

**Stratford
St Mary**

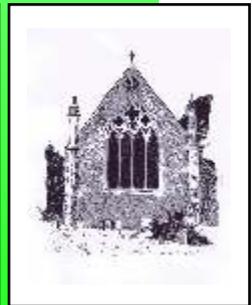
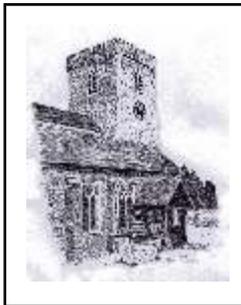
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



September 2017

Issue 349



A note for Everyone

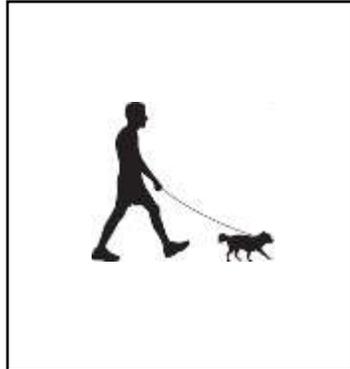
Just a reminder for house names/numbers to be visible. If an emergency vehicle needs to find your house at night, will it find it easily?

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.

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

www.powercut105.com

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



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

Small Ads pin board

Welcome



Dear friends,

As I write this in the middle of August, after a summer of very mixed weather, I am hoping that you

have at least been able to have a restful time and haven't been caught up in the queues at foreign airports, the devastating fires in southern Europe or the terrible mudslide in Freetown in Sierra Leone. We think of the awful uncertainties that these events cause for those living through them, and of the potential horror of nuclear war being unleashed on the Korean Peninsula, being brought closer by the ridiculous posturing of two egotistical presidents.

If you are worried by such things, and would like to help pray for wise leadership across the world, come and join us as we try to make more sense of how we in our small communities can work towards the wider common good. Our house group is starting up again on September 14th, led by various members of our congregations, and everyone is welcome to contribute to our discussions. There are also lots of other things on offer in the next couple of months, both fun and thought-provoking, so check out the centrefold for more details. Raydon's Church Fête is on 2nd this year. Or why not indulge yourself with a fantastic cooked breakfast in SSM Parish Room on 9th- it would be a good place to stop off and fuel up if you are doing the Suffolk Historic Churches Bike Ride! Or go to Raydon's Fashion Show on 29th, and watch the locals strut their stuff! On 30th in the evening there is a treat in store at SSM with the St Edmundsbury Male Voice Choir.

On the more contemplative side, we have 2 interestingly complementary talks in October - on the morning of 7th Suffolk MIND is offering us advice on how to make sure that every one of us looks after our own mental health, even if that means simply finding out how we can deal with the stress that some of us experience in our daily lives. Then on the morning of 10th Magdalen Houlihan, an expert in our area on Silent Prayer (also known as Christian Meditation or Centring Prayer), is coming to talk to us about how this can help us to find God's Kingdom within ourselves. Silent Prayer is well known for its healing and calming powers, so the two tie up very neatly with each other. Why not come to both?

This month, of course, I wish all the best to those who are returning to school, college or university, or who are starting there for the first time. I am hoping to be able to go into SSM School a bit more regularly in future, as it is so good to meet the children and get to know them and their parents.

Finally, this month is all about Harvest in our churches, and we hope that you will be able to join us on at least one Sunday in September to celebrate the beauty of God's creation in the countryside all around us. On 24th there is a special Harvest Festival at Higham at 11 a.m., with Richard Stainer, who is one of the Diocese's Overseas Aid Officers speaking about our link Diocese, Kagera in Tanzania. The service will be followed by lunch, and all are welcome.

May God's blessing be upon you.
Rosalind Paul, Rector

The Quartet Diary

September

- 1 Holton Lunch Club
- 2 Raydon September Surprise
- 3 Raydon Homemade Teas
- 6 Stour Valley Probus Club
- 9 Suffolk Churches Bike Ride
SSM Big Breakfast
- 10 Hever Castle Visit (Nayland)
- 11 SSM Parish Council Meeting
- 12 Raydon Fair Trade Coffee
Morning
- 13 Stour Valley U3A Meeting
- 16 Village Life Quintuple Challenge
- 17 EBHS Car Boot Sale
- 19 Raydon Parish Council Meeting
- 20 Stour Valley Probus Club
- 27 Holton - Talk about the brain
- 28 R & DGC indoor meeting
- 29 Fashion Show, Raydon
Macmillan Coffee Morning ,
Holton
- 30 SSM Choir concert

October

- 4 Stour Valley Probus Club
- 5 SSM More Stories by the fire
- 7 Emotional needs course, Holton
- 10 Raydon Fair Trade Coffee
Morning
- 11 Stour Valley U3A Meeting
- 14 Devilish Quiz, Raydon
- 17 Raydon Parish Council Meeting
Nayland Hort Soc Autumn Talk
- 18 Stour Valley Probus Club
- 26 R&DGC Charity Night

November

- 1 Stour Valley Probus Club
- 7 Raydon Fair Trade Coffee
Morning
- 8 Stour Valley U3A Meeting
- 13 SSM Parish Council Meeting
- 15 Stour Valley Probus Club
- 21 Raydon Parish Council Meeting
- 23 RDGC AGM and Social

Editors Corner

To me there always seems to be a 'Great Divide' between August and September (rivalled only by December and January in my opinion) where we leave one season and enter another. The summer holidays are left behind and getting back to work is all the rage. Than said, you will see that the September diary is very full this year. The Stratford Pub Games Challenge, Raydon September Surprise as well as the annual Churches bike ride are all in September this year.

