of 2018 will be remembered or not for extreme heat in July, drought conditions in June thus resulting in arid conditions, producing yellowish lawns, scorched hedge rows and vegetation. Some like the heat but I prefer to see England as a green and pleasant land.

What are the statistics. Well, the monthly maximum temperatures I recorded for the 3 months, June, July and August 2018 were 22.1C, 26.4C and 22.4C. A record 33.6C occurred on July 27th and there were 6 days in July with temperatures 30C and above and 3 such days in August. An interesting statistic was that the average temperature in my house was 27C during July, even with the windows open, no wonder I had problems sleeping! Now for the total rainfall amounts for each month which I have started with May as well; they are 27.1mms(1.07"), 0.5mms(.02"), 25.6mms (1.01" and 59mms (2.32"). So June was the driest month, with hardly any measurable rain from May 31st to July 27th, this being the drought period which caused concerns about water shortages and a hose pipe ban.

However, measurable rain did occur later in July and rainfall for August was above average. The normal amount of rain for each of the Summer months is around 50mms. One has to remember that the evaporation rate in July is around 60 times that in January, more so this year. There were only 3 occasions during the Summer months when I recorded thunder and lightning, there being a marked decrease where we live in instances of thunder in recent years which is not necessarily true for other areas in the country.

1976 has been mentioned as a comparable Summer. The monthly maximum temperatures for June, July and August that year were 24C, 24.4C and 24.3C so on a par with the Summer this year. Heat that



Summer occurred from June 22nd to July 19th, so at the end and start of 2 months so not showing up so well in the statistics. There were a couple of days with the temperature exceeding 30C. The main problem was drought conditions which caused subsidence to some older properties and withered arable and vegetable crops. So with water shortages, hose pipe bans had to be introduced.

The other Summer 2018 has been compared to is that of 2006. The monthly mean temperatures for the months of June, July and August were for that year 20.0C, 26.1C and 20.0C so not as warm although July was almost comparable to July 2018. There was a very hot spell during August 2003, 33C recorded on the 10th, the monthly mean temperature for that month was 23.5C. With Alton Water and Abberton reservoir being extended, it should help water shortages to a degree but with more houses being built, it is something that must be monitored.

2018 had the hottest July I have records for. Note that all the temperatures are shade values which are representative for gardens and outdoors in our area.

From early records, July 1911 was noted for high temperatures with torrid heat. There was a high mortality rate as a result due to the unavailability of fridges and fans so we are much better prepared for Summer heat today.

I should mention that the heat during the Summer of 2018 was far worse on the continent extending as far north as Scandinavia and forest and grass fires occurred widely, sometimes caused by lightning strikes.

Robin Jackson



## **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.

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## **Opportunity to Grow your own vegetables**

If you should like to grow your own soft fruit and veggies, please contact me for the opportunity to have a plot on The Dedham Allotments.

Diana Pearce 01206 321297  
dedhamaa@btinternet.com



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## **COMMUNITY SPEEDWATCH** **SCHEME**

This has been in operation since 2013 but we would, however, welcome a few more volunteers. If you could just spare 1 or 2 hours per month please consider joining us.

Please contact  
Bill Davies, 3. Spanbies Road,  
tel 01206 322990 for more details.

**Stratford St Mary Church**

*Stratford St Mary, Suffolk*

presents

# **An Evening of Classical Guitar**

with

**Nadja Janjic**

A scholarship awarded undergraduate student at

The Royal Academy of Music, London

Performing pieces by

*Leo Brower*

*Fernando Sor*

*John Dowald*

*Roland Dyens*

*and*

*Luigi Legnani*

**20<sup>th</sup> October 2018**

**7.30pm**

**Tickets available on the door - £5.00**

Light refreshments available



# CHRISTMAS TREE FESTIVAL

**SSM CHURCH**

## Launch Party

**14<sup>th</sup> December 2018 @7.30pm**

Tickets to include a drink and nibbles,  
(see posters for details)

Be the first to experience creative  
trees from all parts of our village



## Afternoon Tea in the Church

**15<sup>th</sup> December 2018 @ 2.30pm**

Enjoy our beautiful tree collection  
while sampling the best of  
SSM's bakers

We would like all our local clubs  
and societies as well as our pubs  
and businesses to provide  
or sponsor a Christmas Tree

So let your imaginations go wild  
and come up with some ideas for  
your tree!

Call or email Julie to register your interest  
(07989639583 or [julie@jj-associates.co.uk](mailto:julie@jj-associates.co.uk))



**VLQC** (*the VillageLife Quintuple (pub games) Challenge*), held on Saturday 8<sup>th</sup> September as part of the Swan Beer Festival 2018, was again well supported.

With a more manageable five teams entered this year, it was not necessary to time limit the individual games, resulting in some very intense but still enjoyable competition. It was particularly good to have wider family engagement in the event and some of the skill and dexterity displayed by younger players was quite remarkable.

All in all, there was much to retain the interest of the watching crowd as they quaffed their choice of the Swan's extensive range of excellent ales on a, thankfully, fine September afternoon. After some three hours of competition and in spite of an impressive challenge from what was essentially a scratch team, the winner of the Stratford Trials was a team captained by Chris Jones; consisting of Andrew Sale, Ben Surtees, Gareth Francis, Lorry Shead; and Shaun Baker.

