

**Stratford  
St Mary**

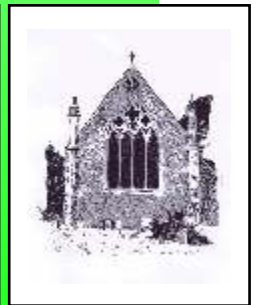
**Higham**

**Holton  
St Mary**

**Raydon**

# Quartet

The Parish Magazine



**May 2016**

Issue 333



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

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

**BEACH HUT AVAILABLE  
FOR RENT IN FRINTON**

Our beach hut is available at £145 per week. It is opposite 4th Avenue.

If you would like further details please contact Mrs A Savill on 07780693132

**JODPHUR BOOTS NEEDED**  
RDA Ipswich, based at Bentley Riding School, are in need of jodhpur boots for the children who ride in the Thursday sessions to wear.

**Do you have any boots sizes child 10 - adult 5 that you would be happy to donate to the charity? If so, please call Frances on 01473 312046. Thank you!**

**1970's Stoic 4HP petrol rotary  
lawn mower for sale**

Really tough, brilliant for rough ground.  
Needs servicing

**£50**

Ring Anne on 07941 781489

**FREE TO A GOOD LOCAL  
AND CARING HOME!**

Two short-haired guinea pigs, Pepper (black) and Chutney (multicoloured), are looking for a new home as their teenage owners are not at home enough anymore to look after them. Both are about three years old and are happy and healthy. They come with two runs, food, feeders, bag of hay and all you need to look after them.

Please contact Frances on 01473 312046 if you are interested.

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

# Small Ads pin board

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# Welcome



Dear friends,

This month begins  
with Rogation  
Sunday on 1 May,

starting a short period of 'rogation days' before Ascension Day on 5 May. The word 'rogation' comes from the Latin word 'rogare', meaning 'to ask', so this is a period of prayer and fasting when we ask God to protect us. It's particularly linked, historically, to the beginning of harvest, which may seem rather odd to us, but actually the link is quite simply that farmers started asking God at this time of year for blessings on their crops to come.

Rogation days were also traditionally used to 'beat the bounds' between parishes, as the minister and congregations walked around the boundary of their parish and prayed for God's protection on their village for the coming year.

This year, we are going to do something similar, by 'beating the bounds' of each of our 4 parishes with Prayer Walks in the week beginning 9 May. We are doing this in response to a letter from our Archbishops encouraging us to use that week before the great feast of Pentecost/Whit Sunday to think about everyone in our towns and villages and about their needs and hopes for the future.

So on Monday 9th we shall set out from Raydon church at 10 a.m. for a 2-hour walk around the parish, stopping to pray at various strategic points along the way. We shall do the same on Tuesday 10th, starting from Holton church at 2 p.m. and on Thursday 12th starting from Higham church at 10.30 a.m. and ending up in Stratford for lunch at one of the pubs. If you would like to join us for this last, please let me know in advance, so that I can book a table large enough.

By doing this, I hope you will all know that the church in your village is thinking of you and asking God's blessings on you, whether you are a regular member of our congregations or not.

May God bless you all.

Rosalind Paul, Rector



# The Quartet Diary



## May

- 4 Stour Valley Men's Probus Club Meeting
- 6 Raydon Fashion Show
- 8 SSM Rambling Club
- 9 SSM Parish Council Meeting  
Breast Cancer Walk  
King George's Field AGM,  
Raydon
- 11 U3A Meeting
- 12-14 "Blithe Spirit", Nayland
- 14 Raydon Village Hall Market  
Higham Church Clean Up
- 18 Stour Valley Men's Probus Club Meeting  
SSM Rambling Club
- 19 Higham Annual Parish Meeting
- 20 Great British Fish and Chip Supper
- 22 HSM Open Gardens
- 24 Raydon Fair Trade Coffee Morning
- 26 R&DGC meeting
- 28 SSM Rambling Club

- 30 Nayland Church Fete

## June

- 6 SSM Rambling Club
- 11 Celebrations for 90<sup>th</sup> birthday of  
HM The Queen  
Brantham's Annual Mega Charity  
Garage Sale
- 13 SSM Rambling Club
- 17 Clive Paine Talk, Nayland
- 18 SSM Rambling Club
- 21 Raydon Fair Trade Coffee Morning
- 24 SSM Rambling Club
- 26 R&DGC Outing to Woburn Abbey
- 30 SSM Rambling Club

## July

- 11 SSM Parish Council Meeting
- 19 Raydon Fair Trade Coffee Morning
- 22 HSM Social Club Golf Day
- 28 R&DGC local Garden viewing

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# Editors Corner

I like the spring months. As we get further into the year, more events get a mention in the Quartet and we begin to get a feel for how lucky we are to live in an area with so much going on.

It's great to see the 'village life' organisation getting busy in Stratford - see page 8 for the big 90<sup>th</sup> Birthday celebrations and also why not join in on the book of memories on page 10?

For the first time that I can remember, we also have two pages of events for Higham! The village party on page 15, and more things to do around the village on page 16 too.

Raydon, along with their regular events have a fashion show soon - I think that's another first!

Not to be left out, there's gardens open in Holton this month see page 18, so let's hope the weather is nice!

I'll just mention again Karen Beedy from America who was hoping for some information about her great grandparents, John and Nancy Dickins, specifically, when they ran the King's Arms in Stratford. We would love to be able to send Karen a little bit of information, but need your help!