We try and put all the events advertised in the Quartet in the Diary page for quick reference, but if you have a local event that you would like to give a quick mention to, we are always happy to receive information for the Diary page. Just email quarteteditor@hotmail.co.uk and we'll see what we can do.

On a completely different note, do take a look at the report of the Higham Art Festival on page 8. I've heard of town twinning before, but Higham have gone in for Loo twinning! That's different!

Finally, we would like to bring your attention to an article from Sudbury Citizens Advice Bureau on the new Universal Credit. This issue could affect you or someone you know and Sudbury have come up with some good advice.

Happy reading

Anne and Jane,

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



Copy deadline for next edition:
19th September 2017

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

Editors:
Anne Wicks; 1 Corpus Christi
Cottages, Holton St Mary. CO7 6NN

Jane Lelliott ; 5 Swan Meadow,
Stratford St Mary. CO7 6JQ

Distribution: Dave Leach
07930390517

Invoicing: Jenny Leach
quartet.advertising@gmail.com

Stratford St Mary

PARISH COUNCIL MEETINGS AT THE INSTITUTE

13th November

7.30pm till 10.30pm

Babergh District Council

if you have any issues which you would like BDC to assist with, or if you are having trouble contacting the right person, our District Councillor, John Ward, is always happy to help. He can be contacted on 07802 414981, email john.ward@babergh.gov.uk.

Stratford 100 Club Winners

63	D. Ablitt	£40.00
138	B. Gardiner	£10.00
150	F. Lelliott	£ 5.00

With immediate effect, the new e-mail address for Stratford St Mary Parish Council will be parishcouncil@stratfordstmary.org.uk All other details remain the same.

Stratford St Mary Church Forthcoming Events to raise money for church funds

September 9th 8.30am till 11am

BIG BREAKFAST

at The Parish Rooms, Stratford St Mary
Come and enjoy a traditional full English breakfast or continental in a warm and friendly environment.

September 30th 7.30pm

ST EDMUNDSBURY MALE VOICE CHOIR

At Stratford St Mary Church
Formed in 1988 by four teachers, St Edmundsbury Male Voice Choir currently numbers approximately 90 members drawn from Bury St Edmunds and its surrounding villages and as far afield as Ipswich, Norfolk and Cambridgeshire.

The Choir has a wide repertoire of songs from 1940s swing, Welsh hymns, spirituals, folk songs and material from musical theatre, to tunes from the charts. Besides performing locally in Suffolk, the choir has toured extensively both within the United Kingdom and Europe assisting many charitable organisations in their fund-raising activities.

Tickets £10 to include wine and canapés.
Contact Christine Cousins on 01206 322530 for details.

SSM Village Life

In conjunction with **The Swan Beer Festival 2017**

'VillageLife' is again organising

The 'VillageLife'

Quintuple (*pub-games*) Challenge

A competition for village representative teams of five players
across five (traditional) pub-games:

**DARTS, NINE MEN'S MORRIS, PETANQUE, SKITTLES &
SUFFOLK QUOTES,**

To take place at the SWAN INN, Stratford St Mary

SATURDAY 16th September 2017 commencing at 4pm.

Entries are invited from teams of 5 players (any combination of age and
gender), representing Organizations, Clubs, Groups, Pubs, Families or
Groups of Friends or Neighbours

Enquiries/ requests for further information

e-mail: villagelife@stratford-st-mary.org or contact:

Brian Such, The Side Cottage, Lower Street, Stratford St. Mary, CO7 6JS.
01206 323 091.

Copy of competition rules will be provided following receipt of entry.

Family Hour @ The Parish Room

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

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

Come and join us!

SSM Rambling Club

Main contact is the chairman, Don Umfreville on 01206 322626. Unless stated otherwise, we meet up at 09:45 at the Parish Room, Upper Street, Stratford St Mary.



IGNITION Youth Club
Stratford Chapel
Every Friday night
7.30 to 9.30

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

SUFFOLK HISTORIC CHURCHES TRUST CYCLE RIDE & STRIDE 9 SEP 17

Sponsorship forms for the ride on **Sat 9 Sep** have been distributed to those who have cycled in previous years. If you have not received a form or would like to cycle, walk or run to support a church of your choice, please contact me on 322259, call into Rosebank, Lower Street, or pick up a form from the Garage.

Judi Isaac

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:

Tuesday 7.30 am - 9.30 am - Men's Recreational Evening (2nd Tues every month)
 Wednesday 7.30 pm – 9.30 pm - Bible Discussion and Fellowship Evening
 Friday 5 pm – 6.30pm – "Sparks on Friday" for Children ages 7 – 11 years
 Friday 7.30pm – 9.30pm - "Ignition" Youth Club for teens ages 11 – 16 yrs

For further information:

Telephone: Phil (01473) 310728
 Email : philipwyncoll@btinternet.com
<http://www.stratfordstmarychapel.com>

Stratford St Mary Parish Council Emergency Team

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

Hilary Cairns – Emergency Team Leader

6 Mors End 01206 323417

07712 591379

hilcairns@tiscali.co.uk

Norman Woodard

12 Swaynes 01206 323015

Norman.woodard@fatbloaters.com

Chris Griffin

Brook Farm, School Lane 01206

337363/07885 807567

chrisbrookfarm@gmail.com

Steve Kite

42 Strickmere 01206 322482

07958 515573

Bill Davies

3 Spanbies 01206 322990

billdav@hotmail.com

THE DEDHAM EDUCATIONAL FOUNDATION

The Governors invite applications for residents in the Parishes of Ardleigh, Brudfield, Dedham, Great Brumley and Stratford St. Mary for financial grants that are available in the following categories.