We are very pleased to report that Higham was able to contend for the Inter-Village Challenge Cup this year. However, notwithstanding some valiant efforts from their individual players, the strength in depth of the Stratford Team resulted in a win that will add Stratford St Mary's name to the cup for yet another year.

We look forward to Higham attempting to wrest it back in 2019 and, hopefully, to more neighbouring villages entering the competition

As always, our thanks to Mark, Sophie, Jane and the team at the Swan for their unstinting support and encouragement.

# Higham

## THE DEDHAM EDUCATIONAL FOUNDATION

The Governors invite applications from

residents in the parishes of:

**Ardleigh, Bradfield, Dedham,  
Great Bromley and Stratford St  
Mary**

for financial grants that are available in the following categories:

### **Secondary Schools and Sixth Form Colleges;**

*Applicants must be at least 12 years old on the 1<sup>st</sup> August of the year of application.*

### **Universities and Colleges of Further Education;**

*Applicants must have lived in one or more of the five parishes for at least 2 years prior to the application date.*

For an application form or further details, please contact the Clerk to the Governors

Mrs Jean Flewin, Coppins, Crown Street, Dedham, Colchester.  
CO7 6AT

Telephone 01206 322215

**CLOSING DATE FOR  
APPLICATIONS – 31<sup>st</sup> October**

## **Remembrance Sunday 11<sup>th</sup> November 2018**

**Commemorating the ending of the  
First World War 1918  
St. Mary's Higham**

This year, the centenary of the ending of the First World War, we will be commemorating all who died in battle from the village of Higham with a special service of remembrance. Although we have discovered some facts of interest about the six men who gave their lives in that war we would very much welcome more information and possibly any mementos you may have on the following:

**L/Cpl Harold Ablitt  
Pte Arthur Borley  
Pte Roger Brooke  
Capt Hugh Squirrel Dawson  
Sgt Frank Stannard  
Pte Stanley Welham**

If you know anything about these soldiers or are a descendant of them, please contact Nicola Tindall tel. 01787 212340 or email [nicolajtindall@btinternet.com](mailto:nicolajtindall@btinternet.com)



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# Raydon



## Fair Trade Coffee Morning

A nice mild day today for our Fair Trade coffee morning on September 11th.

We were missing a few of our regulars today though and in particular our "Frinton" friends who we wish a speedy recovery to. However, we were entertained by my great grandson who loved playing golf and football in the aisle and riding in our storage boxes on wheels! It was amazing to see a photograph today of our first "coffee morning" baby as well, this time it was of him in school uniform starting senior school this week! How the time flies!

Our "Apple King" brought us lots of lovely apples today, with the Bramley's promised for the harvest festival on September 23rd, always a splendid sight and aroma so do come along and take in the sights and smells.

Hopefully we'll all gather again for our Fair Trade coffee morning on October 9th and once more enjoy the taste and aroma of our great coffee. Do pop in and say hello, everyone is welcome so we look forward to seeing you.

Thanks again

Wendy Mumford 01473 312123



**IT IS QUITE POSSIBLE** that every present-day household in Raydon and Lower Raydon knows of a relative who was killed or served in World War 1.

As part of our Remembrance of the end of the War 100 years ago in 1918, would you like to write a tribute to or about those brave people and add it to the Salute in the Church porch?

Tie-up cards are provided (but please make your own if you wish – no larger than 4" x 2")  
From 27th October to 24th November

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Raydon Village Hall

## Christmas Fair

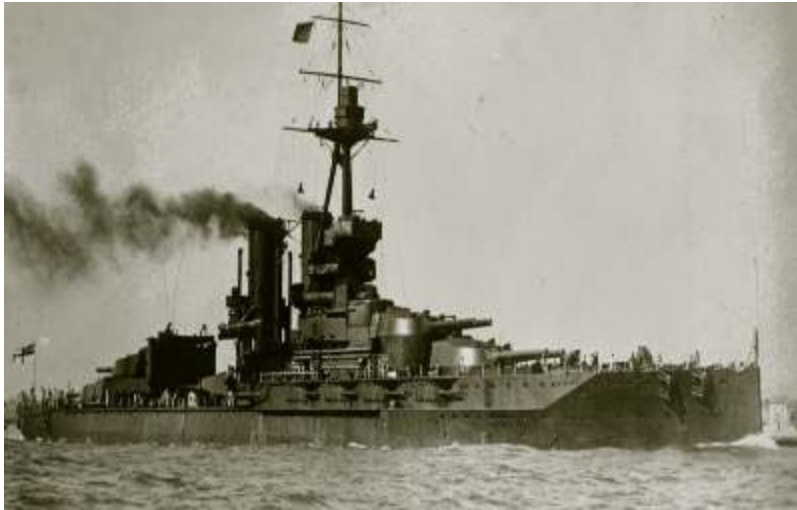
Saturday 24th November

10am - Noon.

Craft stalls, Cakes, Tombola, Raffle,  
Refreshments etc.

