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**October 2023**  
Issue 422

# Quartet

**The Parish Magazine**

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**For Higham, Stratford St Mary, Raydon and Holton St Mary**



I have been feeding him for long time, trying to trap him as is in need of Veterinary care. If you know him please contact me on 07955182447 thank you. Any information will be appreciated.  
Patricia

FREE 2 bicycles - one a 1930/40s gents bike and the other a similar or slightly later ladies bike. Both require restoration but they carry all their original features.  
Tel. 01206 323685.

### Admin help required

We are still looking for someone to help with some parish admin - the person would need secretarial skills and be well versed with computers, printing and updating social media. is a part time paid position for the whole benefice of Stratford, Holton, Raydon and Higham.

If you would like further details, Please contact Rev'd Manette  
Tel. 07947 737789 or Email: [revmcrossman@gmail.com](mailto:revmcrossman@gmail.com)

### Help us with our campaign!

If you know any merchant or service provider living in one of our four villages, please let us know by emailing [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk). We will contact them and see if they would like a **free listing** in the Quartet



## Small Ads Pin Board

No charge for non-commercial ads placed for one month only, space permitting. Email [quarteteditor@hotmail.co.uk](mailto:quarteteditor@hotmail.co.uk)

## Quartet Diary

Details of events can be found within the magazine. **It would be advisable to check with organisers if regular events are happening, we may not have been informed of last minute changes**

### October

- 1 SSM Village Life Harvest Lunch
- 3 Fair Trade Coffee Morning, Raydon  
Raydon Parish Council Meeting
- 4 Raydon Social Club  
SSM Mums and Tots
- 6 Holton Lunch Club  
Holton Social Club  
SSM Youth Clubs
- 7 Holton Green Gym  
Bric a Brac Sale, Raydon  
Quiz Night, Holton Social Club
- 11 Raydon Social Club  
SSM Mums and Tots
- 13 Holton Social Club  
SSM Youth Clubs
- 18 Raydon Social Club  
SSM Mums and Tots
- 19 Holton Slow Stitch
- 20 Holton Social Club  
SSM Youth Clubs
- 21 Musical Soiree, Raydon
- 25 Raydon Social Club  
SSM Mums and Tots
- 26 RDGC Meeting
- 27 Holton Social Club

- 27 SSM Youth Clubs  
Live music at Brett Vale GC
- 28 HSM Churchyard & Church Clean Up Day
- 31 Fair Trade Coffee Morning, Raydon

### November

- 1 Raydon Social Club  
SSM Mums and Tots
- 3 HSM Social Club Bonfire Night.  
Holton Lunch Club  
SSM Youth Clubs
- 4 Green Gym, Holton
- 7 Raydon Parish Council Meeting
- 8 HSM Parish Council Meeting  
Raydon Social Club  
SSM Mums and Tots
- 10 Holton Social Club  
SSM Youth Clubs
- 13 SSM Parish Council Meeting
- 15 Raydon Social Club  
SSM Mums and Tots
- 16 Slow stitch Holton
- 17 Holton Social Club  
SSM Youth Clubs
- 22 Raydon Social Club  
SSM Mums and Tots
- 23 RDGC AGM/Social Evening
- 24 Bingo Night at Brett Vale GC  
SSM Race Night  
Holton Social Club  
SSM Youth Clubs

# Editors Corner

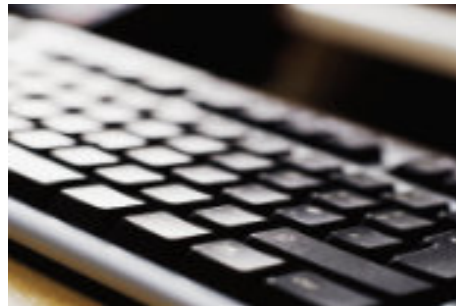
Autumn is well and truly upon us now, the leaves are beginning to turn and minds are turning towards longer nights and colder days. Never mind - there's all sorts of things still waiting for you in the Quartet! How about a Harvest Lunch, a Race Night or a Tree Festival in Stratford, or maybe you would prefer a Coffee Morning, a Musical Soiree or a Bric-a-brac sale in Raydon, not to mention Bonfire Night or Quiz Night in Holton. Have a look through the pages - there's plenty more too!

Covid seems to be making a re-appearance at the moment, certainly I know of a number of people who have succumbed recently. Do go and get your booster if you are eligible. We received an email from NHS Suffolk asking us to remind you all that the vaccination campaign has started and The local vaccination website [www.sneevaccine.org.uk](http://www.sneevaccine.org.uk) has been newly refreshed and updated - it now features over 60 dates for upcoming COVID walk-in clinics, with many more times, dates and locations to be added over the coming weeks.

Happy reading

Anne and Jane.

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



Copy deadline for next edition:  
**19<sup>th</sup> October 2023**

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# Rev'd Manette Writes

Dear Friends

I am writing this whilst enjoying the warmth of September but looking ahead to October and the arrival of autumn and winter this year, with very mixed feelings. By the end of the month clocks will have gone back, curtains will be closed earlier and earlier in the day, there might have been an autumn gale or two, and the heating will probably have been switched on. Summer will seem a distant memory. That though is the beauty of the seasons. We think of the year being defined into quarters but rather it changes incrementally and sometimes imperceptibly every day of the year.

This is a year that has taught me many things and I am still tentatively learning to live and function on my own without Richard by my side, in and amongst memories which either completely floor me or fill me gratitude and a small smile. This is a year that has demonstrated to me the goodness of others both in this Benefice and beyond. The kindness shown to my daughters and myself has been so thoughtful; gentle words when you have seen us and small demonstrations of physical warmth and touch. Hugs really have helped. They have helped us not to forget what has happened this year but to encourage us to continue living our lives as we know Richard would have wanted us to. I know he would have been so proud that after many years of training both as a Reader and then latterly as a priest, Bishops Martin and Mike have confirmed that my curacy has been completed, and I

am now an Associate Priest, your Associate Priest.

I can reflect on what I do next and guided by God I have made the decision to visit Kagera, our link diocese in Tanzania. In February 2024 ten of us from the diocese are travelling together, each with our own agendas (mine is to witness how aid is delivered and used, and the role of chaplains) but with a common goal of having our lives transformed and to witness worship both in new formats and new settings. I feel there will be quite a few good starting points for sermons when I return!

I pray and hope the arrival of autumn and eventually winter doesn't fill you with complete dread and that you will see God's beauty not only in our harvest celebrations, but also in the chill winds and in the soaking rain and puddles. Our lives are never straightforward but may God's guiding hand support all of us as we journey through each day and season.

