

PRESTON PARISH PAPER

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

Dates for your Diary

Sunday 7th August - Preston Praise at 11.30am for 12 noon in the Church

Sundays 14th August and 11th September – Lavenham Airfield Tours – See Page 23

Saturday 3rd September – Litter Pick – See Page 16

Sunday 4th September – Patronal Festival at 11.30am for 12 noon in the Church

Saturday 10th September – SHCT Ride and Stride – See Page 8

Monday 12th September – Ladies Club in Village Hall – See Page 14

Saturday 17th September – Village Get-Together in the Village Hall at 10.00am – See Page 7

Saturday 24th September – Macmillan Afternoon Tea in the Village Hall at 3.00pm – See Page 24

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.



HM The Queen's Platinum Jubilee was celebrated around the country, including Preston and Lavenham, on the weekend of 2nd-5th June.

The Preston Popup Choir sang the new Jubilee Song in Lavenham Market Place at the lighting of the Beacon on Thursday evening 2nd June. On Sunday 5th June, the national day of celebrations, we had a Thanksgiving Service in the Church at noon, followed by a party in and around the Village Hall, attended by over 100, with picnics and games, and more singing from the Popups.

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.

AUGUST & SEPTEMBER 2022

WHO'S WHO IN THE VILLAGE

Parish Council

CHAIRMAN	Pending		
CLERK	Kay Shorter	249492	prestonpcclerk@gmail.com

Parochial Church Council

RECTOR	Pending		
CURATE	Revd Graham Naylor	07768 283636	graham.naylor@lavenham.church
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
----------	--------------	--------	--

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
-------------	-----------	--------	--

Ladies' Group

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

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

Table Tennis

Thursday Evenings at 7.30 in the Village Hall

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

Carpet Bowls

Friday Afternoons at 2.30 in the Village Hall

CO-ORDINATOR	Maggie Bardzinski		maggiemossbar@aol.com
--------------	-------------------	--	--

The Six Bells Pub

		247440	reservations@thesixbellspreston.com
--	--	--------	--

Neighbourhood Watch

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

Tree Warden

Pending

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
-----------------	--	--	--

Doctors' Surgeries

Bildeston	01449 740254	Lavenham	378226
-----------	--------------	----------	--------

Local Councillors

Suffolk County Council	Robert Lindsay (Green Party)	robert.lindsay@suffolk.gov.uk
-------------------------------	------------------------------	--

Babergh District Council	Robert Lindsay (Green Party)	robert.lindsay@suffolk.gov.uk
---------------------------------	------------------------------	--

Community Liaison Officer	Cally Boardman	cally.boardman@suffolk.gov.uk
----------------------------------	----------------	--

Police - Non-emergency number 101

Police Community Engagement Officer	PC Jon Gerrish	ceosudburyhaverhill@suffolk.police.uk
--	----------------	--

Our Ward is North West Cosford

AUGUST & SEPTEMBER 2022

A PASTORAL LETTER FROM THE REVD GRAHAM NAYLOR

Dear Friends

Two things happened in mid-July that got me thinking about the question ‘Who am I?’

The first event was the documentary in which the athlete, Sir Mo Farah, revealed his previously unknown story of being trafficked to the UK and his changed name and identity. Who could have failed to be moved as Sir Mo told his heart-breaking story – a story held in such tension with what we thought we knew of a successful, world-beating athlete?

The second was the publishing of the report from the inquiry into the forced adoptions in the three decades of the 1950s, 60s and 70s. Again, who could fail to be moved by the stories of single mothers being coerced into giving their babies up for adoption or of the babies, now adults, talking about how they had grown up without a sense of their real identity.

I have also noticed how popular TV programmes such as ‘Long Lost Family’, ‘DNA Family Secrets’ and ‘Who Do You Think You Are?’ have become, along with the use of DNA kits to discover a person’s ethnic make-up and, possibly, locate unknown relatives. There seems to be a deeply inbuilt fascination with the concept of ‘identity’.

Now, I must declare a personal interest in this subject! I was born in the mid-60s to a single mother who was forced to give me up for adoption. Thankfully, unlike some, I was adopted by a wonderful, loving couple and I had a very secure childhood and upbringing. But, like the folk you might have seen on TV, there was always a sense of ‘Who am I?’, ‘What’s my identity?’