Secondary Schools & Six Form Colleges

Applicants must be at least 12 years old on the 1st August of the year of applications.

Universities & 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 contact the Clerk to the Governors – Mrs. Jean Plewin, Coppina, Crown Street, Dedham, Colchester, CO7 6AT. Tel: 01206 322215

Closing date for applications – 31st October, 2017.

Read more about the Dedham Educational Foundation on page 21

The bell ringers appeal

In Higham and Stratford St Mary, they ring bells at the drop of a hat,

Be it hand-bells or tower bells, (or potentially cow bells)

But there's nothing the matter with that.

It's a skill that's as English as England, claimed by noble and peasant, the same,

Yet it ranked with the long-bow and cider (that's Strongbow),

Keeping England ahead of the game.

But we're needing a few extra ringers if this traditional skill's to survive.

Learn the ropes on a Friday and it will soon be your day

To keep ringing on Sunday alive

So do please see if you can join us, come on now just give it a try,

The skills we can teach you if we can only reach you,

So please give us a call, don't be shy.

Martin: 01206 337 325 or Brenda & Brian: 01206 323 091

Higham

Higham Art Exhibition

The weekend of the 23/25 June saw another (the eleventh!) successful art exhibition at Higham Church. Over 200 pictures from some 70 predominantly local artists were displayed. The exhibition began on Friday evening with drinks and continued through to Sunday evening. A tea tent provided delicious cakes and refreshments, as well as an excellent opportunity for villagers and visitors to have a chat.

Special thanks go to Roger Freeman for organising the exhibition and to Nicola Tindall for organising the tea tent. Thanks are also due to the many people who helped with putting up (and taking down) the exhibition screens/signs etc, creating the most beautiful flower arrangements, stewarding the exhibition, manning the tea tent and all the other work which goes into putting on a village event. Not only did it bring together lots of people from the village and further afield, but it also raised over £3,000 for the Church Fabric Fund. We hope to hold the next exhibition at a similar time in 2019.

TEA -TENT at HIGHAM ART EXHIBITION

Many thanks to all who contributed their time and baking at the Art Exhibition. There was a great atmosphere in the tent throughout the weekend. The Tea Tent raised more than £250, enough to twin the Church Toilet to not just one loo but a bank of latrines at a school in Bangladesh. Fantastic! To find out more visit www.toilettwinning.org

Higham Church Harvest Festival



11am Sunday 24th September
with speaker— Richard Stainer
(Diocesan World Development Advisor)

followed by a Harvest Lunch

To reserve a place at the lunch please contact

Martyn Carr 01206 337325
carr.kingfisher@btinternet.com
or Hugo Parker 01206 337234
hugo.parker@btinternet.com

Donations on the day to cover the cost of the lunch would be greatly appreciated



Raydon



Fair Trade Coffee Morning

Fair Trade coffee morning.

It was a nice warm day for our Fair Trade coffee morning on August 15th. I was particularly looking forward to it as I was going to be a customer today and not the proprietor! The Sunday afternoon tea team were in charge and it was so nice to be able to sit and have a natter with all our regulars. We had some visitors as well, including a cyclist who usually comes to the teas on a Sunday afternoon!

We were making final plans for our September surprise today, items for the "Pamper hamper" being collected, buttons nearly finished being sewn onto the waistcoat and contributions for the bric a brac and collectables stall. In between dispensing the usual great coffee and Frinton goodies (Chocolate chilli cake and Scoffins today) the tea team were requesting cakes for the cake stall.

By the time we have our next Fair Trade coffee morning on September 12th we will have celebrated Harvest, so do come along and enjoy the decorations in the Church and don't forget you can be "In charge" of a coffee morning by joining the rota!

Many thanks and see you on September 12th

Wendy Mumford 01473 312123

Don't miss the last Tea of the season!

Homemade Teas



At St Mary's Church, Raydon

Sunday 3 September 2017

**Teas served from
3.00 to 5.00 pm**

In aid of our Fabric Fund.

Fashion Show by Edinburgh Woolen Mill In Raydon Village Hall

20% discount on all purchases on the night, and a £5.00 voucher to spend in the Ipswich shop

September 29th 7.30pm

Tickets £5 each including lovely refreshments.

Numbers limited so book early
01473 312123 or 01473 310320

In aid of Raydon Church fabric fund.