# **The Navy in World War 1**

A Lecture by Mark Mitchels  
commemorating the end of  
World War 1



Raydon Village Hall  
**Saturday 3rd November**  
at 3.00pm

Tickets £7.50, including Afternoon Tea,  
from 01473 310320

In aid of St Mary's Church

# Raydon and District Gardening Club

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As the days draw in and the leaves change from green to yellows, browns, reds, with increasing dew on the lawns we are well on into autumn and our thoughts turn to tidying up the flower gardens but not to just so. Try to think of nature and leave a few hiding places say under some leaves or a pile of wood, under hedges, or behind some flower pots etc so small animals, or perhaps a hedgehog have somewhere to hibernate to get them through winter. As our seasons appear to be changing you may have to cut the grass right into November as it will keep growing if temperatures stay high. I mentioned leaves which I rake up and store in a wire netted cage to rot down over winter & summer so they are ready to use as free mulch the following Autumn. If you're able Autumn is a lovely time to get out on some great walks into the countryside, pick a few blackberries, look out for the fungi. Check out all the nature's harvest of rose hips, hawthorn berries, old man's beard etc which help feed our wonderful animals and birds.

**October 25th is our annual "OPEN Charity Night"** with this year supporting the "Air Ambulance" once again. Please support this very worthy cause and bring along friends and family (no need to be a member) as we never know when it might be needed by any of us. Our guest speaker will be Ian Limmer of Peter Beales Roses who will tell us how to get the best results from your roses. It would

be nice to fill the hall and make this a special evening once again. Your committee thanks you all in advance for your support to this garden club. The usual refreshments and raffle will end the evening and as we head home we know we have supported (in our small way) another very worthy Charity.

Geoff Horrex 01473 310422.



## Raydon Parish Council

### Your Parish Councillors are:

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

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

### Parish Council meeting dates for the remainder of 2018:

Tuesday 16 October  
Tuesday 20 November

All at 7.30pm in the Pavilion, KGF

*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)

## Raydon Club

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

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

## Suffolk Historic Churches Trust

### Annual Sponsored Ride and Stride.

A very big "THANK YOU" to all those who took part in this event and to those who sat in the Church with the important task of registering visiting riders. Our "Exercise bike rider" achieved a wonderful 35 miles this year so thank you and very well done!

I hope you are all collecting in your sponsorship money so that I can hand it over by the end of October. Again a huge "THANK YOU" to everyone and I'll let you know our grand total in due course.

Wendy Mumford

01473 312123



### Ideal for your special event

The Rayon Pavillion is for hire

Fully carpeted room for up to 80 people  
Kitchen and preparation room  
Easy parking

Available Morning, afternoon, and evening.

For Details Call Clive Duddridge  
Tel 01473 310162



# Holton St Mary

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## In Praise of Slow.

The latest trend in occupational therapy is a creative group called Slow Stitching. In this current climate of rushing to meet targets, we are rediscovering the good which comes from meeting together over a cup of tea, preferably with a slice of cake, while at the same time being creative. The aim of Slow Stitching is not to produce anything quickly, or to achieve marvellous results. Slow Stitching is about relaxing and making something by hand, whether knitted, crocheted or sewn.

So, feel free to drop in to the Village Hall on Wednesday 24<sup>th</sup> October any time between 3 and 5pm.

This is to be an all age group, (children under 16 will need to be accompanied by an adult)

Beginners welcome. If you just want to come for the tea and cake, then you too are most welcome.

No charge, but donations appreciated.

For more information:  
Jeanette Appleton m: 07768418942

### **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

## The First Friday of the Month Lunch Club

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

A Light Lunch will be served between 12.30 - 2.00 pm 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.

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## **Christmas is coming! Send your Greetings to your friends in the Villages.**

For a donation, the Holton St Mary Fund Raising Group will publish your good wishes to your friends in the Quartet area via Quartet and Church notice board, saving you time and expense of sending Christmas cards. To let me know if you wish to use this service e-mail to [jean.styles@uwclub.net](mailto:jean.styles@uwclub.net) or put a note in the box in the church.  
Closing date November 9th.

## Holton St Mary Social Club

Please remember that **WHIST** is always last Friday of the Month at 8pm

All are welcome, so please do come along

Next Dates :-

Friday 26th October

Friday 30th November

Friday 28th December

### Quiz Night.

Saturday 13th October, to include a Fish/Chicken or Scampi & Chip supper.

Teams of up to 6 people, £8 per person.

Enter your team and choice of food on the sheet on the noticeboard in the Village hall or contact Bob on 07966 266293

### Holton Fireworks Night

Friday 2nd November

Fire will be lit at 7:15

Fireworks to commence at 7:45

Collection for the bonfire will be on the weekend before, Saturday 27th October

### Committee & Bar

We have unfortunately had no response to our request in the September Quartet for either Social Club Committee Member or Bar Rota Volunteers.

Therefore the Committee respectfully suggest that unless the present situation improves, we may have no alternative but to close the Social Club with the loss of all the benefits it has afforded the Village over many years.

Please help your social club.