I traced my birth mother in my 30s and was able to get answers to many of my questions. I discovered that some of my mannerisms are genetic not nurture and that my overlapping lower teeth are an absolute mirror-image of my mother’s..... no doubt about my genetic heritage!

All this got me thinking not just about human heritage and identity but our identity as children of God. John, writing to a small group of early followers of Jesus, wrote:

*See what great love the Father has lavished on us,
that we should be called children of God.*

Whether we are confident in our human identity or, as is the case for some for many varied reasons, we are less sure, we have the possibility of being children of God. Maybe, like me or the folk on ‘Long Lost Family’, you’ve wondered ‘Who am I?’ and have been looking for answers. Maybe part of the answer would be found in discovering what it is to be a loved child of God.

If any of these questions resonate with you, I would be happy to chat with you sometime!

Wishing you all a good summer

Blessings
Rev Graham

THE COCKTAIL HOUR

One famous manufacturer reminds us that most of the volume of a gin and tonic is the tonic, therefore we should choose it carefully, etc, etc. I therefore determined to test Bubbles's discriminating palate and bought five different tonics and mixed a small {!} gin and tonic with each. Her reactions, in a blind tasting were as follows.

Fentimans: "bland"

Fever Tree: "fruity but too acidic"

Essence of London: "too dry"

Fever Tree Refreshingly Light {i.e. diet}: "unsure; rather like the second"

Schweppes: "definitely the best of the bunch"

Now, Bubbles is a Fever Tree Refreshingly Light devotee but remembers that she drank the Schweppes exclusively in her youth. Which proves that old habits die hard. JT

YOUR RELIABLE LOCAL ELECTRICIAN



Lee Jardine Electrical Services



- All Domestic Electrical Work
 - Rewires/New Installations
- New/replacement lights and sockets
- Electric Showers/Hobs and Ovens
 - 24 Hour Emergency Call Out
- Landlords Compliance Certificates

Tel: 01284 361 986

Mob: 07444 272 472

Email: lee.jardine@outlook.com

Don't you hate it when someone answers their own questions? I do.

**THE PARISH CHURCH
PRESTON ST MARY
St Mary the Virgin
Patronal Service**

Preacher: The Revd Chris Eyden

Sunday 4th September 2022 at 12 noon

**ATTENTION ALL SCHOOL LEAVERS!
THE ROBERT RYECE CHARITY**

In the 15th & 16th centuries the Ryece (or Ryce) family owned Preston Hall. There were several generations named Robert, one of whom was a famous student of heraldry and local history. He wrote a book entitled “The Breviary of Suffolk”, which describes the county in general and its heraldry in particular. He is the one who instigated the many coats of arms in the windows of the parish church. There were originally 160 of them, but many of them were destroyed when the tower collapsed into the nave in 1863. The remaining 52 coats of arms are still a notable feature of our lovely church.

One of the many things that he did for the village was to found this charity, the aim of which is to offer support to school leavers and apprentices of the Parish in the form of grants to assist them with the purchase of books, equipment, tools, special clothing, etc to help them in their studies and/or training. The grants are modest but have nevertheless proved to be useful to previous recipients.

Any school leaver is invited to apply for a grant to help them with the cost of their chosen career, either further study, an apprenticeship or other training. Please direct your enquiry by 1st September to Keith Davis who is one of the trustees.

Keith's contact details:

Addington House, Whelp Street, Preston St Mary CO10 9NL

Tel: 01787 247112

E-mail: keithhdavis@btinternet.com (don't forget the silly 2nd “h” in the address)

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.

NATURE NOTES

It pays to keep your eyes well and truly peeled for nature treats - wherever you might be. I was driving through Stone Street and waiting my turn to go through the incredibly narrow gap in the middle of the village when, taking its time strolling towards me came a fully grown and beautiful peacock. I deferred to it graciously!

In Norfolk recently I was startled by guttural sounds from above and looked up to see a massive, black bird overhead. Now, ravens have been nesting in Norfolk in recent years and I think I was lucky enough to see one.

