

**Stratford
St Mary**

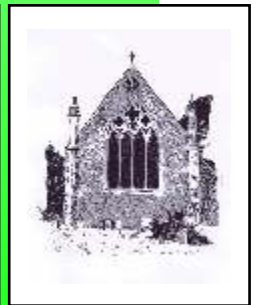
Higham

**Holton
St Mary**

Raydon

Quartet

The Parish Magazine



July 2016

Issue 335



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

Age 11 - 16
contact Beckie.w@live.com
07842 207598



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

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.

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,

I am hoping and praying that July will turn out to be a warmer and sunnier month

than June; as I write this in mid-June, we have had thunderstorms, torrential rain and lower than average temperatures. I am not sure what this means for farmers and their crops, but will be thinking of all who work on the land this month. I have just got back from a very hot week in the south of Spain, where the olive crops entirely failed this year owing to the wrong type of weather at the wrong time. Andalusia relies heavily on the export of olives, either whole or processed, so the economy of a whole region will be in dire straits for a while, and the price of olive oil will no doubt have to go up to compensate. For me, it was a very practical lesson in how we are all linked with, and dependent on, each other and on the land that we work across the world.

And of course, that reminded me that, as I write, we are heading into the referendum that may bring about the greatest social changes in a generation or more. People of my generation and younger have never really known a time when we couldn't simply cross the Channel and walk through Customs into the European country of our choice; nor have we ever had to do without all the exotic and luxurious things that come from other regions of the Continent. I am no prophet, nor an economist, so I have no idea what our lives will be like if we vote to leave the EU - will we go back to those rather grey days before our lives were made more colourful by today's easy contacts with our European neighbours? My feelings, if

the vote is to leave, will be ones of deep regret that those who preach fear and suspicion of our neighbours have been allowed to divorce us from ways of negotiating and working in what is, admittedly, a sometimes abusive system, to bring about change from within rather than standing outside and ranting. For me, this is not simply a political matter, but a moral one of how we treat each other in society as a whole.

So I shall be waiting with bated breath to hear the results and how whatever they are will make a difference to our everyday lives. Will the politicians learn to speak more respectfully about each other and give us all a rather better example than they have done recently? Will the tragic death of MP Jo Cox make them reflect on the kinds of feelings that they have stirred up in our society over the last months? Who knows? We can only pray.

And finally, good wishes to all who are at the end of their school or university careers and moving on to new adventures; to all who are moving on to new jobs, or retiring; and to all who are anxious about what the future may hold for them. May God be with you.

Have a good summer.

Rosalind Paul
Rector

The Quartet Diary



July

- 1 HSM Lunch Club HM Queen's 90th Birthday
- 3 Homemade Teas, Raydon
- 6 Stour Valley Men's Probus Meeting
- 9 Tendring Show
- 10 SSM Rambling Club
- 11 SSM Parish Council Meeting
- 13 Stour Valley U3A Meeting
- 16 SSM Rambling Club
- 17 Stour Valley Men's Probus Lunch
Nayland Street Fayre
- 19 Raydon Fair Trade Coffee Morning
- 20 Stour Valley Men's Probus Meeting
- 22 HSM Social Club Golf Day
SSM Rambling Club
- 28 R&DGC local Garden viewing
- 31 Higham Village Party
SSM Rambling Club

August

- 5 Stour Valley U3A Summer Dinner
- 6 Raydon Summer Afayre
Nayland Flower Show
- 7 Homemade Teas, Raydon
- 16 Raydon Fair Trade Coffee Morning
- 20 R&DGC Summer Show

September

- 4 Homemade Teas, Raydon
- 10 Suffolk Churches Historic Bike ride
- 12 SSM Parish Council Meeting
- 13 Raydon Fair Trade Coffee Morning
- 14 Stour Valley U3A Meeting
- 22 R&DGC meeting

October

- 11 Raydon Fair Trade Coffee Morning
- 15 HSM Social Club Quiz Night

November

- 8 Raydon Fair Trade Coffee

Editors Corner

'Flaming June' has been living up to its name - but not in a good way so far! Although the frequent deluges of rain have helped the greenery around our four parishes to excel (particularly the weeds, in my garden) it hasn't been very kind to outside events. It's give Robin Jackson a lot to talk about though and you can find his meteorological article on page 9!

Ah well, it's only water, as my mum used to say and I think we've had to take that to heart. I notice it didn't stop the celebrations for the Queen's birthday in Stratford, see the huge report from Brian on pages 6 and 7!

Let's hope events in July will get a better reception from the heavens as we see the Higham Party, a tea Party in Holton and some more events in neighbouring parishes that we've found space for towards the back of the editorial section.

Just one little plug for the Suffolk historic Churches Trust Sponsored Bike Ride - it's not until September, but now is the time to get sponsors and commit yourself to a great day of exercise in a good cause. You don't have to cycle, you can visit a local town and walk to a number of churches quite easily. A number of them will be offering refreshments as well, so that makes it even more worth doing. I'm assuming the weather will be great because we've seen enough rain for the year already! So why not give it a go?

Have a good July

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:
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Stratford St Mary

Are you interested in local History?

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

STRATFORD St. MARY PARISH ROOM

letting fees are as follows:

1 session - £17.00.

2 consecutive sessions - £30.00.
all day - £38.00.

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

Special rates for regular bookings.

Heating and lighting are included

For booking please see or ring
Don Umfreville at Christmas Cottage,
Upper Street.
Tel : 322 626.

Transport to medical appointments.

