

PRESTON PARISH PAPER

Village Activities & News | St Mary's Church | Local Clubs & Events

Dates for your Diary

Sunday 3rd April - Preston Praise at 11.30am for 12 noon in the Church

Monday 11th April – Ladies Club Beetle Drive in Village Hall – See Page 14

Good Friday 15th April – Preston People's Passion – 12 noon in the Church

Easter Sunday 17th April – Sunrise Service at 6.30am followed by bacon butties and Buck's Fizz in the Church

Saturday 23rd April– Village Get-Together and Village Hall reopening – 10am onwards

Sunday 8th May – Preston Praise at 11.30am for 12 noon in the Church

Sunday 22nd May – Rogation Service in Church at 12 noon followed by farm walk and BBQ at Priory Farm

Saturday 28th May – Village Get-Together – 10am - 12 noon in the Village Hall

Friday 27th – Sunday 29th May. USA Memorial weekend – see Pages 8 - 10

EDITORIAL

Thank you for all your support, and for your contributions to the PPP.

Our Editorial email address is:

editorpstmppaper@gmail.com for future contributions.

INTERESTING TIMES

Reputed to be an ancient Chinese curse the saying 'May you live in interesting times' is becoming an appropriate motto for the 21st Century.

We have had financial collapse, we are living through accelerating climate change, we have asserted our national independence from our friends over the (English) Channel, we are still reeling from a deadly pandemic, and now we are facing the economic if not the military effects of a European war started by someone who clearly has seen enough and wants to take us back to the 20th Century.

But here in Preston we always look on the bright side of life. A quick scan through this issue shows that we are back in business after many months of lockdown. We have a gleaming newly refurbished Village Hall, a thriving Parish Church, and a range of active and lively groups enjoying table tennis, carpet bowls, art, music, and dancing – we even have a very popular choir.

This year is Platinum Jubilee year, and the place to be on Sunday 5th June will be right here. Watch this space!

If you've any thoughts, points of view, experiences or protests to share, please write to the editors. We would love to hear from you, and so would the rest of our readers.

WHO'S WHO IN THE VILLAGE

Parish Council

CHAIRMAN	Pending		
CLERK	Kay Shorter	249492	prestonpcclerk@gmail.com

Parochial Church Council

RECTOR	Revd Stephen Earl	247244	rector.lavenham@gmail.com
CHURCHWARDENS	Janet Martin	249020	janet.martin@btconnect.com
	Keith Davis	247112	keithhdavis@btinternet.com

Friends of Preston St Mary Church

CHAIRMAN	Janet Martin	249020	janet.martin01@btconnect.com
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Village Hall

CHAIRMAN	Annie Mason	01449 763640	ranniemason@btinternet.com
SEC./BOOKINGS	Sue Diggins	01449 737187	sdiggins2rda-east.org.uk

Art Group

Monday mornings, 3 terms of 10-12 weeks

NEW MEMBERS	Judy Legg	247515	judyannlegg@gmail.com
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Ladies' Group

Informal gatherings arranged for most months of the year, usually on Mondays

CO-ORDINATOR	Anne Springall	247156	annespringall@gmail.com
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Table Tennis

Thursday Evenings at 7.30 in the Village Hall

CO-ORDINATOR	Dave Williams		williams.jackdaws@btinternet.com
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Carpet Bowls

Friday Afternoons at 2.30 in the Village Hall

CO-ORDINATOR	Maggie Bardzinski		maggiemossbar@aol.com
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The Six Bells Pub

		247440	reservations@thesixbellspreston.com
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Neighbourhood Watch

CO-ORDINATORS	Sue Cawston	247189	kishcash@btinternet.com
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	Mervyn Cochrane	01449 737187	
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Tree Warden

	Kate Hanlon	249647	katemaryhanlon@gmail.com
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Preston St Mary Parish Paper

News of events & village life, distributed free to every household, bi-monthly

EDITORIAL BOARD	Robyn Lloyd Hughes, Jack Tasker, Caroline Gove		editorpstmppaper@gmail.com
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Doctors' Surgeries

Bildeston	01449 740254	Lavenham	378226
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Local Councillors

Suffolk County Council	Robert Lindsay (Green Party)	robert.lindsay@suffolk.gov.uk
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Babergh District Council	Robert Lindsay (Green Party)	robert.lindsay@suffolk.gov.uk
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Community Liaison Officer	Cally Boardman	cally.boardman@suffolk.gov.uk
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Police - Non-emergency number 101

Police Community Engagement Officer	PC Jon Gerrish	ceosudburyhaverhill@suffolk.police.uk
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Our Ward is North West Cosford

A PASTORAL LETTER FROM THE RECTOR

Dear Friends,

To fully anticipate the joyful themes of Easter in this pastoral letter whilst still in Lent and before we have experienced Holy Week would seem strange.

But there is one theme, uppermost in our minds at this time, that is a continuous thread through the whole of Scripture and which we find in the words spoken by Jesus to his disciples both before and after his agony on the Cross.

Memorably it concludes this verse from a well-known hymn drawing on the 'halcyon days' of Jesus' ministry in and around Galilee –

Drop thy still dews of quietness
Till all our strivings cease,
Take from our souls the strain and stress,
And let our ordered lives confess
The beauty of thy peace.

Jesus has already spoken of 'peace' on occasions throughout his ministry, he has instructed those whom he healed to 'go in peace', he has called the peacemakers 'blessed', and the message of peace features prominently in his valedictory words in the Upper Room on the night of his arrest: 'Peace I leave with you; my peace I give to you' (John 14: 27a). How extraordinary to be speaking of peace when he himself was in the midst of conflict with the authorities and facing death by crucifixion as part of his amazing redeeming work for the world; 'such love', as another hymn puts it 'springs from eternity'!

On Easter Day when the risen Lord appears to the disciples again, once more in the Upper Room (although this time they were filled with fear and had bolted the door), his very first words are 'Peace be with you' which he repeats for emphasis. Then a week later when Thomas is with them Jesus appears in the same place with the same words.

Through all the conflicts Jesus faced, and those that we face, the message is loud and clear that God's peace is his sustaining gift to us; so let our prayer be to know this peace more fully in our hearts and in the world.

This peace from God, which St Paul frequently alludes to, is to be reflected in all our relationships. We should be at peace with each other (1Thessalonians 5:13) and live in peace with everyone (Romans 12:18).

Despite many stories suggesting otherwise the Old Testament has many references to peace and praying for peace, most especially in the Psalms. For example in Psalm 22:11 we read 'The Lord blesses his people with peace', and Psalm 122:6 speaks of 'praying for the peace of Jerusalem' - its derivation 'city of peace' (*Jesu – salem*: as in salem, salaam, and shalom).

Whilst 'shalom' is the most commonly pronounced Hebrew word for peace, it's equivalent in Greek is 'eirene' (as in the name Irene), each having their own particular nuances in their contexts. Shalom is far more than just a feeling of tranquillity, it is about wholeness and complete wellbeing of spirit, soul and body; and as St Paul puts it, about being 'kept blameless at the coming of our Lord Jesus Christ' (1Thessalonians 5:23). Eirene is about harmonious relationships between individuals, communities and nations; about security and the absence of conflict, and orderliness. In its specifically Christian context it is about a harmonious relationship between God and humans, and that sense of rest which results, as in the chant from Taizé: 'In God alone my soul finds rest and peace, in God my peace and joy'.

Both the Old and New Testaments tell us that the God of Peace (Hebrews 13:20), and his Son the Prince of Peace (Isaiah 9:6), have promised us peace (Isaiah 57:19 and John 14:27); and furthermore this is a gift of the Holy Spirit (Galatians 5:22). A traditional hymn captures this so well in the simple line 'Peace, perfect peace, is the gift of Christ our Lord'.

APRIL & MAY 2022

If then you are perplexed by these promises of peace in either not feeling nor experiencing it, or in the glaring contradictions sometimes between that personal inner peace with God and world's warring factions that so sadly and tragically persist, then we should bear in mind that when Jesus spoke of peace on the eve of his crucifixion, at the very same time he reminded the disciples that 'In this world, you will have trouble' (John 16:33); although he continues, 'Take heart! I have overcome the world'. We should not cease from praying for peace therefore because God's promise of peace *will be* fulfilled one day (at the time he knows best).

Meanwhile, however painfully we hold in mind places like Ukraine, and other situations where peaceful resolution seems an unattainable dream, this contemporary prayer may be the best we can offer:

**Show us, good Lord,
the peace we should seek,
the peace we must give,
the peace we can keep,
the peace we must forgo
and the peace you have given us in Jesus Christ.**

With every blessing for the final fortnight of Lent, and then our celebrations of hope and joy at Easter!