Peter Longmate

quaywallslongmate1@btinternet.com

mobile:- 07957 910608

home:- 01473 314150

## Holton St Mary Millennium Green Trust

Winners of the Century Club Draw are as follows:

**July:** £25 No 77 Ron Hood, £15 No 39 Michael Wilson, £10 No 78 Daphne Hood, £5 each to No 67 Chris Shirley and No 2 Keith Hyland.

**August:** £25 No 115 Martin Partridge, £15 No 71 Joan Cook, £10 No 21 Judith Morgan, £5 each to No 98 Sheila Morgans and No 85 Chris Clark.

**September:** £25 No 5 Sheila Gibson, £15 No 89 Jimmy Hammond, £10 No 53 Rob Clark, £5 each to No 76 Riet Howard and No 13 Shirley Suckling.

Marjorie Haste, Secretary

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## The Holton St Mary United Charities Trust

has some funds available to those resident in the village of Holton St Mary who are in need.

If you feel you might want to make an application please contact:

Paul Torrington on

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

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## Holton St Mary Parish Council

Next meeting dates:

14<sup>th</sup> November

9<sup>th</sup> January

**8pm in the Village Hall**



**Holton St Mary** will be joining in with the rest of the Nation to honour those who served in the First World War. You are warmly invited to attend some or all of the following events.

**Friday 9th November 2018.**

The 'First Friday of the Month' lunch has been moved to the 2nd Friday, the village hall will be decorated and the lunch will have a WW1 theme. (Trench cake recipes are being tested as I write!). Even if you don't normally come to these lunches you will be very welcome. Please let me know on 01473 311615.

**Sunday 11th November.**

Service of Remembrance at the Church 10.50am includes 2 minutes silence around the War Memorial and dedication of a new Roll of Honour. Also including readings about the 5 men from Holton St Mary who lost their lives in the conflict.

Later, after dark on the Millennium Green: Please assemble 6.30pm.

6.50pm Tribute to the Millions, a Nationwide reading.

7pm WW1 Beacons of Light, our Beacon will be lit along with all the other beacons in the country.

7.05pm Ringing out for Peace, the Church bell will be rung, also along with the rest of the country.

The Social Club have kindly agreed to supply drinks at this time.

Watch out for further information.

Marjorie Haste

**SATURDAY 27th OCTOBER IS  
CHURCHYARD AND CHURCH  
CLEAN UP DAY  
IN HOLTON ST MARY  
FROM 9.30 AM TO 12.00  
NOON**

Are you able to help?  
(For as little or as long as you like.)  
If yes please contact Frances Torrington  
on  
[familytorrington@btinternet.com](mailto:familytorrington@btinternet.com)  
Refreshments will be provided.  
Please bring your own tools!



## Lasting Powers of Attorney

Longer lives and increased property values have caused a noticeable change in the will writer's work. Lasting Powers of Attorney had only recently been introduced when I started The Will Business nine years ago, but they are now 50% of our work, with many clients who made wills with us coming back for lasting powers.

Lasting Powers of Attorney, generally known as LPAs, were introduced by the Mental Capacity Act to help the increasing number of people who suffer from conditions affecting mental capacity.

The registration of LPAs is managed by the Office of the Public Guardian (OPG) which has announced that it is handling record numbers of LPAs, with registration requests currently averaging 54,000 per month.

LPAs are hugely beneficial because they enable you to appoint your own team to look after you and your affairs when you get too old or frail to do that. LPAs remain just as effective many years after they are made.

There are two types of LPA, one dealing with property and financial affairs and the other with health and welfare. The first is by far the more popular although some clients make one of each type. In both cases the cast of personnel is similar, and their commitments in the LPA are designed to satisfy the OPG that the person giving the power (called the donor) is of sound mind and not being coerced into making the LPA.

The cast list starts with the donor, who must have mental capacity when the LPA is made. Next, there will be the attorneys (better to have more than one in case one dies early). You can nominate as an addi-

tional attorney a replacement in case the initial attorney dies or is unable to continue.

Your attorneys will almost invariably be family members and I usually advise that at least one should be selected from the next generation (it can be disastrous if a sole attorney dies or goes senile while the donor is still alive and needs help). I prefer to see that at least one of the attorneys is based locally and that the attorneys' appointment is on a 'joint and several' basis so that one can take decisions in the absence of the other.

The final member of the cast (apart from witnesses, whom I recommend should be 'non-family') is the 'certificate provider'. The certificate provider – usually myself or the donor's GP – must confirm that the donor understands the LPA, has not been put under pressure to make it and that the LPA has not been completed fraudulently.

When a client asks us to prepare an LPA the basic information which we need includes the full names of each donor and attorneys, everyone's addresses and their dates of birth. Any special requirements, such as limitations of the attorneys' powers, will be discussed at our meeting with the donors.

Once the LPA has been completed and signed (in strict sequential order) we send the document for approval and registration by the OPG's office in Birmingham. They are currently taking 4-5 weeks to process applications (only then does the LPA become effective).

As regards cost, we currently charge £250 per application and the OPG's fee is £82. There is no VAT on either of these fees.