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

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

Please give us as much notice as you can.

ring:. **Charlie Ablitt on 01206 322684**

Lynn Badcock on 01206 323788

COMMUNITY SPEEDWATCH SCHEME

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

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

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

HISTORIC CHURCHES TRUST CYCLE RIDE – SATURDAY 10 SEPTEMBER 2016

10 Sep - a date for your diaries.

I will pass on sponsorship forms for the annual Suffolk Churches bike ride to those who have taken part in previous years when I receive them. Newcomers are very welcome to take part, to support any church of your choice, and can contact me on 322259, call into Rosebank, Lower Street, or the Post Office Upper St, to collect a sponsorship form.

It is not too early to start finding sponsors to support your efforts.

Judi Isaac

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

Please note the following dates for the Parish Council meetings:

July 11th 7.30pm
September 12th 7.30pm
November 14th 7.30pm

Thank you knitters.



More than 200 knitted hats were delivered to the Felixstowe Seafarer's Centre recently.

Thanks to the dedicated knitters & those who donated wool, Seafarer's mostly from the Southern Hemisphere, will have the gift of a warm hat distributed by staff at the Centre when they are in port at Felixstowe.

Many Seafarer's express pleasure at the gift, provided by people whom they do not know, but who care for this welfare (& warmth), Thank you again.

Margaret Snelling

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

SSM Village Life

HMQ90 - Rain! What rain?

Our Queen's 90th Birthday would seem to be more than sufficient reason for Stratford St Mary residents to come together in celebration and on Saturday 11th June, they did just that. With this being the day of Her Majesty's Official Birthday the village joined communities across the country in staging events to commemorate this most memorable occasion.

Stratford's party which started with the passage of the Official fly-past on its way to Buckingham Palace was literally set in motion by the Family Fun Run which set off at 1.15 from the Magna-Games arena at the School Playing Field. With the route being entirely within the village, the runners returned some twenty minutes or so later to be presented with their well-earned participants medals.

With the fun-runners safely returned, local band 'The In-Firm' opened what should have been the first of two sessions of their inimitable and highly enjoyable music - but the rain came!

Remarkably those already at the event continued to socialise in the VillageLife Tavern and the Tea Marquees, perhaps enjoying a glass or two of prosecco or locally brewed ale generously provided by the Swan. Many took the opportunity to browse the exhibition of old photographs of the village and its residents kindly made available from the Parish Archives and to view the display of portraits of the Queen, painted by children from the Primary School for a competition organised by VillageLife and judged for them by Maz Wheelhouse.

Unfortunately, the rain continued, continued indeed with such intensity that the In-Firm was forced to disconnect its sound system and retire to the tavern and the Magna-Games, a programme of light hearted

sporting events planned for the afternoon, was initially abandoned.

The focus of the afternoon, the 'birthday tea' was however smiled upon. Despite the downpour, village residents had continued to arrive and at about 4pm the skies cleared and nearly 300 people sat down to a wonderful tea prepared by Christine Cousins, her daughters Ann and Sarah, Sue Ablett, Karen Suddes and other ladies who each month lay-on such an excellent village lunch in the Parish Room. On this occasion, with so many people to cater for, extra volunteers had been welcomed and the resulting tea-time spread was well up to standard. During tea, party-goers were entertained by Janet Drake and her FunDancers and by Zena Tibbenham on accordion and Mike Strudwick on guitar who together, played a variety of music as a fitting accompaniment to a splendid tea.

After tea, and with the sun still shining, the more energetic partygoers called for the reinstatement of at least some of the planned sporting events. The first, the cabbage and shovel race, attracted a field of 16 entrants, requiring four heats before the final was deservedly won by Ellie Nevard. 'Tossing the Sand Bag, understandably attracted a smaller number of entrants with the result being a repeat of the 2015 event with Paul Fountain again achieving fame as the 'village tosser'. The climax of the games, The Magna Endurance Race, a time trial over a series of obstacles, had six entries with the outcome again being a repeat of the 2015 result, an emphatic win for Chris Jones.

Event winners were duly presented with their medals and Chris Jones became the first holder of the Andy March Memorial Trophy, presented in respectful memory of Andy March, a village resident, benefactor and

founder member of VillageLife who sadly passed away somewhat prematurely, earlier this year.

VillageLife records its grateful thanks to R & D Schofield Limited and the Stratford St Mary Parish Council for their financial and physical support for HMQ90, to GreenSpark and Adam Clark for the loan and installation of public address equipment, to Mark, Jane and their team at the Swan for the provision of fine ales, to the Head Teacher, Staff and Pupils of Stratford St Mary Primary School for hosting HMQ90 and to June and Derek Round for their generous contribution to VillageLife's ongoing efforts in the community.

We particularly thank village residents who contributed time and physical effort to setting-up and taking down the various marquees and other installations. We cannot run these events without you.



Stratford St Mary 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.

SESAW NEWS

Unheard of! Mum and Dad out for the evening in best bib and tucker. I couldn't believe it until Buttons reminded me about the Babergh District Council Community Achievement Awards. Within minutes of their return Mum swapped her framed certificate for a mop in one hand and a four week old kitten's feed bottle in the other. Typical of life's ups and down in animal rescue, now I understand why Mum calls it SESAWE!

July is busy, starting with a £1 Sale on the 2nd at St. Luke's Church Hall in Tiptree 10.30-2.30pm. Saturday 9th, the Shelly Centre at Layham Road, IP7 5QY has kindly invited us to it's Fun Dog Show. Finally, 12-4pm on 31st, it's our Annual Open Day and Fun Dog Show.

We know many "Quartet" readers have come to us for pets over the years and we would love to see you again. Dogs can enter many classes, from Best Puppy to Golden Oldie, Waggiest Tail to Most Appealing Eyes, not forgetting our special ex-SESAW dogs class. Fun games include Musical Sit, Base Dog, Fastest Recall and a couple of contests involving Sausages! Everyone gets a reward, even if not placed! For the humans there are games, competitions, stalls, refreshments, BBQ, Vitalina ice cream and music from the Long Melford Silver Band.