Happy reading

Anne and Jane,

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



Copy deadline for next edition:  
**19<sup>th</sup> May 2016**

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# Stratford St Mary

## **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 Spanbys Road,  
tel 01206 322990 for more details.

## **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**

Please note the following dates for the Parish Council meetings:

May 9th 7.30pm  
July 11th 7.30pm  
September 12th 7.30pm  
November 14th 7.30pm

## **Headway Suffolk - Future Events**

Our **Sponsored Cycle  
Ride on Saturday 23 April,**

Join us on a (hopefully) sunny day on **Wednesday 29 June** for a **Garden Party** in the stunning 10-acre gardens of 16th Century **Otley Hall** near Ipswich from 11.00am to 5.00pm.

Our **Sponsored Walk** returns for a second year on **Saturday 3 September** at 11.00am after a successful inaugural event that saw 60 participants and £3,000 raised.

An incredible 800 people are attending our second **Neuro Conference on Wednesday 5 October** at two venues - **Adastral Park** in **Martlesham** and **Conference Centre** in **Kesgrave**

[www.headwaysuffolk.org.uk/events](http://www.headwaysuffolk.org.uk/events)  
for further details

Enquire by contacting Helen on  
01473 712225 or

email - [info@headwaysuffolk.org.uk](mailto:info@headwaysuffolk.org.uk)

## **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 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

## **100 Club Winners**

### **January**

1. D.Ablitt - £40
2. M.Chard - £10
3. R.Bodsworth - £5

### **February**

1. P.Fitzpatrick - £40
2. T.Clarke - £10
3. J.Thompson - £5

### **March**

1. M.Kaye - £40
2. C.Griffin - £10
3. C.Steward - £5

## **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.

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

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# SSM Rambling Club

## Future Events

Sunday 8 May

– *Eight Ash Green* (about 4 miles)

Wednesday 18 May

– *Lavenham* (about 5.25 miles)

Saturday 28 May

– *Gipping Valley* (about 4.5 miles)

Monday 6 June – *Halstead* (about 4.5 miles)

Monday 13 June – *Polstead* (about 3.5 miles) **6pm**

Saturday 18 June – *Dedham, Lambs Corner* (about 4.5 miles)

Friday 24 June – *Great Bromley* (about 3 miles) **6pm**

Thursday 30 June – *Woodham Walter* (about 4.5 miles)

## Recent Walks

30 March; Dovercourt and Little Oakley;

9 walkers. On Good Friday, when I tried out this walk with my wife, we saw our first swallow of the year. On the morning of the ramble, we drove to Ye Olde Cherry Tree in Little Oakley, intending to park there before returning later for lunch. However the car park was already full, as a larger rambling group had already booked in and left their cars. We were able to talk to the landlady, who took our orders for lunch, after which we invoked Plan B, parking in a nearby lay-by.

We opted to do the inland part first, returning by the seafront. The first quarter was over open countryside, with good views down to the North Sea and with Walton Tower in the distance. This was followed by roads past the numerous caravan parks. At the playing fields in Dovercourt we turned down towards the sea. Passing salt marshes, we saw lots of

wild fowl and wading birds, but no swallows this time. Arriving back at the Cherry Tree, we enjoyed our meal in a crowded pub with a friendly atmosphere.

10 April; Highwoods Country Park;

8 walkers. This was a change from the planned walk, as the designated leader was ill. Barbara Smith, who knows the Country Park well, volunteered to lead the group and did a good job. Arriving in the main car park, we had the option of 2 hours for 50p, or over 2 hours for £2, and went for the cheap alternative. We criss-crossed the park, taking in the lake, where we saw a small tortoiseshell butterfly. After getting to the other car park (where we could have parked for free), we worked out how to extend the walk by a few different loops without taking too long.

Back at the main car park again, we had time to spare and bought hot drinks in the Park Visitor Centre to have at the picnic tables. The Visitor Centre itself was impressive, with lots of information about the area and the wildlife. The expedition ended in hilarity when someone noticed a car park warden checking the cars, and we realized that we were a few minutes over our time. The warden turned out to be very friendly and understanding.

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

Dave George 01206 322297



## 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 (2<sup>nd</sup> 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 : [philipwynncoll@btinternet.com](mailto:philipwynncoll@btinternet.com)

<http://www.stratfordstmarychapel.com>



Colin the fishmonger has his fresh fish van in the lay-by at the bottom of Church Hill in Stratford every Thursday morning from 10.30am to 1.30pm

# SSM Village Life

**Be part of Stratford St Mary's celebration  
of Her Majesty Queen Elizabeth II's 90th Birthday**



**Saturday 11<sup>th</sup> June 2016  
Stratford St Mary School Playing Field  
12:30 to 18:30**

## **Magna Games and Birthday Tea.**

To assist catering for the 'Birthday Tea', entry will be by ticket only at £3.00 each (14 years and under free). Tickets are available now, from the School, the Post Office, the VillageLife web-site or call one of the telephone numbers below. Alternatively, you can use the leaflet delivered with this edition of Quartet to order tickets, enter the Magna-Games; take part in our photo-competition or sign-up for the Book-of-Memories project.