May God bless you,

Nicola



# Stratford St Mary

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## In Stratford

Hall Farm Shop Cafe and Restaurant  
[www.hallfarmshop.com](http://www.hallfarmshop.com)

Anchor Inn [www.stratford.pub](http://www.stratford.pub)  
01206 322143

The mobile pizza co - 07982 427483

ABC Preschool - 01206 322466

Kate Baines, Virtual Assistant - 07799 391343

Orwell Electrical - 01206 322969

Andy Smith Roofing - 01206 322882

Jackson Plumbing and Heating -  
01206 322063

Nigel Bruce Electrician - 01206 322751

Penrose and Partners - Vets. 01206 323414

Finest Gardens - 07756 364560

John Burrell Bespoke Bedrooms -  
07734700507

Nexus Creative Print Production -  
[gill@nexuscpp.co.uk](mailto:gill@nexuscpp.co.uk)

tim germain - furniture designer-  
maker. [www.germain.co.uk](http://www.germain.co.uk)

Gary Moye, plasterer - 07807 314911

Baker Vet physio - 07905 657895

Katrina Wade, Physiotherapist  
07968 964826

## POPPY DAY APPEAL – 2023

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

Hall Farm Shop and Farm Restaurant

Swan Public House/Restaurant

Anchor Public House

Garage/Village Shop/PO

Primary School

Pamper Village Paws Dog Grooming  
Salon, Blackbrook

Rosebank, Lower Street

Hopefully you will support this worthy cause in respect of injured servicemen and woman who need your continuing help and support.

Thank you

David Isaac

## STRATFORD ST MARY INSTITUTE HALL

Please note that requests should be made through the bookings email address: **[ssminstitute.bookings@gmail.com](mailto:ssminstitute.bookings@gmail.com)**  
Information supplied to book should include a name with contact details and the nature of the event.

This results in a natural queuing system which ensures that first come is first served. I check this address every day and will respond accordingly.

Steve Kite  
42 Strickmere  
Stratford St Mary, CO7 6YG



## Winners of SSM 100 Club

The winners of the 100 club draw are

£50 Carole Lawrence (No. 17)  
£10 J Thompson (No. 48)

For just £1 per month be in with a chance of winning £50.

All surplus funds go towards the upkeep of the Institute Hall. Each member can hire the hall once a year at a reduced rate.

Contact either Norman Woodard on [Norman.woodard@fatbloaters.com](mailto:Norman.woodard@fatbloaters.com) or Phil Brown on [philipbrown123@hotmail.co.uk](mailto:philipbrown123@hotmail.co.uk) for details

Stratford St Mary Church  
PRESENTS



Christmas of my past  
TREE FESTIVAL

We are delighted to invite you to join us on 15th-17th December for our Christmas Tree Festival at Stratford St Mary Church.

If you are an individual, family, business, or community group who would like to enter a tree then please contact Harriet ([harrietannaruth@gmail.com](mailto:harrietannaruth@gmail.com)) or Christine (07791648806).

Join us for a festive weekend of reminiscing about Christmas past and those we loved to spend them with.

More details to follow.



Stratford St Mary Parish Council Meeting Dates 2023

Please note that the Parish meeting scheduled for September will now be held on Monday the 18<sup>th</sup> of September 2023 1930hrs in the Parish Room.

13<sup>th</sup> November  
8<sup>th</sup> January 2024  
11<sup>th</sup> March 2024

Stratford St Mary Parish Council currently have 2 vacancies for Councillors – If anyone is interested or would like more information then please contact the Clerk - email address [parishcouncil@stratfordstmary.org.uk](mailto:parishcouncil@stratfordstmary.org.uk)



STRATFORD ST MARY



Village Harvest Lunch



SUNDAY 1ST OCTOBER

1pm in the Parish Room

Do join us for a traditional  
ploughman's lunch and dessert

suggested donation of £10 per head  
(children £5)

As part of the Harvest celebration, we are hoping to have a real push for donations to the Colchester Food Bank - please bring any donations of non-perishable foodstuffs with you to the lunch or contact us beforehand.

To book your place or a table, please contact:  
Christine on 07791 648806 or  
Sandy on 0770 6602749

DEDHAM ALLOTMENT ASSOCIATION.

WOULD YOU LIKE TO GROW YOUR OWN FRUIT AND VEGETABLES?

PLOTS AVAILABLE FROM 1ST OCTOBER - RESERVE YOUR PLOT NOW

CONTACT [dedhamaa@btinternet.com](mailto:dedhamaa@btinternet.com)

STRATFORD ST. MARY CHAPEL  
COFFEE MORNINGS

We are pleased to announce that the Coffee Mornings will re-commence on Tuesdays between 10am – 11 am beginning on Tuesday 12th September. Beverages and Cakes will be served (free .of charge)

This will form part of our warm space scheme for the Winter months.  
Everyone is welcome

**Stratford St Mary  
Parish Room**

Our comfortable, well-equipped hall in the centre of the village is open and available for hire.

Please contact our new bookings clerk for more information or to make your booking by emailing

[ssmparishroom.bookings@gmail.com](mailto:ssmparishroom.bookings@gmail.com)

or contact Paul Ranson on 01206 322156  
or  
07870 388184

RACE NIGHT

FRIDAY NOVEMBER 24TH | 7.30PM | THE INSTITUTE HALL

Join us for an evening of virtual horse racing.

8 Races with a final race auction

Tables of 6-8 people, £10 per table

Please bring your own refreshments

Book your table now to avoid disappointment by contacting Nick: 07979506389 or Sandy: 07706602749

Proceeds for repairs of the Parish Room.



Future events  
underway:



- **Sunday Oct 1st. Harvest Lunch** in the Parish Room, (encouraging a big push on donations for the local food bank)

- **15<sup>th</sup>. 16<sup>th</sup> & 17<sup>th</sup> Dec. - Christmas Tree Festival** in SSM Church combined with Advent Window displays – we're going to make a weekend of it with fun evening celebrations 🍷

We are also thinking about ideas for the 2024, and wanted some feedback from the village:

- May Ball
- Barn Dance
- Open Gardens (June)
- Summer Fete / Picnic at the Institute field
- Village pram Race (possibly as part of the above)
- Wattisham MWC

Register your interest at  
[villagelife@stratford-st-mary.org](mailto:villagelife@stratford-st-mary.org)

**particularly if you would like to attend the May Ball or will open your garden in June** and let us know if you have any thoughts or suggestions for future events.

*Watch this space for further info and get involved!*

email us at: [villagelife@stratford-st-mary.org](mailto:villagelife@stratford-st-mary.org) or phone **Sandy on 0770 660 2749 or Julie on 07989 639583**

## Stratford Chapel

Upper Street, Stratford St. Mary

**Leaders:** Phil Wyncoll & Bill Richardson

**Youth and Children's Pastors:** Jamie & Beckie Wyncoll

We are an independent mainstream Evangelical Church of around 60 people encompassing and providing for all age groups. We particularly specialise in the areas of Children's and Youth work, Bible Teaching and Evangelism.