The Volunteers are already sprucing up the Sanctuary ready for the big day. A chap has to be careful where he walks with all the sweeping, shoveling and mowing going on. I think I'll stay out of the way in the kitchen and wait for someone to make a cuppa for me, Kenny (the Boss) Chihuahua. SuffSuffolk & Essex Small Animal Welfare, Registered Charity 1124029. Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888. [sesaw – Suffolk & Essex Small Animal Welfare](#)

MUMS & TOTS



Every Tuesday 9.15 – 11.30 a.m.
Stratford Chapel, Upper Street
Stratford St. Mary CO7 6JH

Join us every Tuesday morning at Mums & Tots. A great way to meet other mums, dads, grandparents & carers while the little ones get creative and play.

£1.00 per session
Drinks & snacks provided
For more details call Becky on (01206) 323095



Community
First Responders

Interested in becoming a CFR?

Why not find out what it is about?

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

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

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

STRATFORD ST. MARY CHRISTIAN FELLOWSHIP

(known also as "Stratford Chapel")
Upper Street, Stratford St. Mary CO7 6JH

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

Sunday Services:

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

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

Mid-Week Groups:

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

Tuesday 7.30 am - 9.30 am - Men's

Recreational Evening (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>

100 Club winners

The winners for June are

N. Badcock £40

J Symons £10

H. Garland £5

Weather review.

After a promising first half, the April temperatures dropped significantly towards the end of the month. On the 25th the maximum temperature was only 6.5C with a low of 3.5C and the following day the values were 7.8C and 1.9C respectively. Low night temperatures continued for the rest of the month. The net result was that the mean maximum temperature for the month was 12.5C and the corresponding minimum was 5.1.

The poet, T S Eliot in 1922 wrote that April is the cruellest of months if my quotation is correct, I am no literary scholar, April this year being full of promise but hopes only to be dashed towards the end of the month. What is interesting is that April was colder than December 2015, mean maximum temperature 12.6C and minimum temperature 9.2C. Even November 2015 was marginally warmer than April this year. The only compensating factor was that April had an estimated 170 hours of sunshine whilst December only had 19 hours, a very dull month.

On May the 31st, I recorded a total of 32 millimeters of rain, the heaviest rainfall in a 24 hour period for a very long time . May had been a comparatively dry month until then but this fall of rain brought total for the month up to 56 millimeters (2.2inches)

June, the first official meteorological summer month, has started well after forgetting the first 3 days.

By the time this article appears in the next Quartet it will be July. St Swithin's day is July 15th and supposedly if there is widespread rain on this day, the likely hood is that the next 40 days could be wet or have above average rainfall. Conversely, if it is dry, we may be experiencing a very good summer. There is a certain amount of truth in this because

by the middle of July, meteorologically speaking, the weather could have developed a stable pattern and which is not easily shifted.

High Summer is usually recognised as the last week in July and the first week in August when the the highest temperatures are very often recorded.

Hours of daylight recede quite quickly during August, losing about 3 minutes a day by the end of the month.

The chances of a hot summer are not that great. There has been only 6 very hot summers in the last 100 years. July 1911 was torridly hot and the death rate in the elderly was extremely high. One must remember that air conditioning and refrigeration was not available then. August has also brought some very high temperatures at the start of the month in some years with France, which usually has even higher temperatures, overwhelmed with hospital admissions.

Many people suffer from pollen allergies. The height of the grass pollen season is the last week in June and the first fortnight in July. No problem if it rains, windy sunny conditions causing the most problems.

Lastly, I should mention that UV radiation levels are at their highest during the summer months. This problem has become worse due to the depletion of the ozone layer. People, particularly those with a fair skin complexion, are advised to use high factor sun cream on areas of their bodies exposed to the sun for any length of the time. Early mornings and evenings are the better times to be outside with those who have a sensitive skin and burn easily.

Robin Jackson

The Institute hall

can be hired at reasonable rates for a wide range of social activities. For more information please contact our booking secretary, Norman Woodard on 01206 323015, his email is ssminstitute.bookings@gmail.com and his home address is 12 Swaynes, Stratford St Mary.

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

STRATFORD ST MARY PARISH COUNCIL

Notice of Vacancy

Notice is hereby given that there is a vacancy on Stratford St Mary Parish Council. The vacancy has previously been advertised, and no election has been requested. The Council is now able to fill the vacancy by co-option.

Application should be made in writing to the Chairman to the Council and delivered or posted to **3 Spanbies Road, Stratford St Mary, Suffolk CO7 6YH**
EMAIL billdav@hotmail.com

Applicants are asked to give brief reasons for offering their services to the Council. Any elector interested in applying is welcome to contact the Chairman for further details. The successful applicant will be chosen following consideration by the Parish Council.

Village Life - A Book of Memories



Collaboration is underway between VillageLife and the Church Fabric Fund to create a book of stories/anecdotes and photographs covering all aspects of village life with particular reference to changes over time (i.e. the history behind village names such as 'Gooseacre'; the various shops we've had, petrol stations, tea rooms, the doctors and the morgue etc.) as well as tales about village characters such as the one about the church warden pinching wood for the church boiler from Tilly's fish drying operation in Church Cottage.

The project will be officially launched at HMQ 90 in June and we will be looking for volunteers to help with the gathering of information as well as contributions from villagers who have memories they would like to share. The information gathering will be undertaken in various ways, involving coffee mornings; wine & cheese evenings etc. to help stimulate everybody's memory process. We also plan to devote one of VillageLife's Stories by the Fire evenings at the Swan next winter, to readings from the collection, as part of the final selection process.

If you would like to 'be part of it', call Julie on 0798 963 9583 or Brian on 01206 323 091

VillageLife – be part of it!



Fair Trade Coffee Morning

Our hopes for a lovely warm Fair Trade coffee

morning today on May 24th were not really fulfilled. Well, the sun came out but the wind came from the Arctic so still no summer.