*Trevor Dodwell  
The Will Business Ltd*

# Waste collection schedule

October 2018						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Recycling collected this week



Rubbish collected this week

East Bergholt High School Association  
Registered Charity No.1017476

## Pop Quiz

at East Bergholt High School

**Friday 16th November 2018**

Plus the winners of the Grand Prize Draw  
Bar opens 7pm  
Quiz starts at 7.30pm sharp!

Test your knowledge on sounds from the 70s to  
the latest tunes!!

Tickets cost £5 per person which includes  
nibbles on the table

Teams of up to 6 people

Over 18s only unless accompanied by an adult.

To book ☎ 07776 291445

Even though we've just said goodbye to the summer holidays, now is the time to start thinking about protecting your health over winter with a flu vaccination.

Most GP practices across east and west Suffolk will soon be holding flu vaccination clinics for their registered patients - and people in at-risk groups are being encouraged to attend. Many pharmacies also provide NHS flu vaccinations for those in at-risk groups aged 18+.

For many people a bout of flu will result in symptoms such as headaches, aches, pains and tiredness. However, for people in at-risk groups flu can have serious consequences, leading to existing health conditions getting worse or the development of an illness such as bronchitis or pneumonia. It is important for eligible young children to have the vaccination to prevent the spread of flu to other at-risk family members.

You are entitled to a free NHS flu vaccination if you are:

- Are aged 65 years or over
  - Are pregnant
  - Receive a carer's allowance or are a carer of an elderly or disabled person whose welfare may be at risk if you fall ill
  - Are living in a long-stay residential care home or other long-stay care facility
  - Are aged between six months and 65 years and have a heart problem, a chest complaint or breathing difficulties, lowered immunity due to disease or treatment, liver disease, had a stroke or transient ischaemic attack (TIA), diabetes, a neurological condition or a problem with or removal of the spleen e.g. sickle cell disease
  - Are a child aged 2 – 3
  - Are in reception class/school yrs 1 – 5
- People in at-risk groups are encouraged to ask at their GP practice or pharmacy about having a flu vaccination.

## Pimlott Foundation Dates For Your Diary

All concerts to be held at Old House  
Barn, Oldhouse Rd, Great Horkesley,  
Colchester, CO64EQ

### Family Choir

**11.9.18. 6.30-8.30** First meeting since  
Summer Break. With Adey Grummet. All  
welcome, no experience needed.

### Music and Literature

**21.10.18. 4pm**

A concert in conjunction with **Red Lion  
Bookshop**, Colchester. Celebrate their  
**40<sup>th</sup> anniversary** in words and music.  
Artists to include Evie Press, George  
Ireland, Daniela Bechly and friends.  
Tickets; £10.00

### Singing For Health

**4.11.18. 11am-3pm**

With **Amy Mallett**

Enjoy a day of fun singing, relaxing ...and  
feeling better! Research shows that.....!  
No experience needed. Meet new people,  
sing new songs, do new things! All ages  
welcome.

Suggested donation £5.00. Children and  
students free. Booking essential.

### Baroque Fest

**3.11.18 ; 6pm**

**Christina Kobb**, (pianoforte)

[www.fortepiano.no](http://www.fortepiano.no)

Haydn, Mozart, Schubert, Beethoven

**All Baroque Fest concerts; £15.00.**

Students/ children free for all concerts.  
Refreshments always available.

Details and booking;

[www.pimlottfoundation.org](http://www.pimlottfoundation.org)

Or

01206271291 / 07814506988

## DEDHAM PLAYERS' AUTUMN PRODUCTION

- 24th to 27th October 2018 at  
7.45 pm Assembly Room  
Dedham.

Refreshments included.

### CALIFORNIA SUITE

by Neil Simon -

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1970s Beverly Hill Hotel Suite.**

Tickets £10 online at  
[www.dedhamplayers.org.uk](http://www.dedhamplayers.org.uk) or  
Shakespeare House Gallery, High  
Street, Dedham.



Thursday 4<sup>th</sup> October

10am - 2pm

Constable Hall

East Bergholt



Admission £3

## SESAW NEWS

Little Lord Fauntleroy is strutting around the house trying to look important. Yes, Kenny "the Boss" Chihuahua has been out to meet his fans, giving me the opportunity to email some exceptional news for you!

Mother, known to you as Maggie, will be awarded an Honorary Fellowship at the University of Suffolk later this month in recognition of her notable contributions to the community. I cannot tell you how proud and delighted we all feel about this well earned and deserved acknowledgement. Of course the good lady herself will have none of it, insisting she is merely a "facilitator" and will accept said accolade on behalf of the volunteers, without whom there would be no SESA W.

Now back to the animals, in particularly a little puss called Marti who has been with us for six months. She arrived pregnant but the kittens are all weaned and she is ready for an adult only home where she would be the only cat.

Our next sale is at the Community Hall, Hintlesham, IP8 3PS, 11-2pm on 13th October. Lots to buy including collectables, jewellery, furnishings, a tombola, raffle and refreshments. 50p entry, free parking. Our popular Christmas Fair will be held at The Old School, Long Melford on Sunday 18th November. Tables still available, phone 01206 263269 to book.