### Services and Groups:

#### **Every Sunday:**

10.30am Morning Worship and Junior Church

6.30pm Church Prayer Meeting

8.00pm Bible Teaching Group (currently on Zoom)

**Monday:** 8.00pm House Group (on Zoom)

**Tuesday:** 7.30pm Discipleship Group (at the Chapel)

8.00pm House Group (on Zoom)

Wednesday 9-11am Mums and Tots

**Friday:** 5.00pm "Sparks" Children's Club for ages 7 – 11 (at the Chapel)


7.30pm "Ignition" Youth Club for ages 12 – 16 (at the Chapel).

Web-site: [stratfordstmarychapel.com](http://stratfordstmarychapel.com)

Enquiries: Children's & Youth: Jamie & Beckie (01206 323095) email: [Beckie.w@live.com](mailto:Beckie.w@live.com)

General enquiries: Maggie Chapman (01473 311436)

# Higham



## In Higham

Karl Chisnal - mower repairs.  
07557771721

Brett Valley Installations 07896 054439

## PCC Secretary needed in Higham

The PCC meets four times per year. The secretary is a voluntary post and involves preparing and sending out the agenda, taking the minutes at the meetings and distributing them to the members. There will be some additional admin during the year and extra preparation for the Annual Meetings.

Please contact Rev'd Manette if you can help:  
Tel. 07947 737789 or  
Email: [revmcrossman@gmail.com](mailto:revmcrossman@gmail.com)



In September, we had a very exciting event in Higham. We met in Parker's field for a lovely Pet Service which Rev'd Manette led on her horse Oriente. We had 3 horses, 2 hamsters and lots of other dogs who all behaved very well. Afterwards we gathered in the church for tea which the Higham Hangout Team very kindly provided. We are certainly looking forward to having another Pet Service next year.

# Raydon



## In Raydon

Blackwell Barn Holiday Let -  
www.cottages.com

Phil Avery Electrician 01473 311261

Ashley Short Carpentry 01473 311226

Gordon Short Decorator 01473 313053

SW Stiff Builders - 07811 005241

Earth&Turf Garden Services -  
07922078241

DIY Livery - 07710 540926

Infusion Grill - 07584 573474

Swift Garden Services - 07947 322429

Rheal Coatings - 07539 377740

Franklyn Nevard - Architect 07515  
351894

Fresh Eggs - Roadside stall Fox Farm

Katie's Little Beauty Box - 07802  
847628

Tarbins Bakes and Cakes - 07922  
129825



## Fair Trade coffee morning

Our Fair Trade coffee morning on September 5th was an all outside event, it was extremely hot and sunny and we headed for the shade and the slight breeze. Many of our regulars were enjoying late summer holidays and had chosen the week well, but those of us left behind enjoyed each other's company and the lovely baking from our "Frinton Friends".

The library van is being used by a few more people, so if you haven't borrowed a book or two yet then go and have a look, Rachel will be pleased to see you.

We have two Fair Trade coffee morning in October, as they happen every fourth tuesday we seem to have at least one month in the year when this occurs. The dates are the 3rd and 31st of October, the later one being halloween so maybe we'll have some pumpkin related refreshments!! Do come and join us, you'll be most welcome.

Many thanks for your continued support

Wendy Mumford 01473 312123

## Songs of Praise!

There will be a Songs of Praise service at the church on **8th October at 5.30pm**. Please do get in touch with manette about your favourite hymn and why it is special to you.



# Musical Soiree

**St Mary's Church, Raydon**

**Saturday 21 October 2023**

**Concert at 3pm featuring**

**Trudi Bishop, Martin O'Brien &  
Alison Wakelin followed by Team  
Raydon Afternoon Tea with fizz**

**Tickets £17.50 each**

**available by calling: 07710917924**

***In aid of St Mary's Church Fabric Fund***





# Raydon and District Garden Club

Our seasons keep changing but a bit more erratic so it seems. As I write these notes (mid-September) we have just enjoyed (or endured) another hot to very hot fortnight and once again the watering especially of pots started in earnest once again. Don't know about you but for me it brought back memories of May & June 2022, but fortunately not for so long, and the heat not so record breaking. A few timely heavy showers has since refreshed things up a bit and I must say the gardens look in fine fettle. As we left August behind the September mornings started to be more misty and a heavy dag (or dew) on the grass which is always a sign of our summer season starting to change. So hopefully as you read your copy of The Quartet we will be in early October and autumn will become more noticeable each day. The lovely greens of spring and summer will start to turn into more yellow and orange and in some cases brilliant reds, the flowers which have put on such a brilliant display through summer will start to fade and be replaced by many different seed heads, rose hips, sunflower heads, and guelder rose along with cotoneaster berries become orange or red as they ripen to become a feast for the birds preparing for winter. In years gone past we always tided up the flower beds in October ready for winter but nowadays to help nature recover we are advised to leave this operation until very early Spring. However some things of course still have to be done in Autumn, but we should all do our bit to help nature all around us as its vital for us. **A bonus to enjoy** on a cold frosty morning with the sunlight shining on the frost, the left seed heads and plants and even the lawns which may be covered by spider webs makes for a fine view when looking out of the window. This time of year is also a great time if you're able to get out into the

country side and enjoy a brisk or even a slow walk perhaps in a woodland taking in all the wonderful sights, colours, and smells and make the most of the shortening days. Hopefully we all enjoyed our September meeting with Helen Chen with her subject of Bamboos and now we look forward to our next evening on Thursday 26<sup>th</sup> October at 7.30pm in the pavilion once again to welcome Jim Paine from Walnut Tree Nursery with his subject "Trees for all seasons". We all love trees ? don't we ? I know some people complain of fallen leaves, they can be slippery, clog up drains and gutters, but these can be collected and turned into leaf mould then put to good use on your garden next year. Just think within 3-4 months we will all be enjoying that wonderful time of fresh many differing shades of greens all around once again as Spring takes hold. Our November meeting (last one in 2023) will be the annual AGM and social evening to be on Thursday 23<sup>rd</sup> at 7.30pm in the pavilion. It will start with a glass of wine, table quiz, ½ hr AGM, cold buffet and perhaps a surprise guest with a difference. Please come along and vote on the night for your new committee to carry the club forward into 2024. Members it's your



chance to put forward any suggestions or any complaints for the committee to consider. Also a gentle reminder that 2024 membership fees are due please on the night, and be prepared for another increase in fees as quality guest speakers fees continue to rise, mostly due to continued Increased fuel prices, but also due to less speakers available. Some of our speakers travel considerable distances (50-100 miles or more) and we cannot expect them to not include fuel cost.

Your current committee **wishes to thank all club members** who have supported us over many years since 1980, and look forward to 2024 **our 44<sup>th</sup> year** with your continued support. Any new ideas or subjects for our evening meetings are always welcomed by your committee who are now planning for 2024. Looking forward to seeing you all once again on 26<sup>th</sup> Oct. Geoff Horrex. 310422/07810086143

**Advance notice :-** Spring Show 2024 will be held in Pavilion on Saturday 6<sup>th</sup> April. // Summer show 2024 will be on Saturday 17<sup>th</sup> August.