We still had a good time though, but not quite as good as two of our regulars who were at a very special "Garden Party" yes you know the one I mean and I gather they had a most wonderful time. Well, we had some wonderful refreshments here from our "Frinton Patisserie" they were samples of what we can expect for the "August Afayre" you are in for a treat is our verdict! We also had some visitors who are seeking out Churches that have coffee mornings, it was lovely to meet them and hope they thought our Fair Trade coffee and cookies were the best. They also frequent our Sunday afternoon teas which we all know are excellent.

Some more beautifully knitted squares for Haiti arrived today but we still need lots more so please keep the knitting needles "clicking" ! I was delighted to receive a huge bag of wool from someone who reads the Quartet but unable to join our gatherings, so thank you so much to them. Any other donations will be most welcome. Well I don't think we'll be having an "El Fresco" Fair Trade coffee morning on midsummer day if the weather forecast is

anything to go by, but let's hope our next gathering on July 19th can be.

A big thank you for your continued support for Fair Trade

Wendy Mumford 312123

Exercise programme for people living with cancer

A comprehensive programme of activities for people living with a cancer diagnosis is available across West Suffolk.

The menu of activities has been developed as part of Macmillan's Recovery Package, to support people to live with and beyond their cancer diagnosis and have the best quality of life possible.

The menu has been compiled, in partnership with Suffolk Sport, by Louise Smith who is the Macmillan Survivorship Lead for Suffolk.

There is a huge variety of classes available for people of all ages and levels of activity to enjoy. They include swimming, badminton, yoga, walking groups, circle-dancing and chair pilates. The instructors or providers who run the groups are happy to welcome cancer patients into their classes.

Anyone interested in finding out more about the activities available should contact Maddy Knox at Suffolk Sport, or the Macmillan Cancer Information and Support Centre at either West Suffolk Hospital or Ipswich Hospital.



RAYDON PARISH COUNCIL NEEDS YOU!

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

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

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

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

Homemade Teas

at
St Mary's Church, Raydon

Sunday 3 July 2016
Sunday 7 August 2016
Sunday 4 September 2016

Teas served from 3.00 to
5.00 pm



In aid of our Fabric Fund.

Raydon Century Club Draws:

JUNE

£25 98 M & Mrs Johnson
 £15 112 Miss C Cooper
 £10 93 Mr Leigh Polding
 £5 13 Mr C Cooper
 £5 148 Miss R Gooch
 £5 24 Mr Y Hajaig
 £5 159 Mrs S Stiff

GRAND DRAW

£100 32 Mrs Sharon Banyard
 £50 20 Mr K Hyland
 £50 44 Mr K Newby
 £50 21 Mrs H Hyland

Subscriptions of £11 for 2016-2017 are due by 31st July and existing members will be contacted shortly. Anyone wishing to join the Radon Century Club will be very welcome. Please contact Pat Simonet on 824195

Raydon and District Gardening Club

We are heading towards the longest day (21st June) as I write these notes and time is flying past so quickly, it's hard to believe that we are already at the half way stage of the year. Some of our migrant birds will soon be heading back to their winter quarters once again. The gardens have been looking wonderful with the flowers in full bloom along with all the shrubs and tree blossoms which I hope you are all enjoying. The old saying "a dripping June keeps things in tune" is certainly true this year but the showers nowadays seem to be a bit more than a passing shower. I think the veggie plot is catching up now we have the warmer temperatures after the cold Spring and it's nice to start harvesting fresh veg again.

Our May meeting was enjoyed by a good number of members and friends as we took on board the many tips from a florist (Alison Banham of Frinton, Essex) who based her talk and demonstrations around our entries in this year's Summer Show schedule. A great evening once again. This of course means our expectations and standards should be even better than previous years. Thankfully Alison will not be judging !!!!, however she will be coming to the show and no doubt her comments afterwards will be interesting, but don't be put off, let's all show her what we at Raydon can achieve. Now there was no meeting in June, however we had a coach outing to Woburn Abbey & Gardens but more about that next month. So to July 28th meeting which will be a evening visit to Jane Crowe's lovely garden opposite the River Brett at Shelley. Start time 7.30pm and there will be refreshments provided + a small entrance charge to all.

Then of course **August 20th is our annual Summer Flower & Produce Show.** Will all cup holders please return summer show cups only for engraving to High Elms Raydon between Wed 13th & no later than Tue 19th July please as I will be taking them on Wed 20th July to engravers so they can be returned ready for the show in August.

Show schedules if required are held by all committee members and please only one entrant per schedule (multi entrants) on one schedule makes it difficult to sort out on show day. Photo copy of entry forms are permitted if you are unable to get additional copies. All entries + monies to be pre booked on Wed 17th August (if at all possible to help us plan table layout). We know weather plays a large part (especially for flowers) and it's not always possible, however all late entries on the show day can only be accepted if table space allows, but your committee will always try to not disappoint anybody. Now then ***Are you a new comer to gardening or a gardener who has just **never had a go** at showing (it's great fun) so why not have a go in this village show and you never know you could win a cup, and children you could win money prizes as well. **Be surprised, have a go, have fun,** it's not as difficult as you think and make new friends as well.

It's now time to enjoy the "lazy hazy" days of summer so let's hope the weather allows us all to get out there (if possible) in the garden or the wider countryside and make the most of Summer 2016. Look forward as always to meeting you all again at all our village community events. Geoff Horrex (01473 310422)

www.raydon-gc.org.uk

SPEEDING – HELP TO MAKE RAYDON SAFER

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

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

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

However, this would require volunteers to operate the equipment. Please contact me if you would be prepared to participate, should the PC decide to go ahead with this initiative – full training would be given. You can find out more about Community Speedwatch by visiting:
<http://www.suffolk.police.uk/safetyadvice/roadsafety/knowthelaw/speeding/communityspeedwatch.aspx>

Jane Cryer
Clerk to Raydon Parish Council
01473 824287 / 07920 713940
raydonpc@gmail.com

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

Are you recycling your old clothes and textiles?