No award could sway Mother from her evening rounds so I'm off to accompany her before it gets dark. The nights are drawing in and getting damp but a cosy nest in the hay bales is still the best bed for 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) Open 10-1pm Thurs-Sunday.



## Stour Valley Men's Probud Club

### Meetings & Diary Dates

We returned after our summer break and on Wednesday 5 September Tracey Mackness of the Giggly Pie Co had us in stitches when presented her "Life Story". Then on Wednesday 19 September David Ablewhite returned to tell us about "The Other Prince William". Norman Jacobs talks about "Pie 'n' Mash & Prefabs" on Wednesday 3 October and two weeks later on 17 October Sally Chicken's talk is on "The Regeneration of Shotley Pier"

### 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. 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 Probud Club, we meet on the first and third Wednesday of each month in Manningtree at 10 for 10.30am. Please contact Speaker Secretary Dave Carman on 01255 880202 for further details.



Our Summer Dinner & Social was held at a new venue, The Ipswich Best Western, Copdock and this sell out event was enjoyed by all members present who enjoyed good company and food.

As suggested by Members we introduced our inaugural August meeting, on Wednesday 8th, when Tania Harrington MA, artist, art lover and researcher talked on "Art Attack- A History of Vandalism In Art". She looked at works of art that have been vandalised over the years and the reasons behind these criminal attacks, divided into Political Motivations, Mad Attacks and Artist Attacks. It was a serious, at times disturbing, but also humorous illustrated talk.

On 12 September Taff Gillingham, Historian, presented a very British view on "Remembrance And The Great War". Taff advises film makers emphasising the need for historical accuracy on the 1914/18 War.

Richard Heap, Production Director of Stephen Walters & Sons Ltd will talk on "Silk Weaving In Sudbury" on Wednesday 10 October. He will cover the history of silk weaving and how it came to Sudbury; the Silk Road from China to Sudbury; how silk yarns are processed; the silk Trade; partnerships and relationships between supplier and customer and how the Company engages with the local community and the environment.

Our November 14th meeting will feature Davis Simmonds, a National Trust speaker and volunteer, introducing "The Coast Of East Anglia". The East Anglian coast is full of contrasts and has much

beauty, history and wildlife. His presentation will focus on National Trust coastal properties in Essex & Suffolk.

NEW - each month the Coffee Grinders will meet at The Lambe School, Gaston Street, East Bergholt, CO7 6SD from 10-12 noon. This meeting especially welcomes new members but gives all members the opportunity of meeting the activity Group Leaders and the Committee whilst enjoying a cup of coffee. The next meeting is on Friday 26 October.

Our main purpose is to encourage lifelong learning for those who are no longer in full time employment and emphasis is always placed on making learning active and fun as well as helping in developing friendships. We have a wide range of groups including language study, country walking, computer studies and gardens, churches and historic buildings visits. In the main, membership is drawn from communities in the lower Stour Valley and adjacent areas including Brantham, Capel St Mary, Dedham, East Bergholt, Holbrook, Lawford, Manningtree, Raydon, & Stratford St Mary. We are affiliated to the ThirdAge Trust, have over 340 members and 35 active groups. For further information please visit [www.stourvalleyu3a.org.uk](http://www.stourvalleyu3a.org.uk) where membership secretary Gillian Gibbs may be contacted.

We meet at The Constable Hall, Gandish Road, East Bergholt CO7 6TP at 2 for 2.15pm. Annual membership costs £12 a year and this entitles members to attend the meetings that take place on the second Wednesday of each month, except December.

Remember

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



## SESAW CHARITY SALE

11-2pm Saturday **13th October** at The Community Hall, Timperleys, Hintlesham

Collectables, glass, crafts, jewellery, furnishings, books, DVDs, pet stall etc.

Electricals, hobbies and sports in our Man Cave!

Tombola, raffle, refreshments and cakes. 50p entry.

All proceeds to Suffolk & Essex Small Animal Welfare, Reg.Charity No.1124029



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## Constable Singers

A huge thank you to all who supported our recent Concert raising funds for EACH at the Constable Hall East Bergholt. We had a very successful evening and with the Raffle raised over £700 .We sang songs from the musicals, films and popular songs from the 40's to 2018 and had solos from Willow aged 7 and Lillia age 10. They were so good.

We shall be singing in October at Bentley Tuesday Club and at Capel in November, also taking part in St Mary's church celebration of WW1

We welcome new members and have singers from 16 to 80 and have sessions at Lambe School East Bergholt 7 to 9.30pm each Thursday but meet at Congregational Church on the 2nd Thursday of each month. Choir recommences September 13th at Congregational Church. Words provided, no need to be able to read music. We sing to enjoy ourselves.£5 per session but first session free.

For further details contact Mel 01206298628, Yvonne 01206298428 or paulagraham716@btinternet.com

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## A SESQUICENTENARY

For a century and a half, the members of the Mistley Book Club have met quarterly, with never a break, to eat, drink, choose books and be entertained by one of their number on a topic of their choosing. Down the years, members have been inducted into a variety of dark arts: what's involved in the skirling of bagpipes, how to single-handedly stop the Orient Express and, no less intriguing, a new take on supping with the Devil.