September Surprise

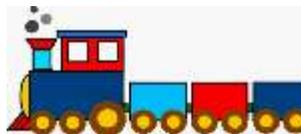


(Cos it's not the August Afayre)

Raydon Church

Sat. 2nd September 10.30 to 3pm

Stalls



Model Trains

Vintage Vehicles



& more

Renowned B-B-Q 12-2pm

Refreshments all day

(In aid of St Mary's Fabric Fund)

Raydon and District Gardening Club

Well the year is a moving on and will soon be heading into Autumn that lovely mellow sometimes misty month. As the veggie plot gets harvested & you have bare ground make use by planting green manure seeds which will help weed control, then when dug in later in the year it will provide nutrients ready for next year's crops. Still time to collect those seeds ready for next year (cheaper than buying new) and also you can then put them where you wish rather than just letting them drop. Keep dead heading lots of the flowers for repeat flowering until we start getting the frosts which hopefully might be later in October or even November.

Once again August 19th was our flower & produce show, and a highly successful event it was. Number of entries was way past the 300 mark (first time in seven years). Several new entrants which is always encouraging, also more children's entries than last year, the quality of produce & flowers first class considering the weather (i.e. wind & rain) for the three weeks leading up to show day. Also all the baking, photos, handicraft, preserves, children's section, flower arrangements etc, so much hard work put in by our entrants which made for such an enjoyable display to be enjoyed by one of our largest visitor numbers in the afternoon. It makes all the hard work by the committee worth it to see such a great community come together to enjoy the show. Thank you all who supported R&DGC in any way. Takes me back to the early years (1981 onwards) of this great club when we held the shows around the area at bottom of Sulleys Hill by the Fox pub, Shelley Hall, Raydon playing

field, often getting between 300 & 500 entries each year, we of course had bigger outdoor venues with large marques (even more hard work) and we always seemed to attract great numbers to view our efforts. Once or twice we had counted over 200 persons. Those were the days !!!!!.

Our September meeting on 28th will of course be back inside the village hall (old primary school) as the nights begin to pull. Our guests on the night will be the well known Sarah Cook & Jim Marshall from Shelley. Subject Horticultural Snippets which will have a question and answer section so come along with plenty of questions. We are in for a treat with plenty of humour thrown in for good measure as usual.

Advance notice:- Open Charity night on 26th October. Please bring as many friends and guests along so we can raise a goodly sum for this year's charity the very needy Ipswich Hospital Baby Bereavement Group.

Once again your committee thanks you all for your support over this year so far.

Geoff Horrex (310422)



RAYDON PARISH COUNCIL

Your Parish Councillors are:

Nev Davenport 01473 311548
Christine Hempstead 07891 236245
Kathy Herbig 01473 310024
Keith Lovering 07939 075143
Sue Newton (Chair) 07808 818847
Amanda Pyall 01473 310050
Jayne Tann 01473 828283

Parish Clerk:

Jane Cryer - 07920 713940 /
raydonpc@gmail.com

Thank you to everyone who has completed the Parish Questionnaire so far. If you haven't yet responded, the final deadline is 16th September so please return it to one of the three collection points (the Church Porch, the Pavilion letterbox or the Fox Farm Meadow Gate, Lower Raydon) by then. If you have lost your questionnaire you can either download a copy from our website - www.raydonpc.org or contact Amanda Pyall on 01473 310050.

If you have any other questions please contact any member of the Parish Council, who will be happy to assist.

Have Your Say....

Questionnaire
Return
Your Today!

Or at least by 16th September



Raydon Village Hall Century Club.

**** Requires A Volunteer ****

Due to retirement of the current Century Club administrator we now need a person to take on this post. The Century Club makes a valuable contribution towards funding the maintenance of the Village Hall (old primary school).

The role would involve gathering ticket monies from current members around the village (fees due July), reminding members that payment is due and recruiting new members if possible. Records of funds received would obviously need to be kept.

It is not necessary to be on VH committee, but you would be expected to attend at least two meetings per year. The position would ideally suit someone trustworthy, living in the village (upper or lower Raydon) and over 18 years of age. If you can spare a few hours, and interested in helping a worthwhile cause please contact in the first instance, Geoff Horrex, High Elms, The Street, Raydon. Call 01473 310422 or mobile 07810086143.

ADVANCE NOTICE

October 14th Devilish Quiz in the Village Hall.

More details nearer each event.
or call 312123

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!

Raydon Century Club Draws:

JULY 2017

£25 68 Mrs C Neckrews
£15 86 Jane Bridgewater
£10 65 Mr M Hulse
£5 80 Mrs M Keeble
£5 132 Andrew King
£5 126 J-M Simonet
£5 26 Neil Banyard

AUGUST 2017

£25 43 Mrs J Newby
£15 52 Mrs J Edwards
£10 131 Mr & Mrs King
£5 155 Mrs R Coe
£5 64 Anita Cornell
£5 148 Miss R Gooch
£5 88 Mrs G Mason



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

Tuesday 19 September
Tuesday 17 October
Tuesday 21 November
Tuesday 19 December

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

Suffolk Historic Churches Bike Trust Ride and stride

9th.September 2017

9am-5pm



Thank you to all Raydon Riders who have already picked up their Sponsor forms from the back of the Church.

There is still time to collect a form if you have not already done so.

This is such a worthwhile event where everyone is a winner - yourself for taking part, our Church gaining money to assist in it's upkeep and to help less fortunate Churches have aid too.

So please help yourself to a form from the back of the Church. Obtain sponsors and have fun walking or cycling.

Sincere thanks to all who are going to take part, support staff and to the sponsors.

Jan Hyland

Hunters Moon

Raydon

Holton St Mary

Holton St Mary

Harvest Festival

**Sunday 17th September
10am**



We welcome donations of tins and packets of non perishable food for the Foodbank. Fresh produce also welcome. The Foodbank is currently well stocked with baked beans!