If you need a council textile bag ring:
0845 603 9412
or email:
textiles@suffolk.gov.uk
or collect from
council offices
and libraries

Bag it, Seal it, Recycle it!

Seal the bag and put **INSIDE** your recycling bin!

Please continue to donate to charity shops and textile banks

A blue recycling bin with a white bag inside. The bag has the text 'Bag it, Seal it, Recycle it!' on it. The bin is filled with various items of clothing and textiles.

The logo for 'recycle for Suffolk' with a circular arrow icon.

www.suffolkrecycling.org.uk

Local Textile Bag Stockists: Textile recycling bags are available free of charge

Capel St Mary Village Hall (Library), The Street IP9 2EP

Hadleigh Library 29 High Street IP7 5AG



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

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

August A Fayre



A mazing family day out

U nbelievably good barbeque

G reat plant stall

U nusual range of bric-a-brac

S uperb cake stall

T errific teas and coffees

A bsolutely fabulous grand raffle

F antastic second hand books

A tempting tombola

Y esterday's vintage vehicles to explore

R ange of family games

E veryone's favourite hoopla

St Mary's Church, Raydon
SATURDAY 6 AUGUST 2016
10am until 4pm

Higham



Bring family and friends to
join the fun by the river, in the
field by Higham Church

Tickets £15 per Adult
Under 16's £5

Please Contact Sara Carr – 01206 337325
carr.kingfisher@btopenworld.com
Caroline Parker – 01206 337234

Holton St Mary

Holton St Mary Gardens Open Day

On behalf of St Mary's Church, I would like to express my thanks to everyone who helped at the Holton St Mary Open Gardens on 22nd May. In particular to the 18 families who bravely agreed to open their gardens - an amazing number for a small village like Holton. We all know how much work goes into the preparation weeks and even months in advance and I think everyone can be extremely proud.

156 people paid to come and see and appreciate the hard work and the incredible results, a real success which made it all worth while. The event raised over £1,500 for the Church which is hugely appreciated by all in the village community. Thanks also to all the helpers: to those who stood patiently in the car parks directing cars and selling tickets, to those who provided and served lunch in the village hall, served refreshments at Bacon's Green and cream-teas at Oaks Farm House, to those who provided and sold plants in their gardens and last but not least to the members of the fundraising committee who worked tirelessly to organise the whole event. You can now all take a well-earned rest for the next four years!

Paul Torrington Churchwarden

Tony Hanscombe

There will be a short service of burial of ashes for Tony Hanscombe (former Churchwarden) at St Mary's, Holton St Mary on 7 July at 11 a.m. All who knew Tony would be most welcome to attend

The First Friday of the Month Lunch Club!



First Friday of the Month; 1st July 2016 Birthday Tea for HM The Queen

Every first Friday of the month, a lunch club is held in the Village Hall for residents of Holton St Mary. A light lunch is served between 12.30 and 2.00 pm at a cost of £2.50 each.

The First Friday of the Month Lunch Club on the **1st of July** will be an opportunity for residents to mark HM The Queen's 90th Birthday. The lunch will take the form of a celebratory tea with sandwiches, savouries and cake, Pimms and tea/coffee.

The First Friday of the Month Lunch Club is a collaboration between some of the organised groups in the village, and is non- profit making!

Any surplus funds are reinvested.

To reserve a place, please contact Frances Torrington (01473 312046/ familytorrington@btinternet.com) or Sally Pearce 01473 311572 / pearces8@hotmail.com at least a week beforehand for catering purposes.

SUFFOLK HISTORIC CHURCHES TRUST

Sponsored Bike Ride and Walk

Saturday 10th Sept 2016, 9am – 5pm

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

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

email:

avell@mayfields99.freemove.co.uk

Holton St Mary Social Club

Whist – Last Friday of the Month

Golf Day – 22nd July – See John Partridge for details

Quiz Night – 15th October

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



Stour Valley Men's Probus Club

On 1st June John Field spoke to us on "Giles, The Cartoonist, and his adopted town" and on 15th June John Tingey about the great work undertaken by the RNLI.

On 6 July Lewis Tyler will talk about "The River Gipping Trust" and David Brown will talk on "The Land of the Dragon" on 20 July. Our popular Summer Lunch takes place at the Venture Centre on Sunday 17 July. No meetings take place in August.

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 Probus Club, we meet on the first and third Wednesday of each month in Manningtree at 10.30am. Please contact Secretary Brian Rolfe on 01206 393665 for further details.

DOWNLOAD BUS TIMETABLES ONLINE



All our timetables are online so we've created a simple four step guide to downloading timetables using a smartphone, tablet, laptop or PC.

1. Visit our website

 <http://www.suffolkonboard.com/>  

Go to www.suffolkonboard.com using your search engine or internet browser.

2. Bus timetables



Fares



Bus
Timetables



Route maps

Click on the 'Bus Timetables' icon.

3. Search for your timetable

Bus timetables by service number

Click on the text in this box and type your service number or the town/village you are travelling to/from. Press enter.

4. Download your timetable

Bus timetables by service number

Service	Route	Operator	From
304	304	304	304

Service

304, 338

Click on the service number and your timetable will download.

Dedham Players Autumn Production - "Lend Me A Tenor"

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

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

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

Dedham Community Farm urgently seeks volunteers

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

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

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

CONSTABLE SINGERS NEW MEMBERS WELCOME .

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

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

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

Contact Yvonne 01206298428 or Mel 01206298628 for further details.