And may the peace of God that is beyond all understanding be with you all, evermore.

Stephen.

PRESTON ST MARY CHURCH

GOOD FRIDAY PEOPLE'S PASSION SERVICE



12.00 NOON FRIDAY 15TH APRIL

A Lay-led service in which members of the congregation
share their thoughts and ideas on the Passion of Christ
in words, music and pictures

APRIL & MAY 2022

PRESTON ST MARY CHURCH

EASTER SUNDAY NEW FIRE SUNRISE SERVICE

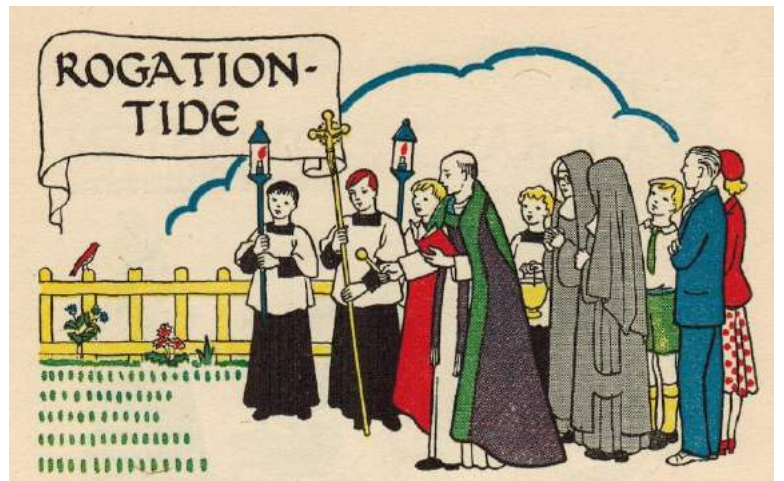


6.30AM SUNDAY 17TH APRIL

Followed by an Easter breakfast of bacon butties,
sausages and Buck's Fizz.

IF YOU WOULD LIKE TO ATTEND EITHER OF THESE SERVICES PLEASE CALL SUE ON 01449 736808

ROGATION SUNDAY SERVICE BLESSING THE CROPS AND BBQ



12.00 NOON SUNDAY 22ND MAY

A service of thanksgiving in the Church, followed by a
tour of the Priory Farm fields blessing the crops as we
go, and returning to the Farm for a Barbecue lunch

THE COCKTAIL HOUR

“Barbados Frog”

If you’re fond of the Caribbean and rum, try this humdinger from Bubbles.

Half fill a tumbler with ice

Add 2 measures of Mount Gay rum

2 measures of Bacardi rum

2 measures of orange juice

Add 1 measure of blue Curaçao

Stir vigorously

Fix a quarter of a lime to the rim of the glass (this is supposed to look like a green frog!)

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Email: lee.jardine@outlook.com

Getting Old

Whenever I think of something but can't think of what it was I was thinking of, I can't stop thinking until I think I'm thinking of it again.

I think I think too much.

RLH

THE ROYAL BRITISH LEGION, LAVENHAM



Many will be aware that there is a social club in Lavenham, but the main raison d'être of The Royal British Legion is to aid and support ex members of the armed forces or their dependents who are experiencing difficulties.

If you fall in that category, or know someone who might, and would like to speak to The Legion, please phone 01787 249571 or 07817 316024 in complete confidence.

HORTICULTURAL NOTES

Spring has sprung...

April heralds the start of the gardening year...so it's time to get sowing and growing....here are a few tips to get you started;

Sow under glass or on a window sill

Half-hardy annuals - Cosmos, French marigolds, morning glory, zinnia, scabious, nicotiana and start off sunflowers indoors

Veg - Courgettes, pumpkins, aubergines, tomatoes, cucumbers, cut and come again salad leaves, chilli and sweet peppers,

Herbs – Basil, chives

Sow seeds outdoors

Hardy annuals (sow late April/early May) - Poppies, nigella, cornflowers, pot marigolds, cerinthe

Veg - Swiss chard (Rainbow chard for stunning colour), carrots, lettuce, radish, spring onions, spinach, beetroot, onions, garlic

Chit and plant out 2nd early potatoes, and then later in the month main crop potatoes

Free plants...

Take cuttings of last year's Pelargoniums and grow them on indoors until the last frost has passed.

Take softwood cuttings between April and June – an easy and cost-effective way to get new plants.

Happy Gardening!

Laura Ashford

APRIL & MAY 2022

In Celebration of our Atlantic alliance

A CONCERT

IN

LAVENHAM CHURCH

ON

FRIDAY 27th MAY

AT 7.30PM



MILITARY WIVES' CHOIR

WOT LARKS

GAINSBOROUGH ENSEMBLE

The Concert, organised by the Friends of Lavenham Airfield, is to raise funds for the permanent memorial and planned museum to commemorate the 487th Bomb Group USAAF which was based in Lavenham during WW2.

Tickets £10 will be available from Lavenham Village Hall and Lavenham Information Point

**FRIENDS OF
LAVENHAM AIRFIELD**
COMMEMORATING THE SERVICE AND SACRIFICE OF
THE 487TH BG, 8TH USAAF



USAAF Memorial Weekend in Lavenham and Sudbury 27th - 29th May 2022

During 1944 and 1945 the United States 8th Air Force was based on more than 100 airfields in East Anglia. The 'Mighty Eighth' as it became known was the largest Air Force ever assembled, and operated B-17 Flying Fortress and B-24 Liberator aircraft from bases including Station 137 at Lavenham Airfield and Station 174 at Sudbury.

During that time 233 airmen were killed in action while flying from Lavenham with the 487th Bomb Group and a further 214 from Sudbury with the 486th Bomb Group. As a tribute to those men the Friends of Lavenham Airfield have established a memorial on Lavenham Airfield in the form of a replica of the Station Identifier – a large panel showing the letters LV on a black background, which would have been visible to returning aircrews, confirming to them which Airfield they were approaching.

A party of Veterans (including two centenarians) and family members representing both Bomb Groups will be visiting us for the dedication of the memorial over the weekend of 27th-29th May. A programme of events is planned as listed below, and we hope that local people will join us to welcome our fifty or so guests from the USA and to enjoy the occasion.

Friday 27th May

10.00am A memorial service in Lavenham Church which will include an act of remembrance and the reading of the names of the fallen. All welcome – no admission charge.

7.30pm A Gala Concert in Lavenham Church with performances of classical and modern music by Wot Larks, a trio of operatic soloists including Lyn Davis, the Military Wives Choir, based at Wattisham Station, and the Gainsborough Ensemble, a locally based Cello and Flute duo. Tickets only £10 available from Lavenham Village Hall, Lavenham Information Point or at the door.

Saturday 28th May

7.00 for 7.30pm in Lavenham Village Hall. Mission 760, an illustrated talk by Donald F Kilburg Jr on the largest bombing raid of the war, carried out on Christmas Eve 1944 and led by the 487th Bomb Group from Lavenham. The speaker's father took part in the mission. Tickets £5 from Lavenham Village Hall or Lavenham Information Point.

Sunday 29th May

10.00am in Lavenham Market Place, an act of remembrance and wreath laying at the 487th BG memorial plaque.

From 11.00am the Airfield will be open to the public. The Station Identifier memorial will be dedicated with a short ceremony at **11.30am** – no admission charge.