In a Wildlife and Wetlands Trust reserve recently, I was sitting and eating a sandwich when a moorhen and almost-mature offspring strolled a few feet away – typically tame like the hundreds of other species in residence. The youngster went off on its own and I gave the parent a piece of crust. She didn't swallow it but ran after her offspring and prodded the morsel into its beak. Ain't that cute?! JT



Stop crying instantly! This advertisement appeared c1870, and the product was a success. In 1906 a new law required ingredients to be listed for all patent medicines. This product was banned because it contained dangerous quantities of morphine and alcohol (but it worked!)

THE FRIENDS OF
PRESTON ST MARY CHURCH

**A VILLAGE
GET-TOGETHER**

**A VILLAGE
GET-TOGETHER**

**BACK
AFTER THE
SUMMER**

**AN OPPORTUNITY
TO MEET**

**POP-IN TO
PRESTON VILLAGE HALL
BETWEEN 10AM AND 12 NOON**

SATURDAY 17 SEPTEMBER

**COFFEE & CAKES
PRODUCE STALL
BRIC-A-BRAC**

"BAKE OFF" JUDGING

**FINAL ENTRY DATE FOR
CALENDAR PHOTO COMPETITION**

... AND GET-TOGETHER

THE FRIENDS OF
PRESTON ST MARY CHURCH



BAKE AND ENTER YOUR

***BEST DECORATED CAKE
BEST SMALL CAKE
BEST TASTING CAKE***

**CHILDREN'S CATEGORY
(16 AND UNDER)
*BEST CAKE***

**TO BE JUDGED BY
LOCAL PATISSERIE CHEF
SARAH CASEY
ON 17TH SEPTEMBER
AT THE VILLAGE HALL
GET-TOGETHER**

ENTRY FEES:
1 CLASS -£3:
2 CLASSES - £7:
ALL 3 CLASSES - £10.

**A PRIZE WILL BE AWARDED
FOR EACH CLASS AND
CAKES WILL BE RAFFLED
AT THE END.**

**FURTHER DETAILS FROM
sarawhymark@outlook.com**

AUGUST & SEPTEMBER 2022

RIDE AND STRIDE – THE SUFFOLK HISTORIC CHURCHES BIKE RIDE SATURDAY 10th SEPTEMBER - A REMINDER

Please don't forget that Saturday 10th September is the day of the Suffolk Historic Churches Bike Ride – now renamed Ride and Stride. Walkers as well as cyclists are encouraged to take part, (though horses and motorbikes are not allowed). As always the aim is to cycle (or walk) to some of the fine old churches and other places of worship we have in Suffolk, and to raise sponsorship money while doing so. Money raised is split equally between our church and the Suffolk Historic Churches Trust.

Preston has always strongly supported this event, and we have been rewarded with several grants from the Trust for works in the church. Our cyclists and church recorders will be asking for sponsorship over the coming weeks, and we hope as many of you as possible will give your support. If you would like to ride or walk - or to help man the church on the day - let me know and I'll give you a sponsorship form. This is a charity which supports our own village and county and it's in our own interests to support it. On the same day, a vintage and classic car rally is held with cars travelling a provided route around a selection of churches.

Thank you all very much.

Robyn Lloyd Hughes
01787 247571

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

AUGUST & SEPTEMBER 2022

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

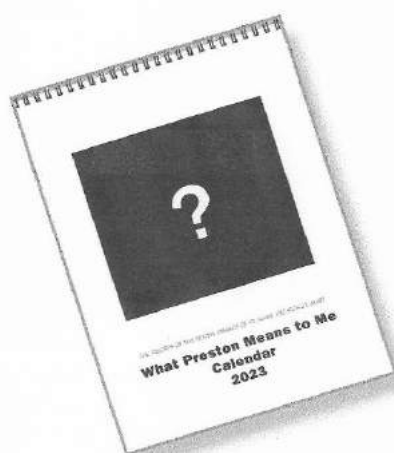
Non-Local Organisations

Half Page	£36.00
Full Page	£54.00

Issues: Feb/Mar; Apr/May; Jun/Jul; Aug/Sep; Oct/Nov; Dec/Jan

Editor: editorpstmppaper@gmail.com

Copy Dates: At least one month prior to issue date



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.

WORDS OF WISDOM

Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad.