## **Please book early to avoid being disappointed.**

*Please note, although there will be some snacks and ice-cream available during the afternoon before tea is served, more substantial food options will not be available at the field.*

**For more information or to order tickets, please call  
Brenda/ Brian: 323091; Celia/ Chris: 337363; David: 322259; Norman: 323015**

**Success will very much depend on individual participation, both on the day and during the period leading up to the celebration.**

**If you would be willing to make a little time available to help ensure that success please give us a call or come along to the final HM90 planning meeting at the Parish Room.**

**Tuesday 10<sup>th</sup> May 2016 starting at 8pm  
[www.stratford-st-mary.org](http://www.stratford-st-mary.org)**

**VillageLife – be part of it!**



# **We're looking for people like YOU to become School Governors**

**Do you have an interest in education?  
Are you concerned about young people's  
development?**

**Then why not become a school governor? No prior  
knowledge is required; a comprehensive range of  
training and support is provided. It's an exciting  
opportunity for you to:**

- ✓ acquire new skills**
- ✓ participate in teamwork**
- ✓ contribute to the community**
- ✓ make a difference to children's lives**

**For more information call 01206 323236  
or email [gov@stratfordstmaryprimary.co.uk](mailto:gov@stratfordstmaryprimary.co.uk)**



**STRATFORD ST MARY  
PRIMARY SCHOOL**

## 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 [norman.woodard@fatbloaters.com](mailto:norman.woodard@fatbloaters.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 Sue or Eddie Lawrence on 01206 322066 if you wish to join.

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## 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](mailto: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!**

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# Raydon



## Fair Trade Coffee Morning

The old saying of March coming in like a lion and out like a lamb was totally the opposite this year with storm

“Katie” hitting us at the end of March on Easter Monday, but at least there was less wind for our Fair Trade coffee morning the very next day. Many of you came along to view and enjoy the lovely baskets of spring flowers which also incorporated the lilies which had been donated in memory of loved ones. As well as our usual good coffee the “Frinton” baker arrived and this month laden with “Scoffins!” his own recipe which is part scone and part muffin. As ever they were enjoyed by all and a huge thank you to him for traveling all the way from Frinton bearing such wonderful delights!

Our knitters are still knitting the super squares for the Haiti babies, but now we have a slight problem in that we’ve pretty much used up all our wool! So “help” ! Does anyone have any double knitting wool to spare? It will be most gratefully received, if you don’t come to our coffee mornings then please just put it here in the Church.

Well, it’s a big thank you again for supporting our Fair Trade efforts here in Raydon, and hope to see you next time on May 24th.

Thanks as ever  
Wendy Mumford 312123

St Mary's Church

## Fashion Show

For Men and Women

20% OFF shop prices

## Friday 6<sup>th</sup> May

### Raydon Village Hall 7.30pm

Including light refreshments £5 ticket  
from 01473 312123

A perfect opportunity to build up a new  
season wardrobe!

**The Edinburgh Woollen Mill**

A first for Raydon; the High Street comes to the Village!

In aid of St Mary's Fabric Fund

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## Easter Walk of Witness

Starting at Raydon Church at 9.00am with the first part of the Easter story in the Church led by Rev'd Rosalind Paul.

At 9.30am a large number of people along with at least 8 dogs set off walking (not by the shortest route) that would be boring, we enjoyed a day of sunshine and light winds, the best day of the Easter weekend as it transpired. The walking was on the wild side, with the odd steep piece, the odd stile, but mostly easy walking if but a little muddy in places. Seen on route Spring lambs, a Buzzard, Hares, at least 6 Roe Deer, skylarks but sadly just too early for the blue bells this year. With lovely views along the Brett and Stour valleys, firstly we headed for Lower Raydon, then Holton Church for part 2 of story, then onwards to Higham Church for part 3 of the story followed by what was truly a lovely Lent Lunch. Our thanks to Nicola and team who provided the food, served up, and then cleared up afterwards. Hopefully not too much mud was left behind. Our donations raised the fantastic sum of £245.00 for Christian Aid. We then headed to Stratford !! but via Higham marshes, over the River Box & Stour at Langham waterworks pumping station, then turned left and followed the Stour to Stratford old water mill. Then it was through the "Chase" towards Stratford Church for part 4 of the Christian Story of Jesus with a short service to finish. This was of course followed by a Saturday night vigil, and then we all know what happened on Easter Sunday !!!!!!!!!!!!! a new beginning, it's not all about just Easter Eggs although they are yummy.

We ended the day after walking 8 miles (approx). I will now start planning for next year so if you were unable to come this time, how about making a date in your diary for the next Good Friday walk on 21<sup>st</sup> April 2017.

Thank you all for your support.  
Geoff Horrex.



### **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)

# Raydon and District Gardening Club

So as I write these notes we are half way through our fourth month of 2017 already. "Spring has sprung", and everything in the garden and countryside is coming back to it's full splendour once again. On the 14<sup>th</sup> April I have just seen first swallow + 3 house martins back in the sky over Raydon so now waiting to hear a cuckoo and also the nightingale. Hope you have had a chance to take a walk, or a short ride out in the car over the last 2 weeks to view the wonderful bluebells. What a fantastic time of year to enjoy nature and the countryside at its best with all the blossoms and fresh leaves and of course perfume. Even on a damp dreary day to look out of the window and to see all the lovely colours is enough to cheer you up at least a little bit.