APRIL & MAY 2022

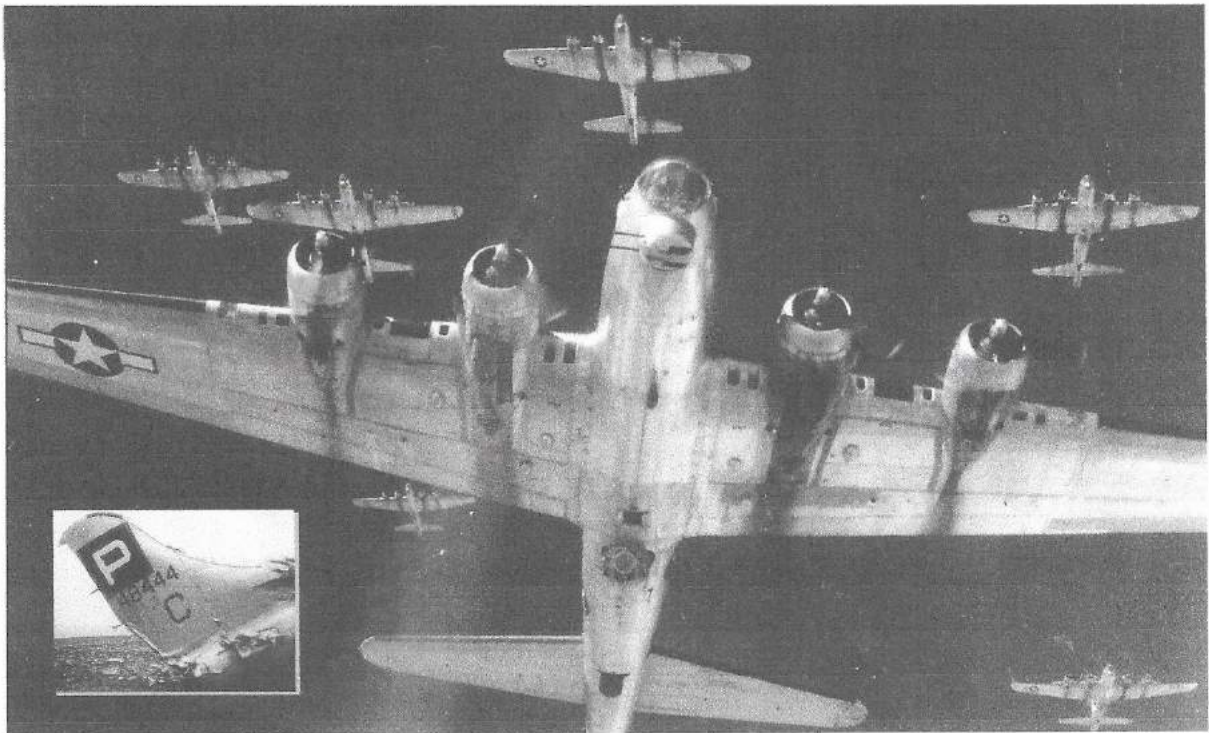
On December 24th, 1944 the USAAF 8th Air Force flew its largest mission of the war led by the Lavenham based 487th Bomb Group. Aboard one of the fifty four B-17s taking off from Lavenham that morning and flying his seventeenth mission was a 22 year old bombardier 1st Lt Don Kilburg (the speaker's father). This is the story of what happened on...

MISSION 760

An illustrated talk by

Donald F. Kilburg Jr.

based on his book *'Hitler's Last Christmas'*



Saturday, May 28th. Lavenham Village Hall

Doors Open (with the bar): 7.00pm

Presentation Begins: 7.30pm

Copies of *'Hitler's Last Christmas'* will be available to buy at this event.

Tickets £5

Lavenham Village Hall,
Church Street
Tel: 01787-248599

Lavenham Information Point,
2, Lady Street
Tel: 01787-249939



All proceeds go towards the USAAF 487th Bomb Group Memorial Fund

Preston St Mary Parish Paper Advertising Charges

ONE-OFF ADVERTISEMENTS

Local Events	Free of charge
Full page advertisements for locals	£9.00
Full page advertisements for non-locals	£18.00

FOR 6 ISSUES

Local Organisations

Quarter Page	£9.00
Half Page	£18.00
Full Page	£36.00

Non-Local Organisations

Half Page	£36.00
Full Page	£54.00

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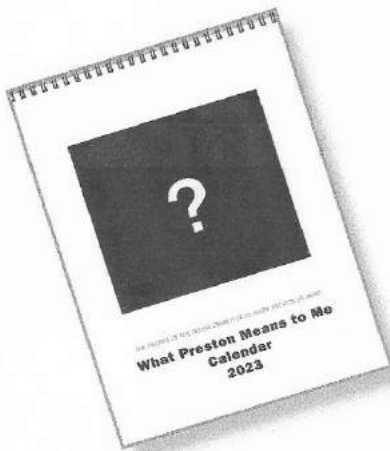
Time to get walking again!

At this time of year we start to think about the mud drying up and getting out to walk in the beautiful English Countryside again, but where to find new and interesting walks? Walking in Suffolk <https://www.walkinginengland.co.uk/suffolk> has hundreds of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (the custodian of the website) said 'There is so much walking information on the web but it is difficult to find. Walking in Suffolk (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy. So home or away, check out the websites and get walking!

John Harris
www.walkinginengland.co.uk
john@walkinginengland.co.uk



Friends of Preston St Mary Church
Forthcoming Event

Further details from janet.martin01@btconnect.com

**‘What Preston Means to Me’
Calendar Photo
Competition 2023**

An exciting photographic competition in which we ask you to submit your own memorable photo of ‘What Preston Means to Me’. Entries will be judged by an expert panel and the winner will have the front cover of next year’s calendar while the runners-up will fill the pages for the ensuing months. There will be a £10 entry fee to cover costs.

Entry Form with more details available in late April



**‘Shall we get up?’
‘No - let’s sleep on it
and decide later’**

SESAW EASTER FAIR

We’re back at the Old School, Long Melford, CO10 9DX on

Sunday 3rd April, 10am to 3pm.

Gifts, Glass, Crafts, Bargains, Tombola, Raffle, homemade cakes & snacks

Proceeds to Suffolk & Essex Small Animal Welfare. www.sesaw.co.uk

SESAW - Suffolk & Essex Small Animal Welfare

Hello Preston Parishioners,

If you read this in time and can get there, do treat yourself to a cuppa and cake at our Easter Fair on Sunday 3rd April. Open 10-3pm at the Old School in Long Melford, CO10 9DX with our usual wide selection of stalls, crafts, plants, Tombola, Raffle and our volunteer, Frank Payne, signing copies of his autobiography.

Looking ahead, the Nayland 10K family-friendly run takes place on Sunday 10th July, starting at Little Garth School, Nayland, CO6 4JR. The event raises money for local charities including SESA, there are routes to suit all ages and abilities through Areas of Outstanding Natural Beauty. Book your place at www.nayland10k.co.uk



Now Spring is here, keep a look out for hedgehogs as they emerge from hibernation, sleepy, very thirsty and heading for the nearest source of water. Hedgehogs are good swimmers BUT many die in garden ponds as the sides are too steep for them to climb out. Please make your pond hedgehog-proof by creating a sloping edge and a ramp or green thick coated wire anchored at the top and bottom of the pond to provide an escape ladder.

Take care if you are pulling down old sheds or buildings, you may find a hedgehog under there. Finally, when using a strimmer make sure there are no hogs in the vicinity, many suffer serious injuries every year from strimming accidents. In fact, I'd better check the garden for our prickly friends before Mum calls all the dogs for dinner, including me

Kenny (the Boss) Chihuahua.

Suffolk & Essex Small Animal Welfare, Reg.Charity No.1124029. Stoke Road, Leavenheath, CO6 4PP 01787 210888 www.sesaw.co.uk

PRESTON ST MARY & DISTRICT LADIES CLUB

New Members will be warmly welcomed to our meetings now that the Village Hall has been so beautifully refurbished, so do come and join our group of lively ladies. Our annual subscription is only £10, and just £2 when you attend a meeting which includes raffle prizes and refreshment. Village Hall meetings start at 7.30pm and are held on 2nd Monday of the month. However, in the summer, we do try to alternate Village Hall monthly meetings, with interesting outings wherever possible.

Confirmed dates for meetings in 2022

Meetings in Village Hall start at 7.30pm

MONDAY APRIL 11th - BEETLE DRIVE - this is an old favourite with our Ladies and is very amusing and lots of fun. No skill required - just the ability to throw dice!

MONDAY MAY 9th - A DIFFERENT KIND OF EDUCATION - Anne Springall will be giving a lighthearted talk about the co-educational boarding school that she attended. Yes, boys as well! The school, founded before WW2 to care for Jewish refugee children escaping from Nazi Germany, was based in Surrey's beautiful countryside. I am sure you will find the school's unusual approach to education during the War and post War very interesting.

MONDAY JUNE 13th - Tim Bridges, who regularly publishes his beautiful poems in this Parish Magazine, has very kindly agreed to read some of his poems to us and tell us what inspired him to write them.

Roy Hollocks has offered to exhibit his vast collection of historical documents regarding Preston St Mary, which he has increased significantly since he last exhibited in 2017. This will be an Open Meeting for everyone. Roy's collection is not to be missed. Date yet to be confirmed.

Visits/ Outings We hope to reinstate our proposed visit to the Suffolk Punch Horses at Hollesley and possibly another River Stour trip with lunch at The Henny Swan, but at the time of writing Covid seems to have delayed their usual preparations for opening time. As soon as I can get more information I will email Members with proposed dates...

Any ideas or suggestions for talks and/or visits greatly appreciated. Also, anyone who has an interesting subject they would like to talk to us about would be wonderful. Please contact me because I would love to hear from you.