The church is open during the day if you would like to leave a gift

The First Friday of the Month Lunch Club



Next Lunch date: Friday 1st September

we always welcome both new guests (current or ex residents of Holton St Mary) and new volunteers to help prepare and cook the lunches and to help on the day setting up the tables, clearing away, washing up etc. So if you would like to volunteer please contact Frances Torrington on 01473 312046.

Holton St Mary Social Club

WHIST - last Friday of the Month

Quiz Night

Following on from the roaring success of April's Quiz we are planning to hold another in October. Date and details to be advised.

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

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

SUFFOLK HISTORIC CHURCHES TRUST

Sponsored Bike Ride and Stride

Saturday 9th Sept 2017,
9am – 5pm



Cyclists and walkers of all ages are invited to take part in the annual Bike Ride and Stride.

If you enjoy cycling and/or walking, why not take part this year and cycle or walk around the Suffolk countryside and raise money for Holton St Mary Church?

Apart from discovering the beauty of our countryside, churches and chapels, you will find it is a challenge and a good day out.

If you do not wish to cycle or walk, you can still take part by being one of those who welcome and sign in visiting cyclists.

For more details and sponsor forms please contact:

Caroline Favell Tel: 01473 310268

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

'The Brain: organ of fact, fallibility and faith'



by Professor Richard Appleton,
Professor of Paediatric Neurology, Alder Hey Children's Hospital, Liverpool and
Lay Reader, Holton St Mary

An interesting and accessible insight into the role of the brain in how, what and why we think as we do.

Holton Village Hall, Holton St Mary

**Wednesday, 27th September at
7.30pm**

**Refreshments provided
Admission: £6.50**

Tickets available from Jeanette -
07768418942 or email
jeanetteappleton@hotmail.com

All proceeds to the Church.

Remembrance Day Knitted Poppy Waterfall

Join us in creating a Poppy Waterfall that will cover the front porch of our church, here in Holton St Mary, on Remembrance Sunday 2017.

You can knit, or crochet poppies using the official British Legion pattern, or your favourite poppy pattern, using any shade of Poppy Red wool. Copies of the British Legion pattern can be found on the internet and paper copies are available in the church porch.

Don't worry if you don't knit or crochet, you could make poppies from felt and there will also be the stage of assembling the poppies on the backing nearer the time.

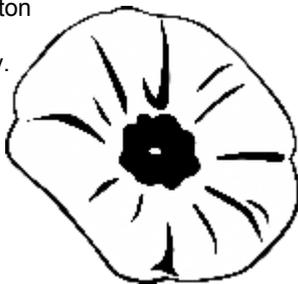
Why not invite your friends and relations to join us in creating this waterfall of Remembrance. They will be acknowledged on a map of participants. We could aim to have poppies from all over the world on our waterfall.

The sooner we start and the more that join in, the more impressive the Poppy Waterfall will be for our service of Remembrance.

For more information contact:

Jeanette Appleton
'Field View'
Holton St Mary.

07768418942



Emotional Needs and Resources Course run by Suffolk Mind

**Saturday 7th October: Holton St Mary
Village Hall: 9.15 am to 1.00 pm**

One in four of us will struggle with our mental health at some point. Nearly everyone has had a period of time in their lives when they have woken up in the middle of the night feeling slightly anxious, or felt sick before an important meeting or event. Mental health isn't just about the severe illnesses we read about in the news – we all have brains, so we all have mental health. We are on what's known as a mental health continuum, with wellbeing at one end and ill-health at the other end.

Stress is the point at which we cross over from wellbeing to ill-health, and what precipitates stress is not getting important physical and emotional needs met.

Suffolk Mind, the mental health charity, has offered us a rare opportunity to find out more about how we can help ourselves and those around us. The first step to getting our emotional needs met is awareness that we have them. This half day session will:

- Raise awareness of what we need to stay well
- Provide some insight into how mental illness occurs
- Enable you to help yourself and those around you

To book your place please contact Frances Torrington on familytorrington@btinternet.com or 01473 312046 or 07711080658. Numbers are limited.

The course is free but we would welcome donations to cover the cost of hall hire and refreshments. Any surplus funds will be donated to Suffolk Mind.

NAYLAND HORTICULTURAL SOCIETY

Hever Castle Visit Sunday 10th September 2017

The coach leaves Nayland at 9:00am and returns from the castle at 4pm. Hever Castle dates back to the 13th century and was the childhood home of Anne Boleyn. The award-winning gardens are set in 125 acres of grounds and are magnificent at any time of the year. The cost is £30 to include travel and entry. Refreshment and picnic areas are available. Open to non-members. Booking forms available on www.naylandhortsoc.org.uk and can be returned to the Hort Soc box in the Post Office, or direct to Margaret Smy at 24 Harpers Estate. Cheques payable to Nayland & District Horticultural Society. For more information, contact trevor.smy@virgin.net.

Autumn Talk Tuesday 17th October

Our Autumn speaker, on 17th October, will be Mark Lane, Gardens Manager for London Royal Gardens who will be taking us for 'a Ramble Around the Royal Gardens' for a snapshot of the workings of the gardens of Buckingham Palace and Clarence House. 7.40 for 8pm at the Church Hall, Nayland. All welcome!