The next meeting of the Club is to be marked by a discourse on a topic as eclectic as any of these, *The Re-interment of Richard III*, given at St. Mary's, Dedham, by the Rt Revd Timothy Stevens, sometime Bishop of Leicester.

Members invite anyone interested in hearing Bishop Stevens' talk to come and share the marking of the Mistley Book Club's Sesquicentenary at Dedham on 10 October at 6 pm.

# 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



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

## MOBILE LIBRARY

### Stratford St Mary - Route 11

The bus stops every 4 weeks on  
Wednesdays

3 October, 31 October, 28 November, 23  
January

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

9 October, 6 November, 4 December, 29  
January

### Holton St Mary

Church Square - 9.30-9.45am

### Raydon

St Mary's Raydon - 9.50-10.30am

### Lower Raydon

Sulleys Hill - 11.30 - 11.45am

### Higham

The Green - 11.55am to 12.10pm

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

## Crime prevention

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

# Local Directory

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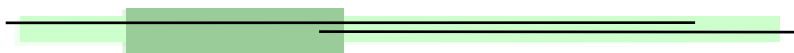
For more details about our services please contact Shelley on 01206 323093 or via email on [info@orchardbarns.co.uk](mailto:info@orchardbarns.co.uk)  
Orchard Barns Kindergarten, 6 Higham Road, Stratford St. Mary, CO7 6JU



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[www.field-studies-council.org/flatfordmill](http://www.field-studies-council.org/flatfordmill). You can also contact us by phone on **0845 330 7368** (local rate), or by email at [enquiries\\_fm@field-studies-council.org](mailto:enquiries_fm@field-studies-council.org)



# Hall Farm

## Shop & Cafe Restaurant

### Spooky Wooky Trail

#### Monday 29<sup>th</sup> and Tuesday 30<sup>th</sup> October

Time: 5.00pm – 7.00pm

Cost: **£3.00** per person or **£10.00** for 2 adults and 2 children

The Spooky Wooky Trail is aimed at children under 12 years.

Hot and cold drinks, ice creams and snacks will be available to purchase at The Snack Shack.

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Restaurant: 01206 323600 / [cafe@hallfarmshop.co.uk](mailto:cafe@hallfarmshop.co.uk)  
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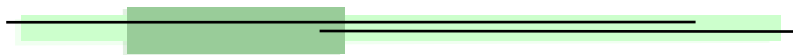
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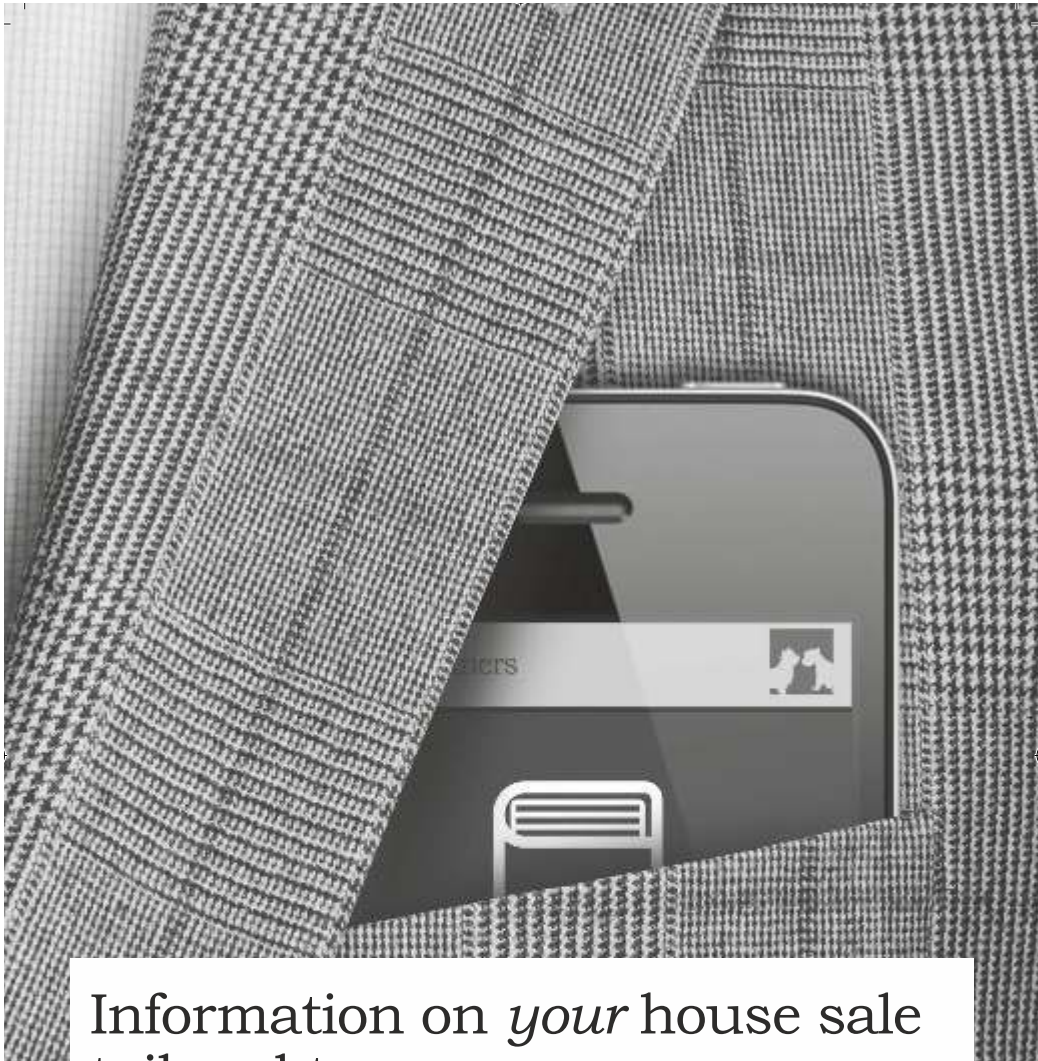
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This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **17 October**.