REPORT ON PREVIOUS MEETINGS

14th March - Diane Attwood. Before we began the evening we celebrated with a glass or two of Prosecco celebrating the first time Members had met since the Pandemic lockdowns had begun. **Diane** then talked about and demonstrated the benefits of Pilates for all age groups. Several Members tried the floor exercises that Diane had demonstrated which caused quite a bit of mirth. The Ladies Club wish to thank Diane for a very enjoyable meeting. Diane is very eager to begin classes in the Village Hall and several Members are eager to join - if anyone is interested in Pilates Classes please email me and I will pass your name to Diane.

Contact Anne Springall on 01787 247156 or email annespringall@gmail.com for more information about any of our meetings. I am always glad to hear from you.

The Friends of Preston St Mary Church

The Friends held their AGM on Wednesday 9th February at the Six Bells.

Janet Martin resigned as Chairman, Sara Whymark was elected as a Trustee in place of Lynne Brown and Richard Graylen was co-opted on to the Committee. We need a new Chairman and Secretary and would like someone to put themselves forward for these positions.

In her report Janet stressed the encouraging take up of membership in 2021. There were 23 Life Members and 45 annual subscribers making 68 in all. She hoped that other residents the village would come forward and support the Society which is for everyone, and was grateful to those that did.

Keith Davis gave an assessment of what had been achieved in 2021. The most important objective had been to repair the roof where thieves had stolen the lead and to repair the rain damage done to the interior as well as new gates which had been damaged. This had largely been covered by insurance but was complete. The Quinquennial Report, due in 2020 but delayed because of Covid, has highlighted the repairs needing to be done in future. The new space at the back of the Church, partly funded by the Friends, has proved invaluable for Preston Praise, Village Get Togethers and funerals. Keith thanked the Friends for their continued support in maintaining the fabric of our beautiful Church.

Janet was very pleased to be able to list the various events that the Friends had organised in the short space of time since Covid restrictions had been lifted. These included:

A Grand Christmas Raffle, Monthly Village Get Togethers, a beautiful calendar of bygone Preston, a wonderful Concert of Christmas Music and a Wine or Whine stall at Lavenham Christmas Fair. All these events managed to raise over £2000 for our funds. Many thanks to all of you who supported us.

Looking forward we are working on restoring the Christkindlmarkt in November and also initiating a photographic competition in which we ask you to submit your own photos of What Preston Means to Me. These will be judged by an expert panel and the winner will have the front cover of next year's calendar while the runners up will fill the pages for the ensuing months. There will be a £10 entry fee to cover costs.

Accounts had been submitted by our treasurer Robert Jennings and examined and signed by Auditor William Wigglesworth

Janet thanked the Committee Members, Friends of the Church, Residents of the Village and further afield who had helped to make another successful year.

Lavenham Gardening Club

(Previously Preston St Mary and Lavenham Gardening Club, though we now have members from a wide area around Lavenham!)

It has been a real pleasure to return to some normal club activities. The New Year social event was well attended and enjoyed by all, with entertainment by Yalda Davis, cellist, and catering by Sarah Casey.

We were undeterred by the rain on our outing to Chippenham Park. The masses of snowdrops were a wonderful sight and the collections of different coloured hellebores and scented daphnes around the lake were a delight.

Our new Chairman, Sandra Harbord, and committee members were duly elected at the AGM. Unfortunately, our speaker had to cancel, but we had a good evening, with plenty of tea and cake and a raffle which raised £71 towards the Ukraine Crisis Fund. Members received their programme for the year and we look forward to a variety of speakers and outings.

TUES March 29th We are sure our talk by **LADY TOLLEMACHE** of Helmingham Hall, speaking on 'Harmony between House and Garden' will have been inspirational.

Lady Tollemache is the first of our celebrity speakers this year. We are excited to announce our second on **TUES September 27th**, when we will welcome Chelsea Gold Medallist and Gardener's World presenter, **ADAM FROST**. Also open to non-members, tickets £20, to include a glass of wine/soft drink, already on sale!

Ring Sandra Harbord 01787 311707 or Carolyn Jenkins 01787 247489 to book.

April 27th Susannah Sharman speaking on 'Enhancing your garden for Wildlife'.

May 11th Coach outing to newly renovated **Beeleigh Abbey Gardens**, nr Maldon, Essex

May 14th & 28th 10am - 2pm Our two **Plant sales** in Lavenham Market Square, the first for annuals and second for perennials etc. If you have any plants to divide and donate or surplus seedlings, please call Carolyn.

June 1st Simon White speaking on 'Rose growing made easy', followed by an outing to **Peter Beales Roses**.

Please ring Sandra or Carolyn for information on joining, or about any of our events.

Carolyn Jenkins

GOOD HOME WANTED

I have a selection of worksheets; many on phonics; mnemonics; spelling; handwriting; as well as some publications: Problems in Note-Taking (and How To Solve Them); Computers and Dyslexia (A leaflet published by the British Dyslexia Association); cassettes designed to develop listening skills; stories to follow on cassettes; English Colour Code - A programmed Reading Course (a series of cassettes and re-usable worksheets for identifying single sounds; blends & digraphs etc) I fully appreciate that many of these materials will be considered "old hat" but they may be of use to someone!!

Please contact me on 01787 248422 if you would like to see any of these.

Val Gutteridge
Dingley Dell, Preston St Mary

BOOK REVIEW



An extremely compact short novel, but containing the social history, tenderness, injustice, hope and quiet heroism of a much larger volume.

This book is well-timed too, given the publication last year of Ireland's judicial commission of investigation into a network of 'mother and baby homes'. The review revealed a dark historical chapter that condemned tens of thousands of unmarried mothers and their babies to callousness and cruelty in institutions run by both the state and the Catholic church.

The five-year investigation into the homes – religious institutions for unmarried mothers and their children that doubled as orphanages and adoption agencies – chronicles deprivation, misogyny, stigma and in some cases shocking levels of infant mortality, adding up to a blistering indictment not just of the institutions but the wider culture of oppression that sustained them. Most of the homes were Catholic run but a small number were Protestant.

The book is set in the lead up to Christmas in 1985 and its main character Bill Furlong, a coal and timber merchant, faces his busiest season. The pages see him conducting his day to day business and deliveries and as he and the story progresses, secrets come to light about his past and also what is happening behind the doors at the convent, a 'Magdalen' laundry.

Bill was the child of an unmarried woman who was fortunate enough to escape a 'mother and baby home' as she was taken under the wing of a Mrs Wilson, for whom she worked as a live in domestic, when she fell pregnant. Bill's mother was allowed to continue to live and work in the household with the infant Bill after he was born.

Bill makes a shocking and chilling discovery on one of his visits to the convent, a revelation that has a particular resonance for him, given the circumstances of his conception and birth - there but for the grace of God, though Bill no doubt. This experience causes him to look deeper into his relationships, past and present, and ultimately compels him to commit an act of heroism.

It's not a book about the evils of the Church, but more a tale of kindness, understanding and compassion conquering all.

Zoë Bridges

QUIZ TIME

There are no prizes - answers are on Page 37

1. What is Boris Johnson's full name?
2. Aduki, borlotti and cannellini are types of what?
3. What currency is used in Croatia?
4. In cockney rhyming slang, what is a 'dog and bone'?
5. Which Shakespeare play is Disney's The Lion King loosely based on?
6. What year did Mark Zuckerberg invent Facebook?
7. How many stripes are there on the American flag?
8. Which sport involves tucks and pikes?
9. Which car manufacturer developed the 'Princess'?
10. Which London train station has a Platform 9¾ in Harry Potter?
11. Vanilla comes from what flowers?
12. What does He stand for on the periodic table of elements?

AGRICULTURAL NOTES

Gary Elsdon is worried that due to the vagaries of recent weather, the soil does not yet offer a suitable seed bed to drill for spring barley. Barley must be of the finest quality to be accepted by the brewing industry. If not, it goes for fodder. Also, drilling for sugar beet must happen soon.

Concerns for weather and soil may lead us to forget that farming is a capital-intensive industry. For example, a very large tractor, second hand with 1,000 hours on the clock, will cost £180,000 with only £50,000 allowed in part exchange. A new one would cost £300,000. JT

Remember –

An amateur built the Ark.

Professionals built the Titanic.

NATURE NOTES

Snowdrops this year were particularly glorious - no more so than in Whelp Street where there were several outstanding displays.



The gales in February showed nature at its worst. One of the biggest trees to blow down in this region must have been that which temporarily blocked Hill Road, Brent Eleigh. It comprised three 2-foot diameter trunks and could have cut off the village from Preston (serious!) but for the skill of a neighbour with his chainsaw. Well done, Martin!