## Ideal for your special event

The Raydon Pavilion is for hire  
Fully carpeted room for up to 80 people  
Kitchen and preparation room  
Easy parking  
Available morning, afternoon and evening

For details, contact Mark Smout  
Tel 07748 842750 or email  
marksmout@gmail.com

## Raydon Sport & Social Club

We are pleased to note that the bar again be open for the big screen showing the Rugby World Cup in the Autumn

## Poppy Appeal 2023

The annual Poppy Appeal helps the Royal British Legion to provide life-long support to serving and ex-serving members of the British Armed Forces, their families and dependents through hardships, injuries and bereavements.

Collections for the 2023 Poppy Appeal will take place through the village from 26<sup>th</sup> October.

As well as poppies, collectors will have enamel badges, poppies for cars, wristbands, rulers and other items on offer.

Remembrance Sunday is on 12<sup>th</sup> November 2023.

Thank you in advance for any donation you are able to make, and please wear the poppy with pride.

Mike Faulkner, local appeal organiser.

## RAYDON PARISH COUNCIL

Parish Clerk - Stacey Lowe 07944 968011  
raydonpc@gmail.com  
Chairman Councillor Keith Lovering 07939 075143  
Councillor Jayne Tann 01473 828283 or 07887 767478  
Councillor Lorraine May

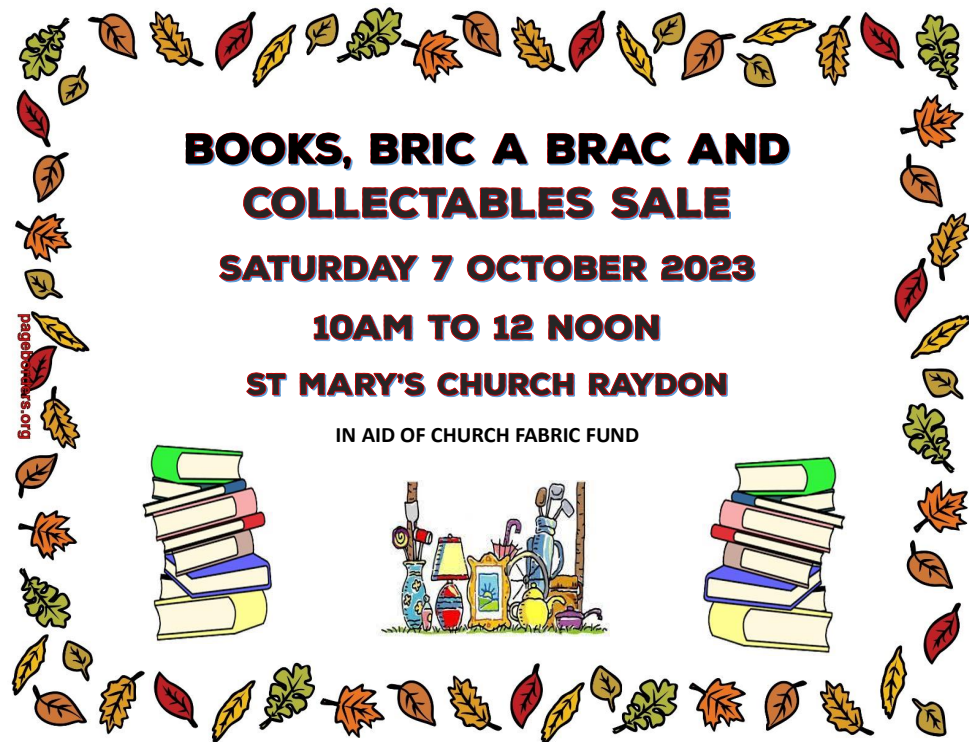
## RAYDON PARISH COUNCIL

**SCHEDULE OF MEETINGS 2023**  
(all at 7.30pm in the KGF Pavilion)

**Tuesday 3rd October**  
**Tuesday 7th November**

**NB: if you would like to see copies of the minutes of any Raydon Parish Council meetings, please visit [www.raydonpc.org](http://www.raydonpc.org), or contact the Parish Clerk.**





## Suffolk Historic Churches Trust

It was the hottest day of the year for this 50th anniversary event, and sadly here in Raydon it meant we didn't get our usual number of visiting riders or striders. But still a huge thanks to all who took time to sit in the Church to record the visitors. Some of our planned riders were unable to take part this year as well, due to the heat and illness. However, our intrepid team continued the tradition of using the exercise bike that Margaret Hammond

used and completed 83 miles, the age Margaret would have been. I know they have a great many sponsors and have raised a phenomenal amount for the cause. If you sponsored them or anyone else then please come along to our coffee morning on October 3rd to settle up, (free coffee in exchange for your sponsorship money!) . Total raised here in Raydon will be announced at our coffee morning on October 31st.

Thank you so much for joining in this county wide event, see you next year.

Wendy Mumford



### Salted caramel and roasted pecan brownie. (makes 12)

#### Brownie mix

250g unsalted butter  
250g dark chocolate  
175g plain flour  
75g cocoa powder  
5 eggs  
300g golden caster sugar

#### Salted pecan praline

200g pecan nut halves  
1 tea spoon sea salt  
150g caster sugar  
50 ml water

#### Stage 1

1. Line a square or rectangle 20cm cake tin with buttered or oiled parchment paper. And pre heat a fan assisted oven to 180c
2. Roast the pecan nuts with the salt @ 180c for 7mins then remove and place on parchment paper.
3. In a thick bottom or copper pan boil up the caster sugar, and water to 180c and pour over the nuts, allow this cool then smash into pieces with a rolling pin or alternatively use a food processor on pulse.



#### Stage 2

1. Melt the chocolate and butter together, mixing well all the time over a bain marie, or in 30 second blasts in a microwave, until fully melted and smooth.
2. Sieve the flour and cocoa powder and fold into the above melted chocolate and butter, allow 10 minutes for this to cool, then fold through the pecan praline from stage 1.

#### Stage 3

1. Beat the eggs and golden caster sugar to sabayon stage (thick & pale)
2. Now fold the stage 2 chocolate nut paste through the egg and sugar mixture (sabayon).
3. Pour the mixture into the lined cake tin and proceed to bake for 50mins at 180c, remove from the oven and leave the brownie in the tin to cool before removing and portioning.

To see more of what Chef Neil offers locally visit!