AUGUST & SEPTEMBER 2022

.....
Friends of Preston St Mary Church



**Volunteers
Needed**

We are holding our acclaimed Christkindlmarkt again on
November 19th and we need volunteers for various tasks on the day.

Please see the list of tasks below and let us know if you are able to help.

Reply with your name and address, contact details (email, telephone number)
preferred role and morning or afternoon preferences
to judeshenton@gmail.com

Decorations Stalls
Tea and Coffee Sales
Cake Stall
Raffle Sales
Glühwein Sales

Wine or Whine
Janet's Stall of Curiosities
Cooking
Parking Marshal
Entrance

AUGUST & SEPTEMBER 2022

MUSIC IN PRESTON ST MARY

Some dates for your diary from the Popup Choir and friends.

Saturday 8th October

Concert in aid of Action For Children in Preston Village Hall at 7.30 pm featuring the Popup Choir together with Wot Larks, a quartet of ex professional singers. Lyn Davis will conduct, and Sara Whymark will accompany the choir in popular songs from musicals to folk songs. Wot Larks will bring their usual fun style of performing with treats ranging from Gilbert and Sullivan to Nessun Dorma and many more well-known songs. Entry on the door to include a first drink: £10. Children under 10 free, or a donation.

Sunday 16th October

Preston Popup Choir will be singing at the Harvest Lunch in the Village Hall preceded by a service in Church at 12 noon.

Saturday 19th November

Preston Popup Choir will be performing Christmas music at the ever-popular Christkindlmarkt.

Lyn Davis

NEW DEFIBRILLATOR AT THE VILLAGE HALL



Coming to Preston St Mary

The Parish Council along with a grant from Babergh Council have purchased a Defibrillator that is going to be installed at the Village Hall for use in case of emergencies.

We have all heard of the delays in getting an ambulance in case of an emergency, so like many of our neighbouring villages we now have a chance to help in case of a heart attack.

Once it has been installed if you phone 999 the operator will tell you where the defib unit is and the code for the lock. It seems you don't need any training on this. The machine will talk you through the step-by-step process. It will decide whether or not this is the right action for the patient.

SESAW - Suffolk & Essex Small Animal Welfare

Hello Preston Parishioners,

At the time of writing, our volunteers are wilting and the dogs have flopped down in the shade during the July heatwave. Luckily it was cooler for our sale at Newton Green. Thank you to everyone who helped to raise over £800 plus a generous amount from an anonymous donor.

If you enjoy bagging a bargain, don't miss our £1 Sale on Saturday 10th September. There will be something for everyone at this popular event. Doors open at 11am at the Stevenson Centre, Stevenson Approach, Gt. Cornard, CO10 0WD.

Like many rescues, we are full up with cats, dogs and rabbits and more waiting to come in. One example is Suzanne, a tabby and white cat approximately ten years old. She was found in a distressed condition sitting in the gutter by the side of a busy road. She loves a fuss, has a healthy appetite and is probably best suited as an indoor pet in an adult household. If you are looking for a new pet to share your home, we are still open 10am to 1pm, Friday to Sunday during the Summer but check first to avoid disappointment.

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



HISTORY NOTES

An examination of the school records for Preston in the 19th century reveals that a high proportion of reasons for absenteeism was "chilblains". Ever had a chilblain? Know anyone who has? We know that rural life in those days was grim but assume people lived in nice snug little cottages with fuel a-plenty. Evidently not, and the poor kids endured their hardship while shivering! JT

AUGUST & SEPTEMBER 2022

LAVENHAM GARDENING CLUB

We have been busy again with regular meetings and outings and it is lovely to see so many members returning.

Both our plant sales back in May were a great success, helped by good weather on both days. Our sales broke records, which enables us to subsidise some coach trips, continue to book interesting speakers and donate to local causes - the most recent of these being Dyehouse Field Wood.

Our speaker at the beginning of June, Ian Limmer from Peter Beales Roses, was informative and inspiring. On our follow up trip to the nursery he was so helpful and full of good advice, and we thoroughly enjoyed our tea, cake and tour of the wonderful rose gardens. Most of us could not resist a purchase or two!

On the next meeting, Zsuzsa Serer from Castle Hedingham, gave a very interesting talk on 'Propagating and growing herbs'. She brought lots of plants with her, which found their way home with enthusiastic members. Zsuzsa is very knowledgeable and we hope to invite her back again.