POETS' CORNER

A Second Winter

The wind, this winter, has blown from the West.
And, since February silenced the bird hunter's guns,
Dudley, Eunice, Franklin, the rest
Have battered and bruised us uncomfortably numb.

And the frosts that before rode the back of the beast,
That flew in from the tundra, the ice of the East,
Didn't come. But as daffodils hopefully lift up their heads,
Eastern winds may yet kill them, ice cold in their beds.

We hear a deadly thunder, rumble in our screens.
A harder, crueller winter from the East, and children's screams.
A devil's breath now moves, remorseless through that waking land.
It freezes love and kindness, crushing freedom lately won, with iron hand.

Its source, the frigid logic of a madman's spleen.
Its crusade now to forge a second winter; cold, obscene.
Those Western winds will bluster, batter, ultimately sparing.
But Eastern blasts will freeze both shoot and root, uncaring.

©Tim Bridges March 2022



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Preston St Mary Jubilee Celebrations

Street style party
On Sunday 5th June
From 1.00 pm
in the grounds of the Village Hall

The celebrations start at the Church
with an informal service Preston Praise at 12.00

Garden games

Bring along your picnic lunch
to join in the celebrations with
the whole community,
or we can provide a picnic lunch
for £5.00 per person



Tea, coffee
and cakes!

For a donation



Licensed Bar



Ice creams
For sale



Light entertainment
Sing along with
the pop up choir



Tables and chairs will be provided so we need to know numbers
Please call Kay or Steve on 01787 249492

VILLAGE HALL NEWS

100 CLUB WINNERS

Many thanks to all who have “joined the Club”, which provides a very useful contribution towards the normal running costs of the hall. It also gives you 15 chances to double, triple or even quintuple your £5 investment. As soon as we have finished decorating the Hall, we will start to collect subscriptions for the 2022 draw, so get your fivers ready!

PLANNED EVENTS

We regret that we need to make a change to the event announced in the last edition of the Parish Paper. The Formal Opening will have to be on an invitation only basis, as there are so many people who have in some way or another helped to get us this far. *(If you are keen to see what we have done, you could come along to the Village Gathering on the morning of 23rd April, as that will be held in the Village Hall from 10.00 till 12 noon.)*

The **Village Jubilee Picnic Lunch on Sunday 5th June** will of course be open to all. This is the day allotted by the government for some form of village party to be held throughout the nation. In Preston St Mary we will centre the event in front of the newly refurbished Village Hall. It should be great fun - as long as we don't experience the same horrid weather that the Queen's Coronation had all those years ago. Games and entertainment will be put on to ensure that we all enjoy the fellowship of a community event. More details elsewhere in this edition.

NORMAL SERVICE TO BE RESUMED

During April we will be able to re-open the Village Hall for the regular clubs and societies. This will be very welcome, as we believe that we now have a facility that we can be proud of and that we hope will be used by residents and visitors alike. Keep a lookout for more details about the activities that we propose to offer in these upgraded premises.

COME AND JOIN US: LOTS GOING ON!

With so much being planned, and with the potential to organise and host a greater range of events, it's going to be a thrilling time for the Village Hall Committee.

Would you like to join us?

There are a couple of vacancies for anyone who wants to get involved in the social side of this lovely village. Please contact one of the “officers” on the number below to express your interest.

ANNIE MASON, Chairman, 01449 763640 (PC title “The Chair”)
SUE DIGGINS, Secretary, 01449 736808 (PC title “The Quill”)
KEITH DAVIS, Treasurer, 01787 247112 (PC title “The Till”)

ELAINE SCOTT R.I.P

The funeral of Elaine Scott, the only daughter of Graham (Scotty) and Rose Scott, long-time residents of Preston St Mary, took place in the Parish Church on 21st February, attended by a large congregation.

The family moved to Preston in 1967, so Elaine has been part of the village longer than almost anyone. Growing up with three brothers made her the tom boy known to many of us within the community, full of energy and willing to share her ready (and rather irreverent) sense of humour and her heart-felt laugh – both of which she inherited from her parents.

Elaine was such a lively character, keen to have fun whenever she could and, in her younger days, always ready for a party - with immaculate nails and wearing her trademark lipstick. Many stories of Elaine were recounted during the service – and there were plenty of others that could not be told from the rostrum, but were shared amongst people during the wake at the back of the church after the service. One of her close friends described her in one word: Crankie!

More recently, Elaine would often stop in her car to chat to people whom she knew. She was outwardly frothy, yet clearly had a genuine concern for everyone. She was particularly mindful of her family responsibilities, with special regard for her Mum, looking after her on a daily basis after her Dad passed away in 2013. The family ensured that Rose had a memorable 80th birthday party last July, but no-one knew then that not only Rose but Elaine too would not make it to another birthday. Elaine was buried near to her parents in the churchyard here.

Elaine had been looking forward to a period when she could have time for herself, to gather her thoughts and decide what to do next. Her death was a shock to everyone and we all miss her free spirit. Our hearts go out to her family and close friends – her son Jordan (of whom she was very proud), her siblings David, Kevin and Andrew and their own families – as their loss is so much greater than ours.

Preston St Mary Art Group

After such a long time with the ups and downs of Covid followed by the renovations to the Village Hall we are at last able to meet again. I am suggesting that we meet on the first Monday after the official opening of the Hall i.e. Monday 25th April from 10.00 – 12.00. To some extent this first meeting will be to assess how many members we have and whether a Monday is still the best day for most people. We also have our old Art equipment to sort plus a large box of donated paints, all of which will be put in one of the new fitted cupboards and will be available for anyone to use.

The plan is to have a 10 week term with a gap after the Jubilee weekend. As usual in the Summer we will hope to spend some of our time painting al fresco when weather permits.

This is a friendly group always hoping to recruit new folk – either seasoned artists or complete beginners. We all learn from one another and from our occasional tutors.

Should you feel like coming along to try things out – please do so. You will be made very welcome.

Alternatively, for more information contact Judy Legg, 247515, or judyannlegg@gmail.com

PRESTON PEOPLE

MARK AND JOANNE DIABLE



Mark and Joanne moved from Billericay in Essex in June 2021 to Preston St Mary with their family.

Originally both born in East London, Mark was brought up in Dagenham in Essex then as a teenager moved to Brentwood. Whilst growing up in Dagenham Mark played rugby for Barking Rugby Club - he played centre half. Rugby was a big part of their lives, lots of socialising, parties at the club, weekends away. We have made close friends for over thirty years, who we still see and also have gone on several holidays together. Mark retired at the age of 40, and then took up golf.

Mark and Joanne met while working in the City of London and will be celebrating 30 years of marriage this year. Joanne's heritage is Maltese. When Mark first laid eyes on her he said "hey Maria" - being of Mediterranean looks and since Mark loves the film West Side Story, guess he found his Maria, albeit a Mediterranean cockney.

They have two daughters, Molly and Ruby, and a black Labrador called Otto. Both girls were brought up in Billericay and went to the Brentwood Ursuline School, then off to University in Bournemouth and Greenwich. Molly works in TV and Film Production and Ruby works in the Fashion Industry.

Since moving to Preston Joanne now works in a Tea Room in Lavenham called Chilli and Chives - come and say Hello. Joanne has also joined a yoga class and plans to join a few more classes. The family are settling in and are enjoying what Suffolk has to offer. Otto is also seeking a playmate.

COOKS' CORNER

From Joanne Diable

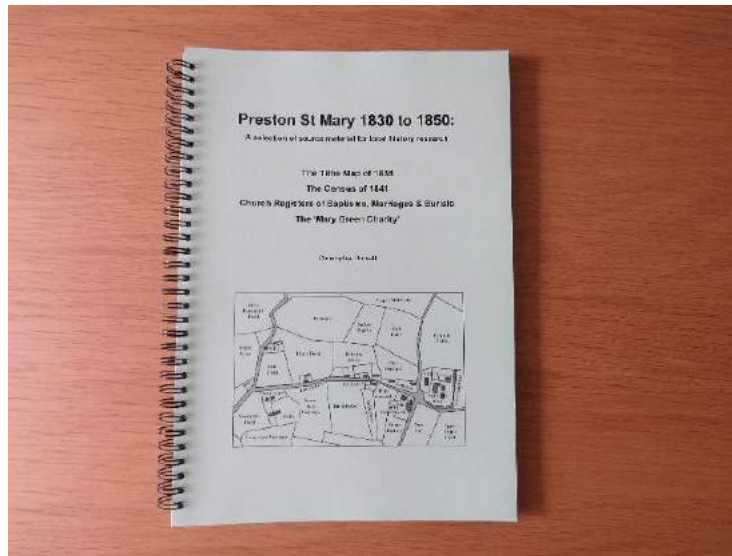
Imqarrun il-Forn - Maltese Baked Macaroni Casserole

Imqarrun il-Forn has origins in Sicily but is, without a doubt, a staple of traditional Maltese cuisine. This popular baked macaroni takes some time to make, but it's incredibly easy to do and the result is something like a cross between lasagna and penne al ragù. The recipe below is for a simple, typical version of this dish, but each cook has their own secrets for making Imqarrun il-Forn, from a sprinkle of nutmeg to the addition of fresh peas, so we encourage you to play with the recipe to make it your own!