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Stour Valley Men's Probud Club

On Wednesday 19 July we held our summer lunch, to which we invited our Spouses and Probud Widows to join us. This year we moved to The Haywain and the occasion was enjoyed by all. We don't hold speaker meetings in August

Returning after our break on Wednesday 6 September Tom Williams presents "Everyone has a book in them" and on Wednesday 20 September Philip Roberts' talk is entitled "The Mary Rose".

Our first October meeting is on Wednesday 4th when Roy Wood will tell us "How to enjoy a healthy retirement followed on Wednesday 18 October David Ablewhite, returns again, this time to present "The Royal Family".

Our two November meetings take place on 1st & 15th when Ted Wheatley & Dennis & Ann Kell will present "Overland to India" & "Wildlife in the Falkland" respectively.

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 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.

**East Bergholt High
School Association**

Registered charity no. 1017476



East Bergholt High School

**17th September
9.30am – 12noon**

**Admission 50p
Refreshments available
Free Car Park**

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CHURCH**

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CO7 6RZ

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stated

Coffee Mornings - Each Thursday 9.30
to 11.30 am

Church Secretary – John Jeffreys
Tel 01206 298737
Email j.jeffreys.eb@btinternet.com

Kennys SESAW news

This year we celebrate 25 years of animal rescue at Leavenheath, culminating (big word for a little dog!) with our Open Day and Fun Dog Show in July. Ex SESAW dogs returned with their owners to show us how well they were doing and the magnificent sum of £4650 was raised. More dogs have since been rehomed and we extend our grateful thanks to all who supported SESAW and to the hard working volunteers who made it all happen.

Barbara wants to thank everyone who helped at her “Bonanza Sale” in Stratford St.Mary last month, she couldn’t have done it without you! The Parish Room was full of chatter as visitors arrived including ex-SESAW dog Izzie and her humans and £511 was raised.

Just time to tell you we are having a “Barking Basement” Weekend Sale at SESAW, 10-1pm 23/24th September and a £1 Sale at the Ansell Centre, Hadleigh, 11-2pm on Saturday 14th October. If you are going further afield try our Autumn Sale, 11-3pm Sunday 17th September at Gt. Bentley Village Hall CO7 8LG.

Now I must trot down the garden to bid all the animals goodnight and make sure they know I’m Kenny (the Boss) Chihuahua Suffolk & Essex Small Animal Welfare, Reg.Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888 www.sesaw.co.uk

THANK YOU

Josie, Monica and Margaret wish to thank everyone who bought things from their tables at Barbara’s Bonanza Sale on 19th August. This helped the ladies raise £36.55 for the RNLI

Waste & Recycling

Collection Schedule 2017

September 2017						
Mo	Tu	We	Th	Fr	Sa	Su
				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 collected this week
- Rubbish collected this week
- Bank Holiday Week - everyone's collection will be a day later



We do not have a speaker meeting in August but our popular Summer Dinner took place on 4 August, once again, in the Constable Hall and was much enjoyed by all who attended.

Our speaker on 13 September is David Whittle, Vice Chairman of the Harwich Society, whose presentation is entitled "I Do Like To Be Beside The Seaside". The presentation tells how the Victorians were suddenly able to travel due to the harnessing of steam in the form of paddle

steamers & railways, leading to the development of seaside resorts on the Essex & Suffolk coasts, including Harwich & Dovercourt.

"Being a Woman Racing Driver & Racing at Le Mans" is the subject of our talk by Celia Stevens on 11 October. She will talk of her experience of racing historic cars three times at Le Mans Classic, once at Nuremberg & all over the UK. And she is still racing !

On Wednesday 8th November Event Organiser Eve Regelous, who worked closely with Harrods, will give a glimpse of behind the scenes of day to day life in this world famous company including its history.

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 300 members and 27 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Gillian Gibbs may be contacted.

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

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

UNIVERSAL CREDIT: ADVICE FROM SUDBURY CITIZENS ADVICE

Universal Credit is a new benefit for people of working age who are on a low income. It is intended to be simpler than the current system of benefits and tax credits. In Sudbury and District single people without children can already claim Universal Credit, but from October 2017 all NEW CLAIMANTS will claim this benefit.

Universal Credit replaces the following six existing benefits:

- Income Support
- Housing Benefit
- Income-based Jobseekers' Allowance
- Child Tax Credit
- Income-related Employment and Support Allowance
- Working Tax Credit

If you are you already claiming benefits or tax credits you will **not be affected yet** unless your circumstances change. If they do you will be asked to claim Universal Credit.

What's different about Universal Credit (UC)?

- Your UC benefit will be **paid monthly** into your bank/building society account.

- **When making your claim you won't be paid for the first 7 days, and will receive your first letter and payment after 6 weeks, but if in financial difficulty you can ask for an advance payment of some of the amount, but you will have to pay it back.**

- You will have to pay your rent directly to your landlord as any Housing Benefit you are entitled to will be paid directly to you. It is advisable to let your landlord know.

- You won't be restricted to the number of hours you work, as the amount of benefit

you receive will be adjusted to your earnings.