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

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

Instagram



@CHEFNEILSINFUSIONGRILL

# Holton St Mary

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## In Holton

Ann Mason Care - 01206 233372  
Hazelton Plumbing and Heating -  
07448 152693  
Love refills - at Church square every  
fourth Tuesday



## Slow Stitch

The bunting, red, white and blue pom poms and felt flowers, that Slow Stitch group made as part of the coronation decorations earlier this year, were out in force again on September 7<sup>th</sup> for the Tour of Britain cycle event. While the cyclist probably did not get a chance to see them, at least they featured on the ITV4's live coverage of the race.

Slow Stich meets every third Thursday as a drop-in group from 2-4pm. We welcome beginners of sewing, knitting, crochet, embroidery or tapestry. Also, here to help you finish a project or understand a pattern.

Jeanette Appleton



## First Friday of the Month Lunch Club

The next First Friday of the Month Lunch Club will be on Friday 6<sup>th</sup> October. Please do book via Sal or Frances ([salthurlo@gmail.com](mailto:salthurlo@gmail.com) or [familytorrington@btinternet.com](mailto:familytorrington@btinternet.com)) so our wonderful volunteers don't over or under-cater.



Since the pandemic, a small group meets regularly on the Millenium Green from 5pm on warm, dry Thursday evenings, just for an hour or so, bringing our own drinks and occasionally nibbles, to natter and pass the time in a pleasant place, in pleasant company. Please feel free to join us.

## Holton St Mary Social Club (HSMSC) Update

### Live music from Lee Rose of Bacons Green

On behalf of the HSMSC and everyone that attended the live music on 8 September, we would like to thank Lee for another fantastic live music performance at the village hall. It was certainly an entertaining evening and we are hoping that we will be able to persuade him to do others in the future, so please keep an eye out in the Quartet or the HSM Facebook page.

### Quiz night 7 October (from 7pm)

At the time of writing, we are looking forward to the second quiz night of 2023 scheduled for 7 October. We will update on the success of this in the next Quartet article.

### Future events

#### Bonfire night 3 November (from 5.30pm)

There will be a village collection of garden waste and wood on Saturday 28 October in the morning, any other materials will be left as they cannot be used. If you take waste over to the field, please do not do this until Saturday 28th October.

We will open the bar in the village hall at 5.30pm, ahead of the bonfire lighting at 7.15pm and fireworks being lit at 7.45pm on Friday 3 November. After the fireworks there will be beer, bangers and burgers for sale at the village hall after approximately 8pm. The church committee will also be raising money by selling soup on the millennium green before the lighting of the fireworks. Please remember to bring some cash to the fireworks, as it is the donations that we receive at the field that helps to fund future firework nights.

### CANCELLED: New Year's Eve Saturday 31 December 2023

The New Year's Eve event will be cancelled for this year.

### Free membership

If you aren't a current member of the HSMSC and would like to be, it is free to join, just contact Bob Holmes on 07966 266293/ [bobholmes55@icloud.com](mailto:bobholmes55@icloud.com) to sign up.

As always, we welcome suggestions for what HSMSC members would like us to arrange in terms of events, so please feel free to get in touch.

### The Holton St Mary Social Committee

Bob Holmes, Lee Barton, Kevin O'Connor, Suzie O'Connor, James Lancaster, Steve Sleigh, Sally Longmate, Vaughan Vannierkerk and Louise Dolan.

## Holton St Mary Parish Council

Scheduled meeting dates:

November 8th 2023  
January 10th 2024  
March 13th 2024  
April 10th 2024 Annual Parish Meeting  
May 8th 2024 Annual General Meeting

## Parish Council Vacancies

Holton St Mary Parish Council currently have 3 vacancies for Councillors – If anyone is interested or would like more information then please contact the Clerk - email [hsmparishclerk@gmail.com](mailto:hsmparishclerk@gmail.com) address [hsmparishclerk@gmail.com](mailto:hsmparishclerk@gmail.com)

## Green Gym

The Green Gym will meet again on Saturday 7<sup>th</sup> October. New members always welcome and there's always plenty to do to keep our village clean and tidy. Bring gardening gloves and a smile.

SATURDAY 28<sup>th</sup> OCTOBER IS  
CHURCHYARD AND CHURCH CLEAN UP DAY  
IN HOLTON ST MARY  
FROM 10.00 AM TO 12.00 NOON  
Are you able to help?

(For as little or as long as you like.)

If yes, please contact Frances Torrington on

[familytorrington@btinternet.com](mailto:familytorrington@btinternet.com).

Refreshments will be provided.

Please bring your own tools!



## Holton St Mary Village Hall

The Hall is back in use and taking bookings again. Please contact Tanya Kunz on 01473 311570

## Memories

Having read last month how the magazine is constructed, memories from the past were brought back.

My father John Griffin ( Rector 1946-1972) decided that money could be saved by making the Stratford & Higham Parish Magazine in house. Mrs. Hughes, from Stratford Hills Farm, supported the village a lot and donated a Gestetner Duplicator. This was a hand powered machine which could print from a type written copy. A modern method in the 1950s with no type setting to be done.

Father built a work top with cupboard and drawers to fit his study in the Rectory. The old Rectory is on the corner where School Lane meets the A12, which then ran through the village. Father had learnt to type at that time, one finger on each hand, and Miss Jean Sharp came over for a few evenings towards the end of the month. She would type the material which he had written onto a stencil for the duplicator. This entailed hitting the type keys very hard to cut into the stencil, if not hard enough bits failed to print. The stencil for each page was fitted to the machine, ink was poured in and the handle was turned. It made a satisfying wurring and clicking noise until the right number of pages were reached. Then it was up to the volunteers who descended on the Rectory to put the pages together in the right order, and staple together with an extra long tool which could reach the middle of an A4 sheet from the end. Then it was delivered to the villagers who subscribed to it.

Chris Griffin.

## Suffolk clinician publishes book on supporting parents with their child's mental health

One of the UK's most experienced and respected consultant clinical psychologists – who's based in Suffolk – has published a new book that aims to support parents with their children's mental health.

Happy Families: How to protect and support your child's mental health, written by Dr Beth Mosley MBE, aims to equip parents and carers with the tools they need to tackle anxiety, low mood and difficult behaviours among young people.

The book has received international interest from a number of countries including the USA, France and Greece.

Dr Mosley said: "With the school summer holidays drawing to a close and the start of a new academic school year, September can often be a challenging time for children of all ages.

"It's not easy being a parent at the moment. We've just navigated an unexpected pandemic and continue to face other ongoing uncertainties that impact both our stress levels and our children's.

"We are hearing it all the time, how children's mental health difficulties are massively increasing and there are limited services to help.

"As a parent your anxiety goes through the roof when you hear that 50% of mental health difficulties in adulthood start before the age of 15 and 75% before 24.

"Happy Families has been inspired by the many families I have worked with over the years.

"The information I have shared with these families has made such a difference to them and their children's lives."

Beth added: "Surprisingly, despite the fact that there has never been a time when children's mental health has been of so much interest to parents, there is not a book out there that provides this critical information in one place. Which is what inspired me to write this book.