- 1-2 tablespoons of olive oil
 - 1 large onion, chopped
 - 2 garlic cloves, minced (optional)
 - 1 lb. minced pork, ground beef or a combination of the two
 - ¼ lb. diced pancetta (optional)
 - 1 can of crushed tomatoes in tomato juice (400 grams or 14.10 oz)
 - 4 tablespoons of tomato paste
 - 1 lb. of dried macaroni (straight, not elbow)
 - 4 large eggs, beaten
 - 4 tablespoons of freshly grated Parmesan cheese
 - ¼ lb. Edam or Cheddar cheese, grated
 - Salt and pepper to taste
1. Heat olive oil over medium and cook the onion until soft and just golden.
 2. If you are using garlic, add it at this point and cook for a couple more minutes, being careful not to burn it.
 3. Add the ground meat and pancetta (if using), season with salt and pepper to taste and cook, stirring frequently, breaking up the ground meat as you stir, until browned, about 10-15 minutes
 4. Add the crushed tomato and tomato paste, mix well and simmer, covered, for 30 minutes, and then uncovered for an additional 30 minutes, adding a little water if necessary to make sure the mixture doesn't dry out.
 5. While the meat and tomato sauce simmers, cook the pasta in generously salted water, draining it and rinsing with cold water about 2 minutes before it's done so it's cooked just less than al dente.
 6. Preheat the oven to 350°F°/180°C
 7. When the sauce is done, check for seasoning and adjust if necessary.
 8. In a large bowl, gently mix the sauce and the pasta, being careful not to break up the noodles and check for seasoning one more time, adjusting as necessary.
 9. Break the eggs into a separate bowl, beat them and mix in the parmesan, then gently incorporate the egg / cheese mixture into the pasta / sauce mixture.
 10. Grease a large, oven-proof, baking dish (13"x9" is a good size) and fill it with the pasta mixture.
 11. Sprinkle the grated Edam or Cheddar cheese on top of everything and bake for 30-45 minutes until the cheese is melted, golden and crisp.
 12. When done cooking, remove from the oven and let cool for about 5 minutes, cut, serve and enjoy!

Be careful to initially undercook the pasta as it will continue to cook once it's in the oven. Traditionally, this dish calls for the addition of chicken liver, but it is less commonly used these days. If you want to add chicken liver, feel free to do so, just add at your discretion when the ground meat is almost browned and cook for approximately 5 minutes longer before adding the tomato. Since the sauce used to make Imqarrun il-Forn is a simple ragù, if you already have a favourite ragù recipe, feel free to incorporate your favourite elements of it, just make sure that the overall quantity of sauce and the volume of tomato is about the same so that the macaroni bake doesn't come out dry.

PRESTON ST MARY VILLAGE HISTORY 1830 – 1850



You may recall that we were generously offered 20 copies of this book last year. All copies were sold and there was a short waiting list. Out of the blue, we have just been given another small supply, so if you missed the chance last year, you now have another. We have a few un-allocated copies, available on a *first come, first served* basis, **for sale at £10 per copy**, with all proceeds to go to the church as very kindly offered by the author.

It's a superb 80 page, ring-bound book containing illuminating material on the social history of 19th century Preston St Mary: fascinating sections such as distribution of land ownership, details of land usage and the names of all the individual fields, as well as the Tithe Map of 1838, the Census of 1841 and the registers of births, marriages and deaths for that period.

Telephone Keith on 01787 247112 for more information and to order a copy.

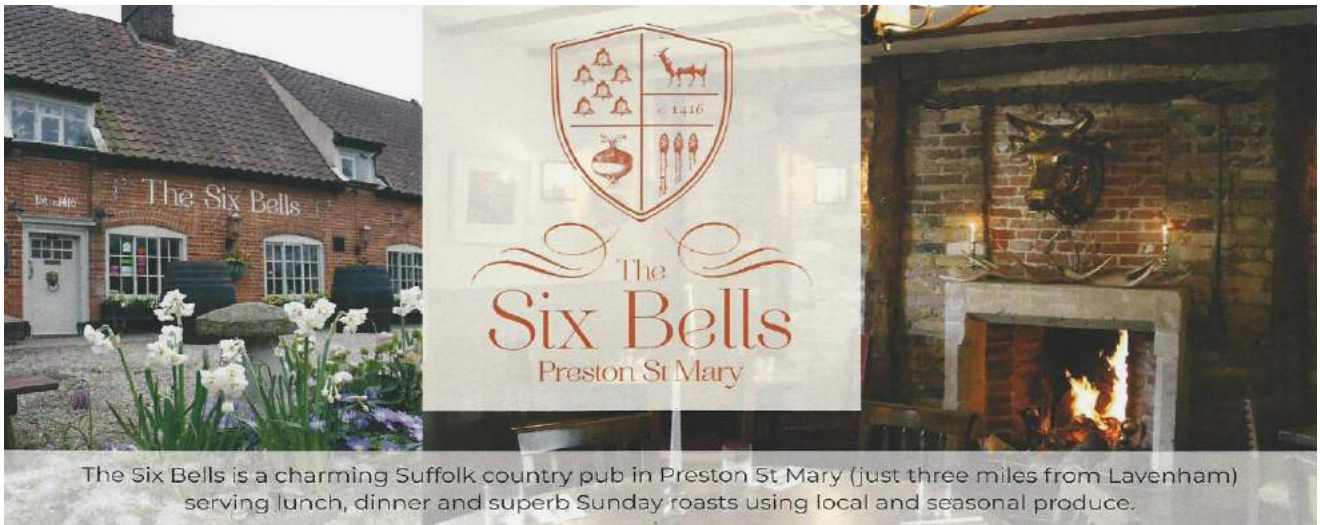
HISTORY NOTES

Do you ever wonder how local villages acquired their names?

Preston is derived from "Priest's tun", tun being a Saxon word for a settlement. Lavenham is believed to be derived from "Lafa's ham" (ham meaning home or homestead).

Brent Eleigh was the scene of a dreadful fire sometime in antiquity. (Brennen the Germanic of the word to burn). "Milden" is a word which appears in local names: Mildenhall, Milden Hall, Milden. It refers to an edible plant once gathered in quantity in the region. Both Milden and Brent Eleigh have churches which are steeped in history and are well worth a visit.

NEWS FROM THE SIX BELLS



QUIZ NEWS

Quiz Night: the first Wednesday of the month at the Six Bells, teams of four, £10 entrance fee which includes an excellent curry - gratis to the winners!

The March quiz at the Six Bells was won by "The Cock St Mary Blues".

The next quiz at "The Six Bells" will be on Wednesday, 6th April.

The Brent Eleigh Spring Quiz will be held on 2nd April in the village hall. Entry fee is £8 and includes supper. Tables: maximum 8.

PUB WATCH

Local pubs apart from our own Six Bells:

All credit to The Peacock, Chelsworth, who have been flying a large Ukrainian flag.

The Swan, Monks Eleigh, is up for sale.

Apart from their very popular Sunday Lunch service The Cock, Brent Eleigh, no longer serves hot food. But their sandwiches are somethin' else!

**When life seems hard, the courageous do not lie down and accept defeat;
instead, they are all the more determined to struggle for a better future**

HM Queen Elizabeth II

Suffolk Wildlife Trust

Suffolk's soaring superstars (and other spring arrivals)

By Amy Rushton, Head of Income Generation, Suffolk Wildlife Trust



The months of April and May see a very special visitor returning to Suffolk; that supreme acrobatic, scimitar-winged flyer, the swift! Having spent the winter in the warmer climes of sub-Saharan Africa, swifts return to our shores purely to breed, but what a delight they are for the few months they're with us! The screaming noise they make as they swoop through the sky or call to each other from their nests (old buildings and roof spaces are favoured) is part of our summer soundtrack. Even sleeping on the wing, these iconic birds are unmistakable.