What a great show we had on the 2<sup>nd</sup> April and although entry numbers slightly down on last year the quality was better and the four judges (2 new ones this year) were suitably impressed and congratulated the club for keeping a high standard. Well done to all who entered, and thank you all who attended the afternoon viewing. Thanks also to our President Mrs Natalie Finch who presented the trophies to the winners, We enjoyed refreshments and a raffle so thank you all who supplied prizes, purchased tickets, or worked in the kitchen throughout the afternoon, and of course those who helped clear the hall afterwards. Another great traditional village event held in our village hall.

Next meeting in the hall will be 26<sup>th</sup> May when we welcome **Alison Banham** who will give a talk entitled "Tips from a Florist". It will be most helpful to learn a thing or two about flowers and arranging (**talk linked to summer show classes**) so please come

along and give Alison (coming all the way from Frinton) your support. Why not bring a friend or like minded flower gardener along to enjoy a great evening. Non members only £2.00 on the night.

Back in March we had an evening with Matt Long of Riverside Bulbs, Monks Eleigh with the subject Dahlias and lots of slides. Bit disappointed he did not bring any for sale, however it's not too far away or perhaps a phone call and he would post direct to you. After many questions answered we ended with tea & biscuits & raffle.

**Lastly June 26<sup>th</sup> coach outing** to Woburn Abbey and gardens is selling fast. If you wish to come give Daphne a call as soon as possible to book your seat, and **note** all seats to be **paid for** (cheques or cash) by Saturday 21<sup>st</sup> May. Thank you all for your continued support and keep enjoying Spring Time. See you soon, Geoff Horrex (01473 310422).



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



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

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

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

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

However, this would require volunteers to operate the equipment. Please contact me if you would be prepared to participate, should the PC decide to go ahead with this initiative – full training would be given.

You can find out more about Community Speedwatch by visiting:

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

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

## **Raydon Village Hall Market.**

A sale of plants, cakes gifts and sundries will take place on the 14th of May at 10am.

There will also be a raffle, teas and coffees and a tombola.

If you wish to have a table to sell your wares at this event for £5, then please contact Mrs Betty Cooper on 01473 310088.



**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!

## **King George's Field AGM**

The Trustees will be holding the AGM on May 9<sup>th</sup> at 7:30pm in the pavilion.

Guests are welcome as are volunteers to help with the administration & running of the playing field





## The Soup Lunch at Higham

During this year's Good Friday Walk  
raised a magnificent  
£245 for Christian Aid

Many thanks to all who provided the  
walkers with sustenance and to those  
who helped on the day

### HIGHAM ANNUAL PARISH MEETING

The next **Parish Meeting** will take  
place at 7:30 pm on **Thursday 19<sup>th</sup>  
May 2016** in the Church, all Higham  
residents are welcome.

An agenda will be available at the  
meeting, and will include usual topics  
of **planning**, an up-date on **traffic** and  
**police** issues, **local government** and  
many others.

This is the Annual Meeting at which a  
Chairman is elected for the  
forthcoming year.

A copy of the minutes of the previous  
meeting can be requested from the  
Chairman preferably by email or at the  
address shown below and will be  
available at the meeting.

Chairman: Mr. M R Carr

Email:

[carr.kingfisher@btopenworld.com](mailto:carr.kingfisher@btopenworld.com)

Kingfisher Cottage, Lower Street,  
Higham CO7 6JZ, Tel: 337325



### St. Mary's, Higham Church Clean-Up Morning

**Saturday 14<sup>th</sup> May,  
9.30 – 12 noon**

Please come along for whatever  
amount of time you can give and  
spruce up the church and  
churchyard in readiness for the  
summer events and weddings  
taking place

Refreshments provided

## Powercut?

Contact UK Power Networks

0800 783 8838 (24 hours a day) or from  
a mobile 0333 202 2021

Text POWER and your postcode to 80876

[ukpowernetworks.co.uk](http://ukpowernetworks.co.uk)



# Holton St Mary

---

## 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 First Friday of the Month Lunch Club is One Year Old!



The First Friday of the Month Lunch Club has now been running for a year! Approximately 316 meals have been served during that year (an average of 26 each month). At the first lunch in May 2015 there were 24 guests and the most meals served was at the December lunch, where there were 42 guests! More than 20 ladies and gentleman have helped produce the lunches during the course of the year and special thanks go to: Sue Barrie, Jan Cheung, Caroline Favell, Greta Godden, Antonia Harvey, Marjorie Haste, Jinny Hay, Karen Jefferys, Gretel Maddison, Paula Partridge, Sally Pearce, Pam and Tudor Quare, Claire Rowan, Dot Steeds, Jean Styles, Sally Thurlow, Frances Torrington, Jacqueline Unwin and Barbara Yorke Edwards.

As we enter our second year we hope to continue to flourish, and we would welcome both new guests and new volunteers to help prepare and cook the lunches and to help on the day setting up the tables, clearing away etc. So if you would like to volunteer please contact Frances Torrington on 01473 312046.

If you would like to attend the lunch on May 6th or June 3rd please contact Frances Torrington, Sally Thurlow or Jinny Hay - as reminder the cost is £2.50 a head, payable on the day.

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## Holton St Mary Millennium Green

Century Club winners for the past 3 months are:

### January

£25 Garth & Janet Cracknell,  
£15 Rosemary Coe,  
£10 Paul Oliver,  
£ 5 each Rob Clarke and Angie Clear.