"Happy Families is packed with the most important things every parent needs to know about their child's mental health. And it's not just why, it is what to do – it provides the practical tools for parents to support their children from ages 4 through to 21. Based on 20 years of experience as a clinician and a parent it is a jargon-free warm companion and guide to any parent in what can sometimes feel like a lonely journey.

"Young people's mental health is not just an area of concern for parents in the UK, it is a global challenge. Happy Families will be published in many different languages, including Korean, French, Spanish, Polish, Chinese, Romanian and Greek. It is also to be published in the USA."

Dr Mosley was one of the first clinical psychologists in the country to be appointed full-time within a local secondary school. She works locally for the NHS both as a children's and young people's mental health clinical lead and a consultant clinical psychologist in children's mental health services.

Her contribution to children's mental health during the pandemic was recognised in the 2022 New Year's Honours List with an MBE.

Copies of Dr Mosley's book are available from any good book store and Amazon as kindle, hard-back and Audible.

## Holton St Mary Millennium Green Trust Century Club Draw

Recent winners are:

**July 2023:** £35 No 55 Matthew Maddison, £20 No 120 Gary Gentry, £10 No 95 Peter Butcher, £10 No 116 Paul Oliver.

**August 2023:** £35 No 128 Babelle Duvoisin, £20 No 33 Mark Anderson, £10 No 92 Gretel Maddison, £10 No 39 Diana Wilson

**September 2023:** £35 No 68 Sally Thurlow, £20 No 108 Lee Rose, £10 No 13 Vaughan Vanniekerk, £10 No 38 Louise Dolan

Marjorie Haste  
Secretary



## THE DEDHAM EDUCATIONAL FOUNDATION

The Trustees invite applications from residents in the Parishes of Ardleigh, Bradfield, Dedham, Great Bromley and Stratford St. Mary for financial grants that are available in the following categories:

### Secondary Schools & Sixth Form Colleges

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

### Universities & Colleges of Further Education

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

For an application form, or further details, please contact the Clerk to the Foundation, Mrs. Claire Arculus, at [dedhamefclerk@gmail.com](mailto:dedhamefclerk@gmail.com) or 07752201441.

Closing date for applications:- **31<sup>st</sup> October 2023.**

## Keep an older person safer in 2023

Cold calling is not illegal. However, any trader that ignores a sticker or notice on a door stating that the occupier does not wish to receive cold calls may be committing a criminal offence.

As a nationwide, live-in, home care provider since 1980 we have decided to try and help prevent, where we can, an older person or a person with a disability from becoming a victim.

The door sticker shown here may be of interest. These are free of charge and readers can obtain one or more by emailing [info@ablecommunitycare.com](mailto:info@ablecommunitycare.com), or calling us on 01603 764567. (Since 2019 we have given out over 180,000).

We do not keep any individual details on a database, and we do not give information to other organisations.

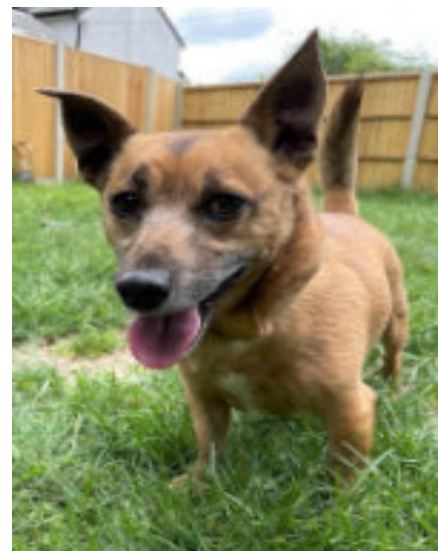
Based in Norfolk but a Nationwide Live-in Care Provider, established 1980. T- 01603 764567

Able Community Care, The Old Parish Rooms, Trowse, Norwich. NR14 8TZ  
[www.ablecommunitycare.com](http://www.ablecommunitycare.com)



## SESAW NEWS

Cats Protection created National Black Cats Day on 27th October to "...celebrate the majesty of monochrome moggies..." having ascertained rehoming black/black white cats took longer in 2011. Mother will tell you this is still the case. She will also confirm I am not the easiest pet to live with, rather like another animal we homed recently.



Whereas I am a cat, he is a Jack Russell/Chihuahua cross, his name is also Ollie and he has plenty of 'attitude' too! He arrived due to his owner's illness and didn't settle in the first home we found, but the second was ideal. He now lives with a couple by the sea, he rides on his master's mobility scooter and they know just how to manage his funny ways! It can be difficult to find the right home for animals with varied personalities but we usually succeed.

There are worldwide myths predicting dire or delightful consequences for those who see, touch or live with black cats. I don't claim to bring you good or bad luck but I do offer my annual warning to keep all your

pets safe during the firework season. It can be a very scary time for us so please keep you dogs and cats indoors with you at night, close the windows and curtains, provide a 'safe place', play music and investigate calming room diffusers. Insulate outdoor hutches or move them to a shed or garage and check for hedgehogs before you build a bonfire.

I'll close now as it's getting dark outside - and Mother's broomstick stands waiting for me, Ollie (the Black) Cat!

Suffolk & Essex Small Animal Welfare, Registered Charity  
No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888, email: [info@sesaw.co.uk](mailto:info@sesaw.co.uk) website: [www.sesaw.co.uk](http://www.sesaw.co.uk)



## BERGHOLT BRIDGE CLUB

We are a friendly relaxed club and are looking for new members.

No need to bring a playing partner we can provide you with one!

We meet at  
THE LAMBE SCHOOL  
Gaston Street  
EAST BERGHOLT.

Monday evening at 7pm.

Want to know more?  
Call Jayne : 07887767478.





## Manningtree & District Photographic Society

We started our new 2023-2024 season in September with our 'Chairperson's Welcome Meeting', where members shared their images taken during the summer months. We also reflected on our Photomathon and barbecue, which are always popular events.

Last month we held our first PDI competition of the season – 'Reflections', judged by Peter Norris DPAGB, AFIAP, BPE3.

We are looking forward to a workshop on the 12<sup>th</sup> October and our first Prints competition of the season – 'Open Colour' on the 26<sup>th</sup> October, which will be judged by Vic Hainsworth ARPS DPAGB APAGB.

Please visit our website for details of our full programme together with competition results, photo albums and further club information. Our public Manningtree Photographic Club Facebook page also features various club news and activities.

We continue to have fun with our Facebook Challenge and this month's featured image is by Amanda Bancroft, the winner of a recent FB Challenge.

We are a small group of photography enthusiasts with a wide range of photographic experience and knowledge. The club aims to provide a friendly environment for members to enjoy the development of their photographic skills through a variety of activities in the company of like-minded individuals

If you are interested in photography, at whatever level, you would be most welcome at M&DPS and we would like to invite you to come along to a free club meeting. We meet at Mistley Village Hall, on the 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Thursdays of the month between September and May at 7.30pm.