But sadly, swift numbers have declined by about 60% over the last 25 years. The reasons for the decline are many and include loss of suitable nesting sites and habitat, climate change and extreme weather, and of course huge declines in insect numbers (their food source). Their migration journey is also hazardous.

To help address the loss of nesting sites, through our partnership with the brilliant Suffolk Bird Group, the 'Save Our Suffolk Swifts' project has seen over 1,000 swift boxes erected in communities around the county. Swifts are choosy about where they nest, so to attract them it is useful to play a recording of their calls, to alert the birds to a new potential home. When you see a new box finally being used, it is well worth that effort! To find out more about how you and your community can get involved in helping swifts, through nest boxes or by the many other means available please email swifts@suffolkbirdgroup.org.

Other high-flying spring and summer visitors that need our help include swallows, sand martins, and house martins. *Wild About Highfliers* is a joint initiative by The Wildlife Trusts and the Royal Horticultural Society's Wild About Gardens campaign that aims to boost numbers of these charismatic migratory birds. A special guide can be downloaded at www.wildaboutgardens.org.uk which covers what we can do in our gardens to help. And if, like me, you sometimes need help telling the difference between these birds, the guide also explains how to do so!

By the time you read this, most of our sites, and indeed the wider Suffolk countryside, will have seen the chiff-chaff return from Africa (though some will have never left the UK!). These charming little birds are a much earlier spring arrival than the swifts, and their characteristic loud 'chiff-chaff' song accompanies nature's unfurling from winter. Like many of our little birds, they nest surprisingly close to the ground in brambles or nettles, so we can all help by bearing this in mind when doing our gardening!

More likely to be heard than seen are our returning warblers. For example, the garden warbler is shy but can be heard in woodland and scrub with a rich, fluty, fast song. The grasshopper warbler favours reedbeds and is easy to identify because it sounds just like a loud grasshopper with a prolonged trilling – it's a rare and delightful treat to hear one. There are many, many more of course; I hope you are able to identify and enjoy some wild visitors in your local patch!

The best way to support our work for Suffolk's wildlife is to join us as a member. If you would like to consider joining, Jack Tasker has membership forms and sample copies of 'Wild Suffolk' magazine, which members receive 3 times a year. Find out more about joining at www.suffolkwildlifetrust.org/join. Contact Jack on 01787 249571



SWIFT: DAVID MORETON



GRASSHOPPER WARBLER: AMY LEWIS

HEALTH AND WELLNESS NOTES

HEALTHY WEIGHT AND HOW TO MAINTAIN IT

Diet shakes, pills, dieting clubs, juice cleanses, low carb, low fat, paleo... the list goes on; there are many diet trends. They all have lucrative book businesses to complement them.

Cutting entire food groups or making yourself follow strict rules can and very often does cause harm to your physical and mental wellbeing in the long run. There are, of course, those of us who really do need to follow strict diets because of various issues. For those who don't have to, subjecting yourself to restrictions like dropping pounds will usually take over your life and change your relationship with food, leaving you feeling guilty every time you falter.

Instead of eliminating, focus on increasing. This will give you a healthier mindset. You will be more concerned about maximising each meal to find a way to boost your nutritional status by introducing more whole foods, fruits, and vegetables.

A healthy lifestyle, exercise, and balanced nutrient-rich foods are the only way to maintain a healthy weight.

- Daily outdoor exercise helps regulate hormone production and burn excess calories and fat. Exercise also builds muscle mass which helps to reduce insulin resistance.
- Manage stress levels. There are so many options, but most importantly, you must enjoy doing it. Take time out, switch your phone off, stay away from media, gentle easy walking outdoors...
- Get good quality sleep. Poor sleep similarly affects your body to stress by stimulating extra cortisol production. Try to keep bedtimes at a set time, unwind for two hours before bed and avoid screens (phone, TV, computer) during your wind down time.
- Alcohol, reduce your alcohol intake. Ideally, stop altogether.
- Season your food with herbs and spices instead of adding extra salt and sugar.
- Increase your soluble fibre intake (beans, sprouts, sweet potatoes, broccoli) as fibre helps reduce your appetite by keeping you fuller for longer. It also feeds your gut bacteria and improves your insulin response, keeping your blood sugar levels regulated, which is essential for weight loss.
- Include plant protein at every meal, such as beans, lentils, peas, nuts and seeds. Protein helps to stabilise your blood sugar levels, reduces hunger hormones and increases hormones that make you feel satiated after eating. Protein also helps you build muscle which helps stabilise glucose levels.
- Focus on organic fruits and vegetables, organic meat and eggs, oily fish three times a week.

Sometimes shopping and preparing meals can be a chore when you are tired at the end of a busy day. I highly recommend the recipe boxes from Riverford Organics and Mindful Chef. They are the healthiest around and can be a real lifesaver when you really need them.

Take care

Marjorie Devine-King – Nutritionist

Beauty by Megan

Megan is a Beauty Therapist with over 14 years' experience.

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Your Village Needs You!

It's not our litter but it is our village,
so on Sunday 3rd of April at 9.30 am
The Parish Council are organising
a litter pick.

Please come along and join in,
there will be hot drinks and cakes
at the Village Hall afterwards.

Please contact Kay Shorter the Parish Clerk for more
details either by email; prestonpcclerk@gmail.com
Or phone 01787 249492

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Scientific evidence shows that acupuncture treatment can stimulate the brain and spinal cord to produce natural pain-relieving chemicals such as endorphins, melatonin (which promotes sleep) and serotonin (to promote well-being). Based on strong scientific evidence available so far for its effectiveness, the National Institute for Health and Care Excellence (NICE) recommends acupuncture as a treatment option for chronic lower back pain, chronic tension-type headaches and migraines. Large scientific studies also indicate that acupuncture can help relieve pain caused by osteoarthritis.

"I have found your sessions to be beneficial for my neck...I also found the acupuncture to be incredibly relaxing. Your fees are very reasonable for the high value of therapy you offer." Ben Holden, Rattlesden. See website for more examples of what patients say.

Ring 01787 247 726 or e-mail Hua@lavenhamphysio.co.uk to book an initial appointment. For more information, see www.LavenhamPhysio.co.uk

NEWS FROM THE NEIGHBOURS



News from Brent Eleigh

On Sunday 3rd April at 3pm, we welcome cellist **Yalda Davis** as our special guest performer at a 'Celebration Concert' at St. Mary's, to mark the completion of the interior relighting scheme, also improvements to the sound system. Yalda will be treating us to the Bach G Major Suite, two Irish Airs, and 'Solace in Darkness' by Ilse de Ziah, an item requiring the most amazing & comprehensive skills! Tickets will be available on the door, at £12.50 each including a sociable tea after the Concert.

Following closure throughout March to allow for the installation work, St Mary's will again be open as usual, every day from 10am to 4pm. Do visit our Church (built c. 1250), to see features including the 'finest and earliest wall paintings in the country'.

'A Life in Clocks', by the former clock maker to Windsor Castle – Brent Eleigh Village Hall. CO10 9ND Saturday 21st May at 7pm.

Our guest speaker Steven Davidson LVO, spent his lifetime career in clockmaking, including 22 memorable years at Windsor Castle, restoring and attending to the many clocks, as well as giving tours for visitors and special guests - just imagine the job in Spring & Autumn when 'the clocks change'!

With the forthcoming Platinum Jubilee in mind, Steven will provide a brief history of clocks and clockmaking, before illustrating and talking about unusual, particularly fine, and even some 'everyday clocks' like you may have the pleasure of possessing in your own home.

Get into the Jubilee mood, join us on this special occasion! Tickets in advance from Michael Warner 01787-247615, Rev Mike Birt, or PCC members; or on the door, £10 inc a glass of wine or soft drink. In aid of the fabric of St. Mary's Church in Brent Eleigh. Everyone is welcome.

Pop a note in your diaries for Saturday 22nd October, when 'Andrea & Friends' are set to entertain us at St Mary's from 7.30pm; more details to follow! Song, music, and humour all in good company.

Michael Warner
01787 247615

The Benefice of Lavenham with Preston St Mary

Holy Week (10-16 April 2022)

On **Palm Sunday** with traditional palm crosses we recall the entry of Jesus into Jerusalem, riding on a donkey to the shouts of *Hosanna* from his many followers.

The Church invites us to travel the Way of the Cross with Our Lord during **Holy Week**, and each evening from Monday to Wednesday at 7.00pm at Lavenham we shall share in the beautiful evening **Office of Compline** with a short meditation.

On **Maundy Thursday** at 7.00pm at Lavenham in the Eucharist we will join with Our Lord and his disciples at the Last Supper.