EAST BERGHOLT CONGREGATIONAL CHURCH

Cemetery Lane, East Bergholt,
CO7 6RZ

Pastor -Mrs Maralyn Bambridge

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

Coffee Mornings - Each Thursday 9.30 to 11.30 am

Church Secretary – John Jeffreys
Tel 01206 298737

Email j.jeffreys.eb@btinternet.com

Nayland Street Fayre: Sunday 17th July 2016, 11am-4pm

After nearly a year of planning the Community Council Street Fayre Committee have created a fun family day out to celebrate 50 years of the Nayland with Wissington Community Council. The 1960s themed event will start at 11am. Throughout the day there will be scheduled performances in Nayland High Street from various performers including the Village Players, Nayland Choir and 1960s band, The Caverners

The street will be alive with activities for you all to enjoy: vintage car rides to Stoke by Nayland, a shooting range, children's roundabout, face painting, community art project, photo booth, plant/produce stalls, Pimms bar, jewellery/upholstery stalls, table tennis, quizzes, punch and Judy, refreshments stalls and much, much more. There will be a dress the doll competition and a 60s themed fancy dress competition, with prizes in the fancy dress in the following categories; under 7 years, 8-11 years, 12-17 years, adult and the best group entry which could be a family or stall entry.

The church will be open to house an art exhibition and a display the 50 year history of the Community Council. There will also be an opportunity to win a spectacular flower display.

This is an event not to be missed. Due to a generous Community Council grant, entry is free, so put the date in your diary and come along and enjoy this village family day out.

More information:

www.naylandcommunitycouncil.org.uk

Hadleigh Locality Safer Neighbourhood Team

Hadleigh Locality SNT forms part of the Southern or Central area of Suffolk Constabulary along with 5 other SNT Localities Ipswich West, Ipswich Central, Ipswich East, Felixstowe and Woodbridge. The Hadleigh Locality team is currently led by Sgt. 1417 Gary Milbourne.

The team covers an area of 49 Parishes ranging from Hemingstone in the North to Brantham in the South and from Shotley and Pinewood in the East to Nayland-with-Wissington in the West.

The local police encourage members of the public to report minor crime or concerns as such information can often help to 'complete a jigsaw'.

Station opening times:

- Ipswich Police Station: Mon-Fri 9am - 5pm and Sat 10am-6pm
- Bury St Edmunds Police station: Mon-Fri 9am - 5pm and Sat 10am-6pm
- Lowestoft Police Station: Mon-Fri 9am - 5pm and Sat 10am-6pm

Contacting your SNT; -

Non-emergency telephone number **101**

E-mail Hadleigh.snt@suffolk.pnn.police.uk

For Facebook like the Suffolk Constabulary page to find out what has been happening across the whole force.

Like us on Facebook - Suffolk Constabulary

Did you know as well as liking us on 'Facebook' you can now follow us on 'Twitter'?

Our 'Twitter' account is now live.

Twitter @HadleighPolice

In an emergency dial 999. You should dial 999 when life is threatened or people are injured, or if there is a crime in progress or an immediate police response is necessary.

Waste & Recycling

Collection Schedule 2016

July 2016						
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	31

Recycling this week

Rubbish collected this week

Stour Valley U3A



A very successful "Meet the U3A" Coffee Morning was held on Friday 17th June 2016 at the Constable Hall. Members and potential new members joined us to learn of the benefits of joining our U3A and details of the many activities of the Interest Groups were presented. The Committee and Interest Group Leaders were present to answer queries and light refreshments were provided.

On Wednesday 8th June Derek Palgrave spoke on "The Origins & Development of Surnames". It was a most enlightening talk looking at English surnames, with particular reference to names originating in Suffolk. The speaker used maps to show the value of surname distribution patterns as a research aid.

On Wednesday 13 July Brian Cornell, a former Thames lighterman on the River Thames, will talk on "The Thames Watermen & Lightermen". This promises to be an interesting first-hand account of the operating practices of the Port of London in the post-war era.

We don't have a speaker meeting in August but hold our popular Summer Dinner on Friday 5 August at the Constable Hall.

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

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

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 230 members and 21 groups. For further information please visit www.stourvalleyu3a.org.uk where membership secretary Val Pretty may be contacted.

Remember It's never too late to learn! Join the 361,477 members across 969 U3As throughout the UK today!

Constable Country Patient Participation Group (PPG)

We very much welcome the appointment of a fourth partner to the practice, as mentioned in the Report from the Practice Manager. She will have started working in the practice by the time you read this report. The PPG continues to monitor all the comments we receive from patients whether by e-mail, or by means of the comment cards that are available in both the surgeries. And, as the Group has now been established for nearly a year, and our individual involvement with the PPG is increasingly recognised, we like to have informal chats with people who want to talk to us about different issues if they meet us in the waiting rooms or in the village streets. There will always be issues of concern where sickness and health are involved, but it is encouraging to hear and read some very supportive and favourable comments from time to time. We welcome all sorts of comment – well, nearly all, as we have had one or two forthright comments telling the PPG to go away! Our e-mail address is

constablecountrysppg@gmail.com

Much the most important item for us this month will be our first Public and Patient Engagement Meeting, at which Dr Gerry Rayman, who heads the Diabetes Centre at the Ipswich Hospital will be talking about the Prevention of Diabetes and its Complications. This will be held at the **Constable Hall at East Bergholt on Wednesday 6th July at 7 00 for 7 30**, until 9 00 pm and members of the public from all the villages served by the practice will be very welcome. Diabetes is a killing disease, but its development can be minimised and its treatment can be greatly assisted by having a healthy lifestyle – and it is the prevention of the disease on which Dr Rayman will concentrate. However, those patients who already have diabetes, either Type 1 or Type 2, will also be most welcome, as the meeting will also cover

the prevention of the various complications of diabetes. More details will be circulated throughout the villages nearer the time, but meanwhile please make a note of the date.