- You are expected to claim UC online unless you have a good reason for not being able to do so, then you can apply by telephone (**UC helpline on 0345 600 0723**). **Calls can be costly so ask if they will ring you back.** To apply online go to www.gov.uk website and follow the link. **You will also need a working email address.**

- Within a few days of submitting your application, the Department for Work and Pensions (DWP) will contact you to arrange the interview. **If you miss your interview, your application will be cancelled and you'll have to start again.**

- If you apply as a couple you will make a joint claim but only one person will complete the form and they will need to enter details for both of you. The UC payment will be paid in one amount to the partner who is nominate in your application.

- Before you apply for Universal Credit you need to gather some information first.** Don't start the application until you have all these details for you and your partner, as your online session will time-out if you are inactive for more than 40 minutes, and you will have to start again. Check the details you need with the Job Centre . **It is important to give the correct answers when completing your claim form as incorrect answers can delay payment of Universal Credit. If you don't understand any of the questions contact the helpline, don't make a guess.**

- If you don't have a computer** you can access one free of charge from your local

Job Centre, Library, Council Offices or the Citizens Advice office. **Sudbury Citizens Advice will be available for help so please contact us if you need it.**

We offer a drop-in service **Monday to Friday 10-1pm** and can also be contacted for advice on **03444 111 444** or by email: **advice@sudburycab.org.uk**. We also have an outreach advice session at the Council Offices in Corks Lane, **Hadleigh** on the last Wednesday morning of the month. You may also find it useful to visit our website (**www.sudburycab.org.uk**). Follow us on **Twitter https://twitter.com/sudburycitadvi/** and **facebook:www.facebook.com/sudburycitadvi/**.

CONSTABLE SINGERS

Concert at Constable Hall

Sat.28th Oct
7pm

raising funds for MIND
Raffle, Bar open during interval
Tickets £7 inc. Coffee/Tea

For tickets contact choir members
or Mel 01206298628

The Dedham Educational Foundation

2017 is the centenary of the modern Foundation, the Governing Scheme being dated the 13th July 1917, but minutes as far back as 1599 are stored in the Essex Records Office and the National Archive in Kew. The modern Scheme, states that it relates to “the Foundation known as the Royal Free Grammar School of Queen

Elizabeth (I) with endowment for the benefit of the area consisting of the Parishes of Dedham, Ardleigh, Great Bromley, Bradfield (all in Essex) and Stratford St Mary (in East Suffolk)”.

The Old Grammar School adjacent to the Royal Square, which had been rebuilt in 1732, was eventually closed and sold with the sum raised invested and today the Foundation relies upon the resultant investment income and rent from land owned, to award grants to University, Sixth Form College or Institute and Secondary School children living in any one of the five Parishes mentioned above.

The land owned is the fields on the east and west of the road leading out of Dedham towards Stratford St. Mary immediately adjacent to and on the Suffolk side of the river.

The Foundation currently has 8 Trustees including one nominated by Essex County Council and one by the Dedham Parish Council and each of the Parishes is represented by one Trustee as well. Following extensive advertising in the five Parishes, students apply for grants in October each year and the amount paid depends on the number of applications received, but in the last few years the University grants have been £800 with a correspondingly lower figure for College and Secondary School students.

Many students write to the Trustees following grants being awarded and the following is a sample of comments received last year: “it really does make a difference and is much appreciated”, “we are very fortunate to have such a foundation in our locality”, “as a student at whatever level one is always short of money and this will really help”, and “the grant given is very much appreciated and of enormous benefit”.

David Druitt, Chairman.

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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

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6 September, 4 October, 1 & 29 November, 27 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,
12 September, 10 October, 7 November, 5 December

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

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

Crime prevention

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

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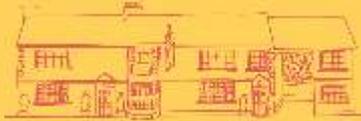
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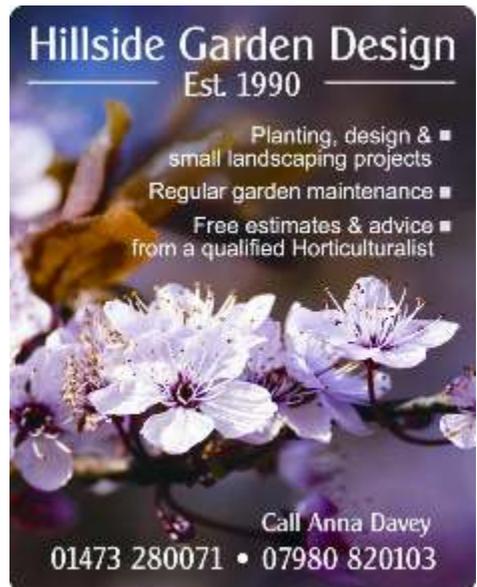
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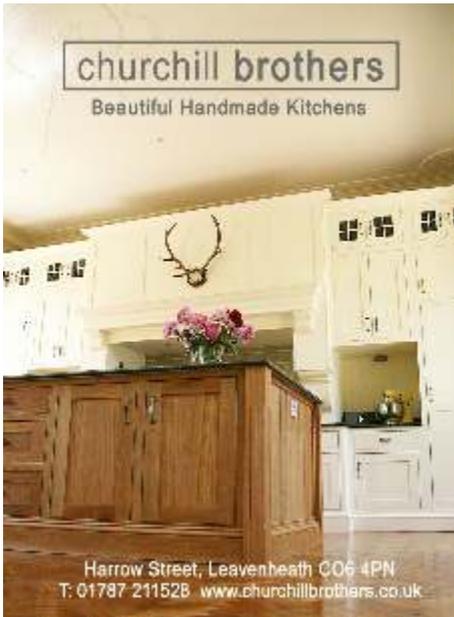
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Email: rosalind.paul@yahoo.co.uk Benefice website: www.4marys.org.uk