We have waited a long time for our planned visit to award winning Ousden House gardens and they did not disappoint. Members who were able to go, in July, had a lovely afternoon there.

We are looking forward to our next events - the July talk by Jim Paine of Walnut Tree Nursery, the Summer Garden Party for members, to be held again at Little Hall, and, in September, the Produce Plus Show at Lavenham Village Hall.

The Show is open to all, including children. Schedules can be found at Lavenham Village Hall and at the Village Information Point in Lady Street. We encourage you to enter - there are classes to suit everyone, from garden produce, through cookery, arts and crafts and photography. No previous experience necessary, we are aiming for a fun event and we hope that holding it on a Saturday this year will enable more people to participate.

We will have a 52-seater coach for our next trip, to Helmingham Hall Plant Fair, so plenty of room for purchases, and we know the gardens will be looking wonderful. Hope to see you, Preston people!

Our programme for Aug - Sep is as follows:

July 27th Talk by Jim Paine on 'The Secret Lives of Plants'

Aug 9th Summer Garden Party

Sep 10th 'Produce Plus Show'

Sep 18th Visit by coach to Helmingham Hall Plant Fair

Sep 27th Talk by celebrity speaker Adam Frost - please note all tickets for this event are now sold out.

Ring Sandra on 01787 311707 or Carolyn on 01787 247489 to book tickets for trips, or for information on any events or membership.
Carolyn Jenkins

AUGUST & SEPTEMBER 2022

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.

Proposed dates for meetings in 2022

Meetings in Village Hall start at 7.30pm

No meeting in August

12 September

10th October

14th November

December

Christmas Meal date and place to be advised - Covid Willing

Visits/ Outings I apologise for not arranging our River Stour and Suffolk Punch trips but hopefully in 2023 the uncertainty of Covid might have abated and I can reinstate them

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

Saturday 16th July - Remembering the Past - from 10.30am - 4 .30pm.

Roy Hollocks, our resident Village Historian, suggested that he would like to exhibit his very large collection of local history, which includes maps, photos, postcards, documents and all manner of other archival materials that he has collected over the years mostly about Preston St Mary, but also surrounding local villages. Roy very generously said he would make no charge for setting up his Exhibition and the Ladies Club thought it would be a good opportunity raise money towards the upkeep of the Village Hall by serving refreshments for the visitors during the day. However, the main point of the Exhibition was for visitors to have an opportunity to see all Roy's interesting artefacts and learn about Preston St Mary and the surrounding area. Our newly refurbished Village Hall was the ideal place and a good opportunity for the Ladies Club to try out the refurbished kitchen.

The weather was kind on the day of the Event and made it possible to set out tables, chairs and parasols on the patio in the garden of the Village Hall. Members of the Ladies Club made cakes for us to sell. Roy and his family had spent a long time on the Friday evening setting out all his Exhibits on stands, on tables in the centre of the Hall and around the walls. All were carefully labelled so that visitors would be able to view the Exhibits clearly. Amongst Roy's impressive display, visitors could find the records when the Village Hall was a school, which included schoolbooks and a Punishment Book. Picking out two entries, we discover that a boy who was late and had crept in while the schoolmaster's back was turned had received two whacks with the cane, and another boy had received four whacks with the cane for cheek and insolence - oh how things have changed! Roy Hollocks' Grandfather had attended the village school and Roy is the 4th generation born in Preston.

AUGUST & SEPTEMBER 2022

Dave and Jacquie Williams had also set up an interesting display of articles for visitors to view, which they had found in the walls and under the floor when they were renovating Colliers Farm. These articles ranged from mummified cats and other articles intended to keep witches away, old and interesting coins, old shoes (much mended) and ladies' stockings that had been darned repeatedly with really tiny stitches. From these finds, it was possible to realise just how hard life had been all those years ago.

A steady stream of visitors were happy to browse through everything laid out on the tables. Some visitors had travelled quite a way to visit the Exhibition - one couple had come from Aldeburgh. Some visitors had had connections with Preston in the past and it was good to see old friends once again. Roy and his family were on hand all day to answer visitors' questions. It was noted how populous Preston St Mary was years ago, with far more residents than today. Poignantly, looking at photographs from the more recent history, there were reminders of residents whom we knew and who sadly have died.