We intend to hold similar meetings on topics of general health importance, to which all members of the public served by the practice will be invited, recognising that we want to live up to our title by participating as actively as possible in disease prevention and healthy lifestyle issues.

Frank Wells

Vice Chair

Chair Constable Country Patient
Participation Group
01473 730101

Tendring Show

SATURDAY 9TH JULY 2016

at Lawford House Park, Near
Manningtree, Essex • Show starts
at 9.00am

WWW.TENDRINGSHOW.CO.UK

Nayland Flower Show Saturday 6th August

2pm-5pm Nayland Village Hall, Church Lane
(off High Street) CO6 4JH.

Refreshments, produce stall, raffle - entry
50p.

There are 89 classes for vegetables, fruit, flowers, flower arranging, photography, art, craft, cookery, country drinks as well as family and children's sections. Non members are welcome to enter classes – schedules and more info from www.naylandhortsoc.org.uk or Lorraine 01206 262807

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

Stratford Village PO Opening times

SHOP:

Monday 9am to 1pm - 2pm to 5.30pm

Tues to Fri (inc) 8.30am to 1pm - 2pm to
5.30pm Saturday 8.30am to 1pm

POST OFFICE:

Tuesday to Saturday (inc) 9.00 am to 1pm

MOBILE LIBRARY

Stratford St Mary - Route 11

The bus stops every 4 weeks on
Wednesdays

13 July, 10 August, 7 September, 5 October,
30 November, 28 December

Black Horse - 11.05am - 11.20am

Tally Ho! Corner - 11.25am - 11.45am

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

Route 14

The bus stops every 4 weeks on Tuesdays,

Holton St Mary

Church Square - 10.00 - 10.15am

Raydon

St Mary's Raydon - 10.20am - 11.05am

Lower Raydon

Sulleys Hill - 11.10 - 11.25am

Higham

The Green - 11.35 am to 11.50 am

19 July, 16 August, 13 September, 11
October, 8 November, 6 December

The **customer service line 01473 283838**

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

Crime prevention

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

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Telephone...101

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Great Cornard, Sudbury, CO10 0QB

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Email: info@patrickcollinsgolf.com

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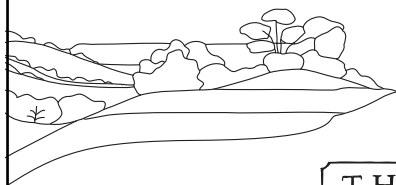
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French Club. Every Thursday 4.30pm – 5.30pm (term time only)

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

01206 323093 or via email Shelley@orchardbarns.co.uk

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abc.preschool@tesco.net

www.abcpreschoolstratford.co.uk



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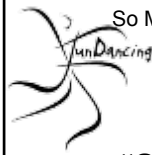
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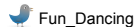
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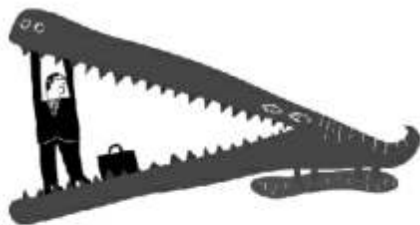
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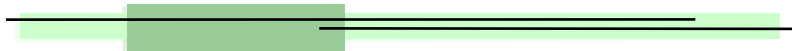
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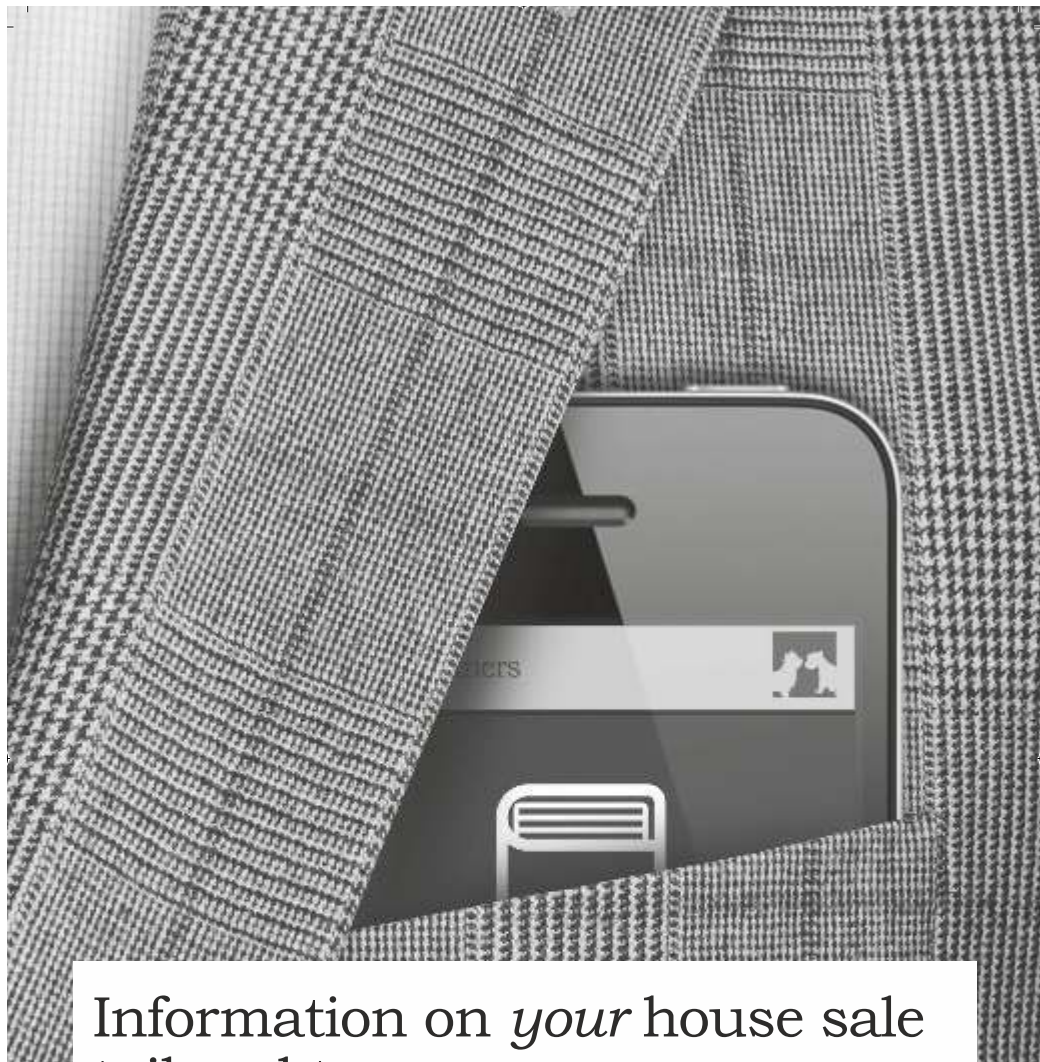