On **Good Friday** we watch as his disciples in disbelief and dejection witness his death on the Cross. At 12.00 noon in the Preston People's Passion we are led by members of the congregation in Preston St Mary Parish Church to meditate in words, music and prayer on the events and meaning of Good Friday. In Lavenham we gather at the foot of the cross for the final hour from 2.00-3.00pm in a service of prayerful reflection

To journey together in this way through Holy Week prepares us all for the dawning of Easter Day.

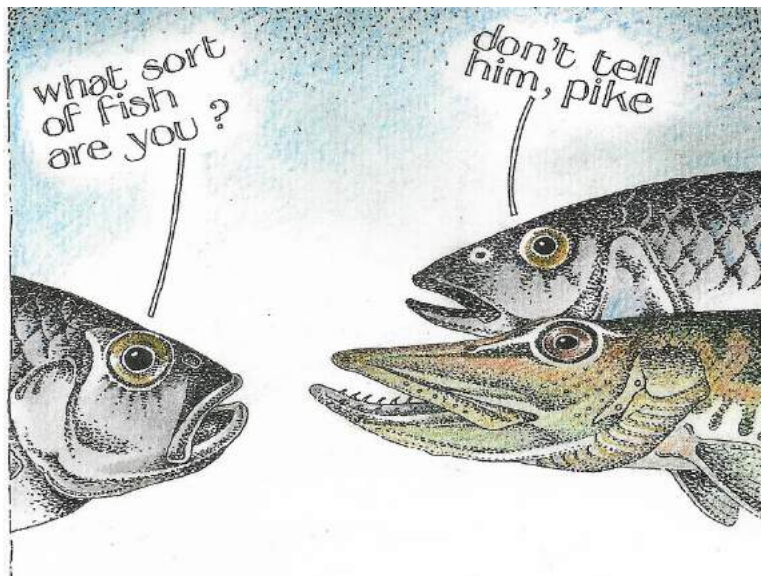
Easter Day (17 April 2022)

Preston St Mary and Lavenham services (except 8am) with the Very Revd Dr Philip Buckler

On **Easter Day** we celebrate the empty tomb and the risen Christ.

Preston St Mary's 6.30am short Easter Communion begins outside with the lighting of the Easter Fire from which is lit the Paschal Candle symbolising the unquenchable light of Christ for the whole world. Join us for an early breakfast of bacon butties and Bucks Fizz afterwards!

At Lavenham there will be Easter Communion services at 8am (Book of Common Prayer) and at 10.15am a sung Eucharist with refreshments afterwards plus an Easter Egg hunt for the young and young at heart!



St. Peter & St. Paul Church, Iavenham

A Thank You Lunch

For Rev. Stephen and Abigail Earl

Sunday 1 May 2022
after Sunday Service
Bring & Share Lunch
sign up sheet in church
more info from Mary Jackson/
Moir Dickson

QUIZ TIME ANSWERS from Page 18

1. Alexander Boris de Pfeffel Johnson
2. Beans
3. The Kuna
4. A telephone
5. Hamlet
6. Facemash launched in 2003 and Facebook in 2004
7. 13
8. Gymnastics (or Diving)
9. Austin
10. Kings Cross
11. Vanilla Orchids
12. Helium

**“Let’s go and see Eeyore”, said Pooh.
“He’ll cheer us up better than any
Government Stir-stistics!”**



APRIL & MAY 2022

Lavenham Library

Opening Hours
Monday – 10-1
Tuesday - 10-1 and 2-5
Thursday - 10-1 and 2-5
Friday - 10-1 and 2-5
Saturday - 10-2
Sunday & Wednesday – Closed

Thank you for helping us to celebrate Suffolk Libraries Day in March

Suffolk Libraries is a charity which runs the library service in Suffolk and this is our annual fundraising event. At Lavenham we held a raffle and a Guess the Number of Lego competition, as well as decorating the library with some Suffolk Libraries bunting. Thanks too to Tony Ranzetta aka The Headless Horseman also collected donations for us on his Ghost Walks during March. We do not have the total amount raised at the time of printing but will let you know in the May edition.

Half Term Lego/Crafts afternoon



We were overwhelmed by the number of you who came along at half term. Over 50 children, with an assortment of adults, helped us to decorate the Lavenham Lego Express village with vehicles and buildings and joined in with some snowy crafts. It was certainly an exciting afternoon. Thank you all for coming and we'll see you at our next family event at Easter – watch out for updates on village noticeboards and our FaceBook page



**Special thanks to Bryan & Chris Panton
& our awesome volunteers –
Ella, Jessica, Colin & Natalie**



Top Time Group

Top Time is our sociable drop-in group for all adults. We hold fortnightly meetings from 2.30-4pm

5 April Jewellery making
19 April Spring craft

3 May
17 May
31 May

Wellbeing Suffolk drop in chat
Author talk with Barbara Faulkner
Queen's Platinum Jubilee tea party



Tot Rock – our weekly WordPlay session for preschool children and their carers runs **every Thursday from 2pm-3pm**.

Please contact the library if you would like more details of how our sessions work – action songs and rhymes with time at the end for a chat and cup of tea while the children play.

Other Regular Activities

Friday	2.30-4.30pm	Indoor Kurling - group for adults
Saturday	11am-12pm	Lego Club – drop in sessions for children of all ages

Contact Details

Lavenham Library, Lavenham Village Hall, Church St, Lavenham CO10 9QT

Tel No: 01787 247729

www.suffolklibraries.co.uk

Email: lavenham.library@suffolklibraries.co.uk

Suffolk Libraries HMRC charity number XT34476



APRIL & MAY 2022

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

Rector: The Revd. Stephen Earl

The Rectory, Church Street, Lavenham, Sudbury, CO10 9SA Tel: 01787 247244

Curate: The Revd. Graham Naylor

41 Spire Chase, Sudbury, CO10 1PZ Tel: 07768 283636

Reader: Mr Pete Postle

7 Hall Road, Lavenham, Sudbury, CO10 9QU Tel: 01787 248564

CALENDAR OF BENEFICE SERVICES FOR APRIL 2022

SUNDAY 3rd April	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
PASSION SUNDAY/LENT 5	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	12.00 NOON	11.30am Refreshments before PRESTON PRAISE
SUNDAY 10th April	LAVENHAM	10.15AM	BENEFICE EUCHARIST
PALM SUNDAY	PRESTON	6.00PM	EVENSONG (BCP) followed by APCM
MONDAY/TUESDAY/WEDNESDAY 11th/12th/13th April HOLY WEEK	LAVENHAM	7.00PM	COMPLINE
THURSDAY 14th April MAUNDY THURSDAY	LAVENHAM	7.00PM	BENEFICE EUCHARIST
FRIDAY 15th April GOOD FRIDAY	PRESTON	12.00 NOON	PRESTON PEOPLE'S PASSION
	LAVENHAM	2.00PM	LAST HOUR DEVOTION
SUNDAY 17th April EASTER SUNDAY	PRESTON	6.30AM	FIRST LIGHT NEW FIRE HOLY COMMUNION Followed by Bacon Rolls and Buck's Fizz Breakfast
	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
SUNDAY 24th April EASTER 2	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	EVENSONG (BCP)

THE FOLLOWING MID-WEEK SERVICES ARE HELD IN LAVENHAM CHURCH EVERY WEEK

WEDNESDAY (except 13th April)	10.00AM	HOLY COMMUNION
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Note: BCP = Book of Common Prayer (traditional language)

APRIL & MAY 2022

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

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CALENDAR OF BENEFICE SERVICES FOR MAY 2022

SUNDAY 1st May EASTER 3	LAVENHAM	10.15AM	BENEFICE EUCHARIST Rector's Last Service No Service at Preston
SUNDAY 8th May EASTER 4	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	12.00 NOON	11.30am Refreshments before PRESTON PRAISE
SUNDAY 15th May EASTER 5	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 22nd May EASTER 6 ROGATION SUNDAY	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	12.00 NOON	ROGATION SERVICE IN CHURCH followed by Blessing Crops and BBQ at Priory Farm
THURSDAY 26th May ASCENSION DAY	LAVENHAM	10.00AM	HOLY COMMUNION
FRIDAY 27th May	LAVENHAM	10.00AM	COMMEMORATION SERVICE FOR US 8th AIR FORCE LAVENHAM AND SUDBURY VETERANS - ALL WELCOME
SUNDAY 29th May EASTER 7	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	BENEFICE SONGS OF PRAISE

THE FOLLOWING MID-WEEK SERVICES ARE HELD IN LAVENHAM CHURCH EVERY WEEK

WEDNESDAY (except 25th May) 10.00AM HOLY COMMUNION

Note: BCP = Book of Common Prayer (traditional language)