### Home Group

Our Home Group will meet again on 4 and 18 October 2.30-4 p.m. at 5 Veyses End. We are using Rowan Williams' book 'God with us' to explore the meaning of the Resurrection. All are welcome.

## Services in October and November

	8.00 a.m.	10.00 a.m.	NB. 5 p.m.
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14 <sup>th</sup> Oct		Higham	Raydon
21 <sup>st</sup> Oct		Holton	SSM
28 <sup>th</sup> Oct		Raydon + SSM Parish Room	Higham
4 <sup>th</sup> Nov		SSM	Holton
11 <sup>th</sup> Nov		<b>10.50 All parishes for Remembrance Sunday</b>	
18 <sup>th</sup> Nov		Holton	SSM
25 <sup>th</sup>		Raydon + SSM Parish Room	



## New Testament Readings and Collects for weekdays in October

30 September: *Trinity 18*. O God, our judge and saviour, teach us to be open to your truth and to trust in your love, that we may live each day with confidence in the salvation that is given through Jesus Christ our Lord. Amen.

1st Acts 26.1-23. Remigius, Bishop of Rheims, Apostle of the Franks, 533

2nd Acts 26.24-end

3rd Acts 27.1-26. George Bell, Bishop of Chichester, Ecumenist, Peacemaker, 1958

4th Acts 27.27-end. Francis of Assisi, Friar, Deacon, Founder of the Friars Minor, 1226

5th Acts 28.1-16

6th Acts 28.17-end. William Tyndale, Translator of the Scriptures, Reformation Martyr, 1536

7 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.

8th Philippians 1.1-11

9th Philippians 1.12-end. Denys, Bishop of Paris, and his Companions, Martyrs, c. 250

10th Philippians 2.1-13. Paulinus, Bishop of York, Missionary, 644

11th Philippians 2.14-end. Ethelburga, Abbess of Barking, 675

12th Philippians 3.1-4.1. Wilfrid of Ripon, Bishop, Missionary, 709

13th Philippians 4.2-end. Edward the Confessor, King of England, 1066

14 October: *Trinity 20*. O 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.

15th 1 Timothy 1.1-17. Teresa of Avila, Teacher of the Faith, 1582

16th 1 Timothy 1.18-end of chapter 2. Nicholas Ridley, Bishop of London, and Hugh Latimer, Bishop of Worcester, Reformation Martyrs, 1555

17th 1 Timothy 3. Ignatius, Bishop of Antioch, Martyr, c. 107

18th Luke 1.1-4. ***Luke the Evangelist***

19th 1 Timothy 5.1-16. Henry Martyn, Translator of the Scriptures, Missionary in India and Persia, 1812

20th 1 Timothy 5.17-end

21 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.

22nd 1 Timothy 6.1-10

23rd 1 Timothy 6.11-end

24th 2 Timothy 1.1-14

25th 2 Timothy 1.15-2.13

26th 2 Timothy 2.14-end. Alfred the Great, King of the West Saxons, Scholar, 899

27th 2 Timothy 3

28 October: *Simon and Jude*. 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.

29th 2 Timothy 4.1-8

30th 2 Timothy 4.9-end

31st Titus 1. Martin Luther, Reformer, 1546

1st Luke 9.18-27. **ALL SAINTS' DAY**

2nd Titus 3. **All Souls' Day**

3rd Philemon. Richard Hooker, Priest, Anglican Apologist, 1600





### PCC meetings

15 October	7.30 p.m. SSM, at 13 Strickmere
29 October	7.45 p.m. Holton at 1 Corpus Christi Cottages
12 November	7.30 p.m. Higham at Tunmer's Farm
19 November	7.30 p.m. Raydon at the Rectory



### For your prayers

We give thanks for those to be baptised on 7 October at SSM:  
Coben Leonard Bilton-Heenan and Eva Rose Naya

We also thank God for Nicholas Chenery and Stacey Waylen, to be married in SSM on 21 October

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

**Higham:** Margaret Snelling  
**Holton:** Ron Stedman  
**Raydon:** David King, Michael Mumford, May Peacock  
**SSM:** Nancy Ablitt, Laura Kerry, Trina  
**Others:** Tory Cook, Philip Dean, Helen Gregory, Steve Kupfer,  
Gail O'Dell. Ann Stone