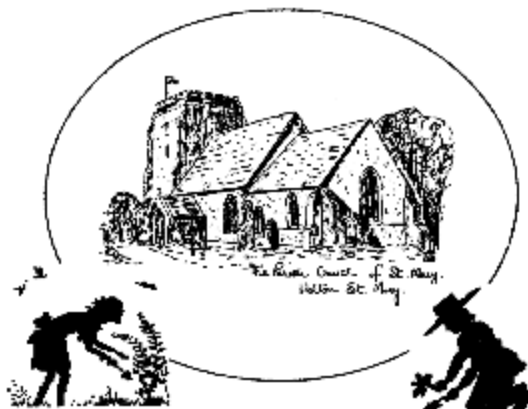
### February

£25 Carla Vincent,  
£15 Rachel Eagle,  
£10 Claire Rowan,  
£ 5 each Mark Anderson and Sheila Gibson.

### March

£25 Gil Mann,  
£15 Anne Wicks,  
£10 Martin Favell,  
£ 5 each Roy & Joy Barnes and Carla Vincent.

# Holton St Mary Open Gardens



The Holton St Mary Open Gardens, established 20 years ago in 1996, will take place for the sixth time on **Sunday 22nd May 2016**.

Over 15 gardens in the village will be open to view, some small, some large.

Refreshments will be served at various locations during the day.

Parking will be available at locations marked with a P.

Entry to gardens by catalogue.

Adults £5.00, accompanied children free.

Proceeds to the St Mary's Church Fabric Fund.

There will be a Songs of Praise in St Mary's Church at 6 pm. All welcome.

For further information contact Frances Torrington (01473 312046)  
or Sally Thurlow (01473 312080).

## Sunday 22<sup>nd</sup> May: 11am - 5pm

## Holton St Mary Social Club

Whist – last Friday of the month

Golf Day – 22nd July @ Seckford Hall – Entry Form in Village Hall



### CAN YOU HELP?

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

Our sessions are as follows:

Adults on Tuesdays 10 – 11.30 a.m.

Children on Thursdays 1 – 2.30 p.m.  
term time only.

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

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

**Frances Torrington on 01473  
312046/07711080658**

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

Previous experience with horses helpful but most certainly not essential.

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

### GARDENS OPEN

## Sunday May 22<sup>nd</sup> Songs of Praise

End the day by joining in with your favourite hymns.  
6p.m. in the church

To choose your favourite hymn fill in the form

Which is on the bookcase at the back of the church OR

Phone or e-mail 01473 828532  
jean.styles@uwclub.net

**Clive Paine**, known to many for his fascinating talks on Suffolk churches, will be at Nayland on Friday 17th June for another of his "Let Loose" talks on St James' Church. The talk starts at 7.00pm (just time for an early supper at the Crown, Stoke by Nayland!) and is in aid of Suffolk Historic Churches Trust. The latter are making a huge difference to churches with significant lead roofs, by grant-aiding the installation of roof alarms on those threaten, throughout Suffolk.

The Dedham Arts Group  
**Spring Exhibition**

will be held at Littlegarth Studio,  
 High Street, Dedham f  
 rom Saturday May 28th until  
 Monday 30th May 2016.

Admission is free and the exhibition  
 is open every day from 10am to  
 5pm. There will be a private view  
 open to members and their friends  
 on Friday May 27th at the Littlegarth  
 Studio at 7pm.

## Constable Singers

Constable singers have had some very  
 good pre Christmas concerts/ events at  
 Flatford, Wivenhoe, Hare and Hounds  
 E. Bergholt and at Claydon and Capel .

We meet at East Bergholt Lamb School  
 each Thursday at 7pm apart from the  
 second Thursday when we are at Holton  
 Village Hall to sing from the musicals  
 and popular music. We would welcome  
 new members so come and have a free  
 session .No need to be able to read  
 music and we sing along to cd's or  
 guitar.

For further details contact Yvonne  
 01206298428 or Mel 01206298628



NAYLAND PLAYING FIELD

STALLS OPEN AT 2pm

**MONDAY 30th MAY 2016**

The Victory Jazz Band

Raffle £150 1st Prize  
 Classic Vehicle Display

Children's Sports • Novelty Adult Sports  
 Tug-of-War • Sideshows for all ages

Stalls include: Plants, Jewellery, Crino, Toys, Vintage, Glass, Garden Tools

Ice Cream, Homemade Treats, Hot Dogs,  
 Strawberries & Cream

Admission: Adults £2, Children 50p, Concessions £1  
**FREE CAR PARKING**

Money banks to take donations. All proceeds to St James Church Fund



## EAST BERGHOLT CONGREGATIONAL CHURCH

Cemetery Lane, East Bergholt,  
 CO7 6RZ

Pastor -Mrs Maralyn Bambridge

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

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

Church Secretary – John Jeffreys  
 Tel 01206 298737

Email [j.jeffreys.eb@btinternet.com](mailto:j.jeffreys.eb@btinternet.com)

## 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.



Sue Ablett and Pat Peck with SESAW volunteer Barbara Sparrow in the middle, pausing for a quick cuppa at Barbara's Bonanza Sale in April

Suffolk and Essex Small Animal Welfare,  
Reg.Charity No.1124029, Stoke Road,  
Leavenheath, CO6 4PP. Tel: 01787 210888  
Opening times vary, please phone first or check:  
sesaw – Suffolk & Essex Small Animal Welfare

Kenneth is busy promoting dog chipping which became law last month, leaving me to tell you about two feline families that arrived at SESAW recently.