For further information please contact our Secretary Pat Ainger on 01206 231242 and email: [madps@post.com](mailto:madps@post.com)

Website: <https://e-voice.org.uk/manningtreeanddistrictphotographicsociety/>



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We have over 40 interest groups including walking – from strollers to 5+ milers – theatre trips, garden visits, art appreciation, curry club, science group, languages, keep fit, pickleball, overseas travel ..... there's something for everyone.

Monthly coffee mornings are held on the first Friday of the month 10am – 12pm at the Lambe School, East Bergholt. Come along, meet some members, hear more about us and decide whether you'd like to join. Monthly lectures are held on the second Wednesday at 2pm in the Constable Hall, East Bergholt. Guests are welcome for a charge of £4.

Please take a look at our website [www.u3asites.org.uk/stourvalley](http://www.u3asites.org.uk/stourvalley) for more information and contact details.

## Holy Family Roman Catholic Church

Ipswich Road, Brantham CO11 1TB  
Parish Priest: Rev Fr Luke Goymour, St Mark's Parish House, 180 Hawthorn Drive Ipswich IP2 0QQ. Tel: 01473 684963  
[revgoymour@googlemail.com](mailto:revgoymour@googlemail.com)

For other Mass times please refer to the weekly Newsletter that is always displayed in the cabinet alongside the Church's front door, they may also be read on the regularly updated website [www.stmarksparish.org.uk](http://www.stmarksparish.org.uk) together with other Parish news.

All are very welcome to attend Holy Family services; it is not necessary to be a Catholic. Services for October 2023.

<b>Sunday 1</b> <b>ORDINARY TIME</b> 9am	<b>26th SUNDAY IN</b> Mass
<b>Tuesday 3</b> 9.20am 10am	Eucharistic Adoration Mass
<b>Sunday 8</b> <b>ORDINARY TIME</b> 9am	<b>27th SUNDAY IN</b> Mass
<b>Tuesday 10</b> 9.20am 10am	Eucharistic Adoration Mass
<b>Sunday 15</b> <b>ORDINARY TIME</b> 9am	<b>28th SUNDAY IN</b> Mass
<b>Tuesday 17</b> 9.20am 10am	Eucharistic Adoration Mass
<b>Sunday 22</b> <b>ORDINARY TIME</b> 9am	<b>29th SUNDAY IN</b> World Mission Day Mass
<b>Tuesday 24</b> 9.20am 10am	Eucharistic Adoration Mass
<b>Sunday 29</b> <b>ORDINARY TIME</b> 9am	<b>30th SUNDAY IN</b> Mass

For other Parish Mass times please refer to the weekly Newsletter that is always displayed in the cabinet alongside the front door of the church, they may also be read on the regularly update website [www.stmarksparish.org.uk](http://www.stmarksparish.org.uk) together with other news.

**Supporting our Local Hospice**  
All Parishioners are asked to collect used postage stamps, ALL YEAR, not just at Christmas and place them in the box at the rear of the church to help support the outstanding work of our local Hospice. **The Sick & Homebound** Please let Fr Luke know of anyone who is ill at home or housebound, so that they may receive appropriate pastoral care, he may be contacted at The Presbytery, 180 Hawthorn Drive, Ipswich IP2 0QQ on 01473 684963.

# Bin collections

Week Commencing			
	2 <sup>nd</sup> October	Recycling Week	
	9 <sup>th</sup> October	Refuse Week	
	16 <sup>th</sup> October	Recycling week	
	23 <sup>rd</sup> October	Refuse week	
	30 <sup>th</sup> October	Recycling week	
Waste Services 0300 1234 000 (option 4) Email: <a href="mailto:recycling@babberghmidsuffolk.gov.uk">recycling@babberghmidsuffolk.gov.uk</a> Visit <a href="http://www.recyclenow.com">www.recyclenow.com</a> to find your nearest recycling banks			



Do you want a recommendation?

Tell us your favourite local service - could be a pub or restaurant or takeaway, or other service you think would benefit getting a recommendation...If we agree, we'll print it here

**The Layham Queen** take out service on Fridays & Sunday Roasts - Steve and Tannith are very community minded and give a very good service

**Simply Thai** Manningtree - It was simply delicious! Freshly cooked, and arrived within the quoted time frame. 01206 396060. Delivers to Holton St Mary

**Zaynab** and **Mother Indian** at Capel. Really good and highly recommend. They don't deliver, but it's made quickly for pick-up.

**Brantham Bull** 01473 328248

**Lucca Enoteca** Manningtree 01206 390044

**Oranges & Lemons** East Bergholt 01206 299000

**the florist in East Bergholt** does lovely flowers:- [www.gayedrummond.com](http://www.gayedrummond.com)

**Sam Pritchard** [sam@samselectrics.co.uk](mailto:sam@samselectrics.co.uk) 07940031776 - Sam can certify safety for insurance and landlord work too. Anyway, he's great.

There's room for more - and don't forget to keep us updated...let us know...!

# Local Services

## The Constable Country Medical Practice

Heath Road, East Bergholt, Colchester CO7 6RT

### Surgery opening hours

8.00am – 6.30pm Monday to Friday  
Telephone 01206 298272

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

## Crime prevention

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

PC 1347 Gilkes Pcco 3041 Cooper

[babergheast@suffolk.pnn.police.uk](mailto:babergheast@suffolk.pnn.police.uk)

Telephone...101

## Your District and County Councillors

**District Councillor: John Ward**

Leader, Babergh District Council

Phone: 07802 414981

Email: [john.ward@babergh.gov.uk](mailto:john.ward@babergh.gov.uk)

**County Councillor: Georgia Hall**

Email: [georgia.hall@suffolk.gov.uk](mailto:georgia.hall@suffolk.gov.uk)

Phone: 07955 434445

Both have correspondence addresses at Endeavour House, 8 Russell Road Ipswich IP1 2BX.