Please contact the Rector direct to talk about baptisms, confirmations, weddings, funerals, or for home visits. **Please note that her normal day off is Friday.**

Churchwardens

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

Holton Paul Torrington 01473 312046
Jeanette Appleton 01473 311487

Raydon Geoff Horrex 01473 310422
Simon Tennent 01473 310320

Stratford Christine Cousins 01206 322530 (Elder)
Jonathan and Janet Dewey (Elder) (01206 322148)

Readers

Richard Appleton 01473 311487

Nicola Tindall 01787 212340

Midweek Communion

This month's short service of Holy Communion in the Parish Room at Stratford St Mary will be at 10 a.m. on **20 September**.

Home Group

We shall be starting a home group again this month, led by members of our congregations and meeting in Stratford St Mary from 2.30-4 p.m. on the following dates: 14 September, 12 October, 9 November, 14 December. We shall be talking about what is the common good in these times of uncertainty. Do come and join us.

Services in September and October

	8.00 a.m.	10.00 a.m.	NB. 6.30pm 5pm in October
3 rd Sept		SSM Harvest + Baptism	Holton
10 th Sept		Raydon Harvest	
17 th Sept		Holton Harvest	
24 th Sept		10am SSM Family Hour 11am Higham Harvest + Lunch	
1 st Oct		SSM	Holton
8 th Oct		Higham (Matins + HC)	Raydon
15 th Oct		Holton	SSM
22 nd Oct		Raydon + SSM Family Hour	Higham
29 th Oct		10.30 Deanery Eucharist, Hadleigh	



New Testament Readings and Collects for weekdays in September

3 September: *Trinity 12*. Creator God, you made the goodness of the land, the riches of the sea and the rhythm of the seasons; as we thank you for the harvest, may we cherish and respect this planet and its peoples, through Jesus Christ our Lord. Amen.

4th Mark 6.45-end. Birinius, Bishop of Dorchester (Oxon.), Apostle of Wessex, 650

5th Mark 7.1-13

6th Mark 7.14-23

7th Mark 7.24-30

8th Mark 7.31-end. The Birth of the Blessed Virgin Mary

9th Mark 8.1-10

10 September: *Trinity 13*. Almighty God, you search us and know us, may we rely on you in strength and rest on you in weakness, now and in all our days, through Jesus Christ our Lord. Amen.

- 11th Mark 8.11-21
12th Mark 8.22-26
13th Mark 8.27-9.1. John Chrysostom, Bishop of Constantinople,
Teacher of the Faith, 407
14th John 12.27-36. **Holy Cross Day**
15th Mark 9.14-29. Cyprian, Bishop of Carthage, Martyr, 258
16th Mark 9.30-37. Ninian, Bishop of Galloway, Apostle of the Picts, c. 432

17 September: *Trinity 14*. Merciful God, your Son came to save us and bore our sins on the cross, may we trust in your mercy and know your love, rejoicing in the righteousness that is ours in Jesus Christ our Lord. Amen.

- 18th Mark 9.38-end
19th Mark 10.1-16. Theodore of Tarsus, Archbishop of Canterbury,
690
20th Mark 10.17-31
21st Mark 10.32-34. **Matthew, Apostle and Evangelist**
22nd Mark 10.35-45
23rd Mark 10.46-end

24 September: *Trinity 15*. Lord God, defend your Church from all false teaching and give to your people knowledge of your truth, that we may enjoy eternal life in Jesus Christ our Lord. Amen.

- 25th Mark 11.1-11. Lancelot Andrewes, Bishop of Winchester, 1626
26th Mark 11.12-26. Wilson Carlile, Founder of the Church Army,
1942
27th Mark 11.27-end. Vincent de Paul, Founder of the Congregation of
the Mission (Lazarists), 1660
28th Mark 12.1-12
29th Mark 12.13-17. **Michael and All Angels**
30th Mark 12.18-27. Jerome, Translator of the Scriptures, 420



For your diaries

2 September	10-4 September Surprise Church Fair, Raydon
3 September	3-5 p.m. Tea in the Church, Raydon
9 September	9-11 Big Breakfast, SSM Parish Room Suffolk Historic Churches Trust Bike Ride
29 September	7.30 p.m. Raydon, Fashion Show
30 September	7.30 p.m. SSM, St Edmundsbury Male Voice Choir
7 October	9.15 -1, Holton Village Hall Suffolk MIND talk
10 October	10-1 SSM, Magdalen Houlihan on Silent Prayer
14 October	7.30 p.m. Raydon 'Devilish Quiz'



For your prayers

For Kate Keys & Trevor Underwood, and for Myra Cawtheray and John Barrie, getting married in SSM on 1st and 16th September respectively
For Edith Howlett and Ivy Mawdsley, to be baptized in SSM on 3 September, and for their families

For those who are ill or in need, in our parishes and beyond:

Holton: Gerard and Ralphia Noel, David Yorke-Edwards
Raydon: Stella Hyland
SSM: Nancy Ablitt, Laura Kerry, Trina
Others: Tory Cook, Helen Gregory, Steve Kupfer, Gail O'Dell