A kind gentleman rescued Chilli, who had been living rough on an industrial estate, just before she gave birth to a litter of kittens. Sadly another pregnant puss lost some of her kittens due to a viral infection. By the time you read this I hope our remaining kittens will be fully recovered. We are also expecting babies in the garden since the blue tits starting laying eggs in Ron's new bird box. Fear not dear reader, my interest in our feather residents extends only to bird watching from the comfort of a sunny windowsill.


Over £3200 was raised at our Long Melford Sale thanks to more than 200 visitors and our wonderful volunteers who helped make the event such a success. Barbara also had a good day at her Bonanza Sale in Stratford St. Mary last month. The village gave us a warm welcome and £445 was raised.


If you enjoy testing your general knowledge, a Village Quiz Evening is for you. Teams of up to eight people welcome at Leavenheath Village Hall on Saturday 14th May. Arrive 7pm for 7.30pm start with a big raffle in the interval, licensed bar and free parking. Tickets £8 per head including hot supper (veggie option), phone 01206 263269 to book. A fundraising event, jointly organised by Leavenheath Cricket Club and SESAW.

Whatever the weather, do come to our two day Bank Holiday Sale in the front garden, 10am to 1pm on 28th and 29th May. Gazeboes are at the ready to cover enough things to fill every house in the village, including a very cosy cat bed that would be just right for me, Ollie (the Black) Cat

## Waste & Recycling Collection Schedule 2016

May 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

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

## UK Power Networks Priority Service Register

In the event of an emergency, whether that is a power cut, issue with our equipment or even roadworks, it is important that people (especially vulnerable residents) have easy access to our emergency contact details. As you may know, we run a free Priority Services Register (PSR) for those who may need more support in the event of a power cut.

Every resident over the age of 60 in would be eligible to join the register. So are those residents with a disability, are blind or visually impaired, are chronically sick, dependent on medical equipment, or have young babies.

## Do you or someone you know struggle to live without central heating?

Suffolk's *Warm Homes Healthy People* service (supported by all the District, Borough and County Councils in Suffolk) has secured funding from central government to help 270 households across Suffolk have fully-funded central heating. Terms and conditions apply.

To qualify, households *must meet one or more* of the following financial criteria: Have a household income of less than £17,000; *or* be in receipt of Pension Credit; *or* be in receipt of any other means tested benefit; *or* spend more than 10% of net household income on fuel; *or* be in substantial fuel debt (over £1,000). In all circumstances the property must be owned by you or be privately rented (i.e. not a council house or housing association property) and *must only have room heaters, open fires or storage heaters*. Personal saving must also not be in excess of £20,000.

In most circumstances the works will be carried out *at no charge to you* but if you rent privately your landlord may be expected to fund some of the costs. This will be determined as part of the assessment process.

Due to the limited funding more vulnerable residents will be given priority.

To find out more, contact Sue Hall at the *Warm Homes Healthy People* service by email at [whhp@eastssuffolk.gov.uk](mailto:whhp@eastssuffolk.gov.uk) or call (local rate) **03456 037 686** and quote 'DECC Central Heating Fund 01'.

More information is available on Suffolk County Council's *Warm Homes Healthy People* service website: <https://www.suffolk.gov.uk/warm-homes-healthy-people>





For more information or request a fundraising pack call Elizabeth Wright on 0845 071 4350 or email



## BRANTHAM'S ANNUAL MEGA CHARITY GARAGE SALE

**Saturday 11th June 2016**

**9.30 a.m. to 4.30 p.m.**

Open garages throughout the village will be selling a treasure trove of household items needing a new home, all at bargain prices. Look for the balloons & signs throughout Brantham on the A137

The Village Hall will host a TABLE TOP SALE with WI Refreshments, Handicrafts, Preserves and Plants.

There will be a BBQ, Tombola, Ice Cream Van and much much more...

**WHY NOT MAKE A DAY OF IT, GRAB A BARGAIN AND HELP THE CHARITIES**

More information from: Ronnie Dawson on 01206 395557 or Yvonne Amoss 01206 392296

Last year's grand total was £6000, half going to St Elizabeth Hospice (Carla Dawson's Tribute Fund) and the other half split between Clic Sargent, Lego Therapy at Brooklands School, the Maisie Hayward Charity and Woolverstone Wish at Ipswich Hospital.

Over the last 12 years we've raised over £36,400 for charity, but this year may be our last event unless we get more volunteers to help organise it.

Come along and help us make it a huge success .

# 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

18 May, 15 June, 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

24 May, 21 June, 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](mailto:help@suffolklibraries.co.uk) .

## Crime prevention

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

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

Telephone...101

# Local Directory

THE GATTINETTS

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**MOBILE 07500 488667**

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As well as our friendly, knowledgeable staff who are able to answer almost all of your golf queries

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**Old Joes Golf Club**  
**Joes Road, Cornard Tye,**  
**Great Cornard, Sudbury, CO10 0QB**  
**Tel: 01787 374807**  
**Email: [info@patrickcollinsgolf.com](mailto:info@patrickcollinsgolf.com)**

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Lunch 12noon - 2.30pm  
(3pm weekends)  
Dinner 6.30pm - 9.30pm  
(10pm weekends)

In addition to our seasonal changing a la carte menu, we have a weekly set menu and bar board available.