## MOBILE LIBRARY

### Stratford St Mary - Route 11

The bus stops every 4 weeks on Wednesdays, subject to current restrictions

25 October, 22 November, 20 December, 17 January 2024

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

3 October, 31 October, 28 November, 23 January 2024

### Holton St Mary

Church Square - 9.30-9.45am

### Raydon

St Mary's Raydon - 9.50-10.30am

### Lower Raydon

Sulleys Hill - 11.30 - 11.45am

### Higham

The Green - 11.55am to 12.10pm

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



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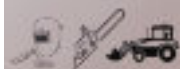
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 Mobile: 677-2233  
[www.mobilisgroup.com](http://www.mobilisgroup.com)

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**Farm Shop Open: Mon to Sat 9am to 5pm / Sun 10am till 4pm**




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Shop: 01206 322572, [shop@hallfarmshop.co.uk](mailto:shop@hallfarmshop.co.uk) | Restaurant: 01206 323600, [cafe@hallfarmshop.co.uk](mailto:cafe@hallfarmshop.co.uk)  
 Hall Farm, Stratford St Mary, Colchester, Essex CO7 6LS | [www.hallfarmshop.com](http://www.hallfarmshop.com)





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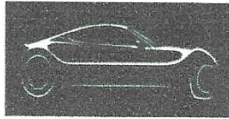
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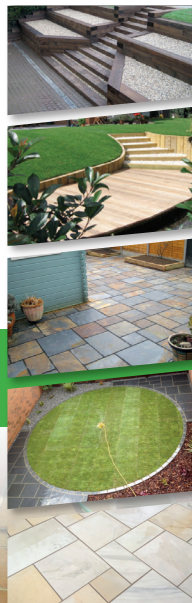
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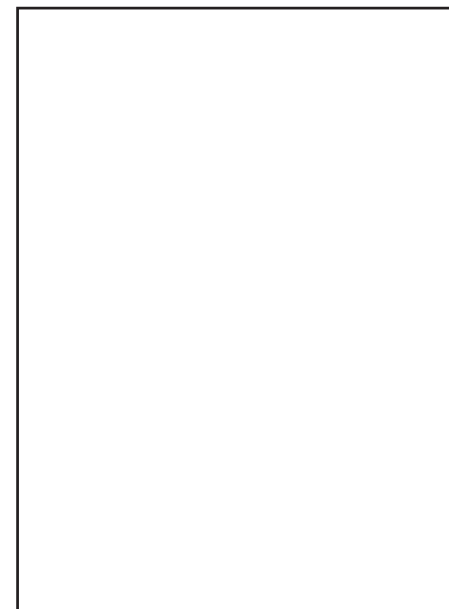
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## **BENEFICE CONTACTS, SERVICES AND EVENTS**

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Email: [revmcrossman@gmail.com](mailto:revmcrossman@gmail.com)

**Assistant Priest:** Rev'd Nicola Tindall: Tel 01787 212340  
Email: [revnictv@outlook.com](mailto:revnictv@outlook.com)

**Lay Elder:** Sandy Ranson 01206 322156  
Email: [sandyranson29@gmail.com](mailto:sandyranson29@gmail.com)

**Please contact Rev'd Manette if you or your children would like to be baptized, if you would like to get married in one of our churches, or if you need to arrange a loved one's funeral.  
Home Communion for the housebound can also be arranged.**

**If you would like to know more about Confirmation, please get in touch with Rev'd Manette.**



Regular updates about what is going on in our parishes can be found on the Benefice Facebook page:  
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**Benefice website: [www.4marys.org.uk](http://www.4marys.org.uk)**

### **Churchwardens:**

<b>Higham</b>	Hugo Parker 01206 337234
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### **Benefice Safeguarding Officer:**

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Email: [steph.middlebrook@outlook.com](mailto:steph.middlebrook@outlook.com)

Please contact Steph, Rev'd Manette or one of the churchwardens if you have any concerns.



## Church Services for October

**Sunday 1<sup>st</sup> October: 10am Stratford SM Harvest Praise**

*17<sup>th</sup> Sunday after Trinity*

**5pm Holton St. Mary Evening Prayer (BCP)**

**Sunday, 8<sup>th</sup> October: 10am Higham Harvest Festival**

*18<sup>th</sup> Sunday after Trinity* with Communion

**5.30pm Raydon Songs of Praise**

*Let Rev'd Manette know your favourite hymn and we will try and fit it in. Be prepared to share why you like this particular hymn.*

**Sunday, 15<sup>th</sup> October: 10am Holton St. Mary Holy Communion**

*19<sup>th</sup> Sunday after Trinity*

**Sunday 22<sup>nd</sup> October: 10am Raydon Holy Communion**

*20<sup>th</sup> Sunday after Trinity*

**10am Stratford St Mary: Family Hour** in the Parish Room

### 5<sup>th</sup> Sunday in the Benefice

**Sunday, 29<sup>th</sup> October: 10am Holton Family Communion**

*Bible Sunday*

*Join us for croissants, pastries, coffee / tea and juice at 10am, followed by a shorter and more informal communion service.*

-----  
Please welcome couples who are attending worship in our benefice because they are preparing to get married in one of our churches. We currently have regular visits from Sophie & Ashley and from Simón & Charlotte.  
-----

### Singers needed to support the music in our churches

We are beginning to plan our Remembrance and Christmas services. Please get in touch if you would like to join in with the choir.

From Rev'd Manette

## Family Hour in Stratford St Mary at 10am

Come and join us for the Family Hour this month. We will be meeting on **22nd October** in the Parish Room. Our usual breakfast of bacon rolls etc will be served from 9.30 am. Do join us for our informal half-hour service, bible story and kids craft activity. We very much look forward to seeing you.

The Family Hour Team



## 5th Sundays in the Benefice

On 5th Sundays we meet for an **informal Family Communion**.

This is a shorter service which begins with a Café Church style breakfast of croissants, pastries, coffee / tea & juice at 10am.

Adults and children are very welcome to be involved.

Come and join us for fellowship and a more contemporary type of worship.

**This month we will be meeting on 29th October in Holton**

**Chat, Prayer & Coffee every 3<sup>rd</sup> Wednesday at 10am**  
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**We will be meeting on Wednesday, 18th October.**

## Benefice Bible Study / House Group

The House Group will reconvene this month at 2.30pm on **26th October** at the home of Mrs Judith Shanks, 34 Strickmere, Stratford St Mary.

## **Benefice Churches Open**

All the churches in our benefice are open every day for private prayer and visiting. Everyone is welcome to visit and enjoy some quiet time for reflection or to enjoy the beautiful church buildings.

### **Prayer**

Creator God, we thank you for the gift that is creation –  
for the beauty of the earth and how  
you have created us to care for it.

We thank you for the gift of food. We pray for those without,  
whose harvests and store cupboards are empty,  
Help us to work together to share the world's resources  
so that everyone can be fed.

We thank you for the gift of those who farm and prepare our food –  
for their labour, their innovation and their care.

We pray that everyone will be able to work with dignity,  
that there will be no more poverty,  
Help us to work together for just and fair systems  
of pay and working conditions.

Lord of the Harvest, hear our prayers. Amen.

*Adapted from a Tearfund prayer*

### **Prayer pointers**

We pray for all those who are ill, in pain or in any way unwell, for those personally known to us and also for:

Steve Meech, Maureen Hammond (Raydon)

Amanda Berry and Penny Watkins (Higham)

Annie Marshall (Stratford St. Mary)

Ann O'Connell, Renate and Clara (from outside our parishes)

We remember all those who have recently died, among Dennis Hammond, and those whose anniversaries fall at this time.

May they rest in peace and rise in glory. We pray for their families and all who mourn them that they may be comforted in their grief.