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Prayer Walks in July

The walks this month - which are open to anyone (and dogs!) who would like to join us - will be as follows:

6 July	11.30 a.m. starting from Stratford, and ending with lunch at a pub
11 July	11 a.m. starting from Raydon church
18 July	11 a.m. starting from Holton church
28 July	11 a.m. starting from Higham church

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 July**.

Services in July and August

	8.00 am	10.00 a.m.	6.30p.m.
3 rd July		SSM	Holton
10 th		Higham	Raydon
17 th		Holton	
24 th	Higham	Raydon SSM Family Hour	
31 st		11am. Hadleigh Deanery Eucharist	
7 th August		SSM	
14 th		Higham	
21 st		Holton	
28 th		Raydon (Rev. Janice White)	



New Testament Readings and Collects for weekdays in July

3 July: *Trinity 6/Thomas the Apostle*. Creator God, you made us all in your image; may we discern you in all that we see, and serve you in all that we do, through Jesus Christ our Lord. Amen.

4th Luke 20.41-21.4

5th Luke 21.5-19

6th Luke 21.20-28. Thomas More, Scholar, and John Fisher, Bishop of Rochester, Reformation Martyrs, 1535

7th Luke 21.29-end

8th Luke 22.1-13

9th Luke 22.14-23

10 July: *Trinity 7*. Generous God, you give us gifts and make them grow; though our faith is small as mustard-seed, make it grow to your glory and the flourishing of your kingdom, through Jesus Christ our Lord. Amen.

11th Luke 22.24-30. Benedict of Nursia, Abbot of Monte Cassino, Father of Western Monasticism, c. 550

12th Luke 22.31-38

13th Luke 22.39-46

14th Luke 22.47-62. John Keble, Tractarian, Poet, 1866

15th Luke 22.63-end. Swithun, Bishop of Winchester, c. 862

16th Luke 23.1-12. Osmund, Bishop of Salisbury, 1099

17 July: *Trinity 8*. Lord God, your Son left the riches of heaven and became poor for our sake; when we prosper, save us from pride; when we are needy, save us from despair, that we may trust in you alone, Christ our Lord. Amen.

18th Luke 23.13-25. Elizabeth Ferard, first Deaconess of the Church of England, Founder of the Community of St Andrew, 1883

19th Luke 23.26-43. Gregory, Bishop of Nyssa, & his sister, Macrina, Deaconess, Teachers of the Faith, c. 394 & c. 379

20th Luke 23.44-56. Margaret of Antioch, Martyr, 4th century

21st Luke 23.56-24.12

22nd Luke 8.1-3. **Mary Magdalene**

23rd Luke 24.36-end. Bridget of Sweden, Abbess of Vadstena, 1373

24 July: *Trinity 9*. Gracious Father, revive your Church in our day and make her holy, strong and faithful for your glory's sake in Jesus Christ our Lord. Amen.

25th Luke 9.46-56. **James the Apostle**

26th Acts 1.15-end. Anne and Joachim, Parents of the Blessed Virgin Mary

27th Acts 2.1-21. Brooke Foss Westcott, Bishop of Durham, Teacher of the Faith, 1901

28th Acts 2.22-36

29th Acts 2.37-end. Mary, Martha and Lazarus, Companions of our Lord

30th Acts 3.1-10. William Wilberforce, Social Reformer, Olaudah Equiano, and Thomas Clarkson, Anti-Slavery Campaigners, 1833, 1797 and 1846

31 July: *Trinity 10*. Lord of heaven and earth, as Jesus taught his disciples to be persistent in prayer, give us patience and courage never to lose hope, but always to bring our prayers before you, through Jesus Christ our Lord. Amen.

1st Acts 3.11-end

2nd Acts 4.1-12

3rd Acts 4.13-31

4th Acts 4.32-5.11. Jean-Baptiste Vianney, Curé d'Ars, Spiritual Guide, 1859

5th Acts 5.12-26. Oswald, King of Northumbria, Martyr, 642

6th 1 John 3.1-3. **The Transfiguration of our Lord**



For your diaries

14 July Joint PCC meeting, SSM
6 August Raydon August Afayre
11 August Open house at the Rectory from 11 a.m. to 8 p.m.



For your prayers

- For Nicola Tindall as she continues her studies to become a Reader
- For Sarah Bilton and Derek Heenan as they get married in SSM on 30 July
- For those who are ill or in need:

Holton: Ron Golding, Gerard Noel, the Wilsons

Raydon: Cliff Cooper

SSM: Frank and Laura Kerry, Reg Price, Trina

Outside the Benefice: Sarah Bilton, Helen Gregory, Nick Middleton, Cécile O'Dell