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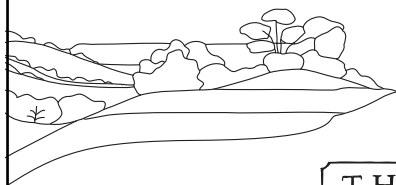
Seasonal offers, packages and corporate rates available. Picnics and cycle hire by arrangement.

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School escort to and from Stratford St Mary School

**Holiday Clubs.** All school holidays for children aged 3 – 11 years

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

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

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

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**[countrysidetreeandgarden@hotmail.co.uk](mailto:countrysidetreeandgarden@hotmail.co.uk)**

**[www.countrysidetreeandgardenservices.co.uk](http://www.countrysidetreeandgardenservices.co.uk)**





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

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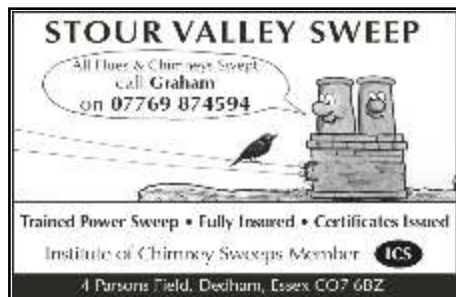


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



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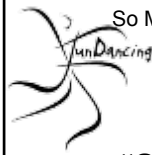
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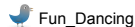
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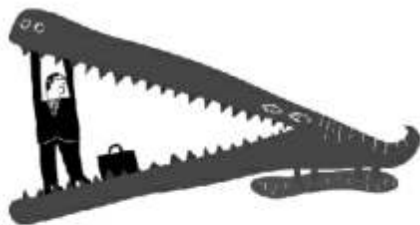
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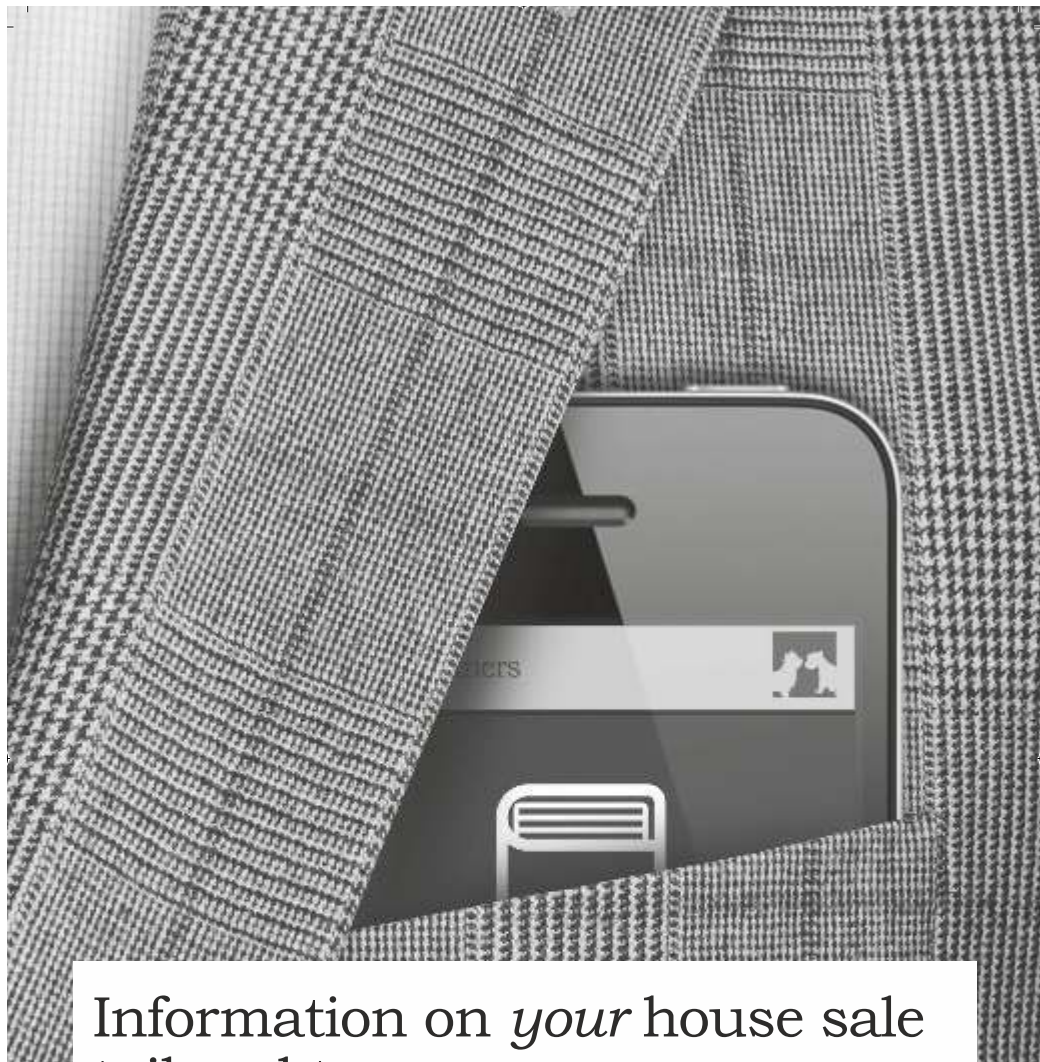
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### Morning Prayer in May

This month, instead of Morning Prayer, we shall be doing a special series of Prayer Walks, meeting first at the churches, to think about how we witness in our communities. At various points during the walk we shall stop for short moments of prayer. The walks - which are open to anyone (and dogs!) who would like to join us - will be as follows:

9 May	10-12 starting from Raydon church
10 May	2-4 p.m. starting from Holton church
12 May	10.30-12.30 starting from Higham and ending with lunch at a pub in SSM. If you would like to come on this walk, please let me know in advance so that I can reserve a table.

### Silent Prayer Group

This group continues at 11.30 a.m. on Mondays in the Rectory for 25 minutes of silent prayer, with fellowship. Do come and join us if you can.

### 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 **18 May**.

### Meet the Rector for lunch

I am afraid my diary has no lunchtime spaces left in May, but I shall hope to have an Open House some time over the summer, to which you will all be invited. News about that in June or July's edition.

### Services in May and June

	8.00 am	10.00 a.m.	6.30p.m.
1st		SSM(+baptism)	Holton
8th		Higham	Raydon
15th		Holton	SSM
22 <sup>nd</sup>	Higham	Raydon	Holton Songs of Praise for Open Gardens Sunday
29th		<b>11am Hadleigh Deanery Eucharist</b>	
5th		SSM	Holton
12th		Higham (Rev'd Janice White)	Raydon
19th		Holton	SSM
26th	Higham	Raydon	

### New Testament Readings and Collects for weekdays in May

1 May: *Easter 6*. Risen Christ, by the lakeside you renewed your call to your disciples. Help your Church to obey your command and draw the nations to the fire of your love, to the glory of God the Father. Amen.

2<sup>nd</sup> James 1.1-12. ***Philip and James, Apostles***

3<sup>rd</sup> Luke 6.39-end

4<sup>th</sup> Luke 7.1-10

5<sup>th</sup> Hebrews 7.26-end. **ASCENSION DAY**

6<sup>th</sup> Luke 7.11-17

7<sup>th</sup> Luke 7.18-35

8 May: *Easter 7*. Risen, ascended Lord, as we rejoice at your triumph, fill your Church on earth with power and compassion, that all who are estranged by sin may find forgiveness and know your peace, to the glory of God the Father. Amen.

9<sup>th</sup> Luke 7.36-end

10<sup>th</sup> Luke 8.1-15



- 11th Luke 8.16-25  
12th Luke 8.26-39  
13th Luke 8.40-end  
14th Acts 2.37-end. **Matthias the Apostle**

15 May: **PENTECOST/Whit Sunday.** Holy Spirit, sent by the Father, ignite in us your holy fire; strengthen your children with the gift of faith, revive your Church with the breath of love, and renew the face of the earth, through Jesus Christ our Lord. Amen.

- 16th Luke 9.18-27. Caroline Chisholm, Social Reformer, 1877  
17th Luke 9.28-36  
18th Luke 9.37-50  
19th Luke 9.51-end. Dunstan, Archbishop of Canterbury, Restorer of Monastic Life, 988  
20th Luke 10.1-16. Alcuin of York, Deacon, Abbot of Tours, 804  
21st Luke 10.17-24. Helena, Protector of the Holy Places, 330

22 May: **TRINITY SUNDAY.** Holy God, faithful and unchanging, enlarge our minds with the knowledge of your truth, and draw us more deeply into the mystery of your love, that we may truly worship you, Father, Son and Holy Spirit, one God, now and for ever. Amen.

- 23rd Luke 10.25-37  
24th Luke 10.38-end. John & Charles Wesley, Evangelists, Hymn Writers, 1791 & 1788  
25th Luke 11.1-13. The Venerable Bede, Monk at Jarrow, Scholar, Historian, 735

26th I Corinthians 10.1-17. **Day of Thanksgiving for Holy Communion (Corpus Christi)**

- 27th Luke 11.29-36  
28th Luke 11.37-end. Lanfranc, Prior of Le Bec, Archbishop of Canterbury, Scholar, 1089

29 May: **Trinity 1.** God of truth, help us to keep your law of love and to walk in ways of wisdom, that we may find true life in Jesus Christ your Son. Amen.

- 30th Luke 12.1-12. Josephine Butler, Social Reformer, 1908  
31st Mark 3.31-end. **The Visit of the Blessed Virgin Mary to Elizabeth**  
1st Luke 12.22-31. Justin, Martyr at Rome, c. 165  
2nd Luke 12.32-40  
3rd Luke 12.41-48. The Martyrs of Uganda, 1885-7 & 1977  
4th Luke 12.49-end. Petroc, Abbot of Padstow, 6th century





For your diaries

5 May 7.30 p.m. St Mary's Hadleigh, Archdeacon's Visitation

6 May 7 p.m. Raydon Fashion Show



For your prayers

- For Nicola Tindall as she continues her studies to become a Reader
- For Anick Purmessur and David Goodchild as they get married on 28 May in Higham
- For Peter Woodward as he is baptised on 1 May at SSM
- For those who are ill or in need:

**Holton:** Ron Golding, Gerard Noel

**Raydon:** James Stocks, Ed Swift

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

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