The ladies were kept busy serving teas, coffees and homemade cakes to the visitors sitting out in the sunshine. Entry to the Exhibition was free, but we did place a large jar asking visitors to make a donation if they had enjoyed the Exhibition. Visitors must have enjoyed themselves because when the jar was emptied we found £111.33 had been donated. The final amount that has been handed to the Village Hall Committee is £218.

Thanks are due to Roy and Janet Hollocks and their daughter Hannah for all their preparation and hard work and also for advertising this event on various websites. Thanks also to Roger Huggett for designing and printing all the posters. My thanks and gratitude to the ladies of the Ladies Club for manning the refreshments throughout the day and for baking and donating all their wonderful homemade cakes. Thanks also to Dave and Jacquie Williams for sharing their Colliers Farm 'treasured finds' and helping with setting up the Exhibition.

Monday June 13th - Tim Bridges Poetry.

We thoroughly enjoyed our Poetry Evening with Tim, who as you know, is a regular contributor to this Preston Parish Paper. The evening was a lighthearted mixture of Tim's poetry and the story of his life. The dominant threads and focus for his poetry are his love of wildlife and the countryside (Preston in particular) and the wonderful countries and places he has seen in his travels. Tim's 'love affair' with Preston St Mary, began when he was first resident here as a child and attended Lavenham School. Preston St Mary had a profound effect on Tim and became for him a place he treasured because of its happy childhood memories.

We ladies were fascinated by Tim's ability to express himself so easily through the medium of poems, something that he has apparently always been able to do. Many of them are deeply personal. We ladies could not fail to be moved by the beauty and eloquence of Tim's poetry, and we send our heartfelt thanks to Tim for such a beautiful evening. Tim has promised to return for another Ladies meeting and to read more of his poetry to us.

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.

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 July quiz at the Six Bells was won by "The Boris Resignation Committee".

Your Village Needs You!

(again)

Following on from the success of the litter pick held earlier this year we are looking to have a bit of a spruce up on Saturday 3rd September at 10.00 from the Village Hall

This was some of the group of volunteers that came last time enjoying a well earned cuppa and cake afterwards. We were all amazed at the number of car parts we picked up.



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

BOOK REVIEW

“Victory in the Desert”, Adrian Stewart, Canelo, London, 1987.

Everybody has heard of the battle of El Alamein, which Churchill described as “the end of the beginning” of World War II. But controversy still surrounds the North African campaign. For example, Montgomery was over-cautious, boring and a bit lucky while Rommel was a military genius. In fact they met seven times – including El Alamein – and not once did Rommel get the better of Montgomery. He was impulsive, depressive and made some serious tactical errors. Montgomery was a meticulous planner and didn’t get much wrong. Nor was the intelligence from Bletchley Park intercepts decisive. They often took too long in deciphering to be useful and could be misleading. Although published as long ago as 1987 this book is still worth reading as a thorough, patient and important piece of military history. And Rommel did not reach the Suez Canal! JT

QUIZ TIME

There are no prizes - answers are on Page 29

1. Is it correct to call the British flag the Union Jack?
2. Which was the first James Bond film to feature Roger Moore in the title role?
3. What was Baroness Thatcher’s middle name?
4. What is fifteen percent of two thousand?
5. ‘Bright Eyes’ by Art Garfunkel was in the soundtrack to which 1978 animated film?
6. What does the surname ‘Singh’ mean when translated into English?
7. Who was the shortest-serving UK Prime Minister?
8. Which is the only letter in Scrabble to have a value of five points?
9. Tobermory is the capital of which Scottish island?
10. Which English author created the priest-detective ‘Father Brown’?
11. What is the purchase price of Old Kent Road in the London version of Monopoly?
12. Who was US president at the time of the coronation of Queen Elizabeth II?

POETS' CORNER

From Tim Bridges

Beautiful Bali: An Old Man Remembers

*Of far Melanesia and fair Polynesia
The spiciest nice archipelago,
Must be Indonesia where life is just easier
Where else would a stressed heartsick fella go?*

I had a vision. A vision of an enchanted isle of unimaginable beauty peopled by gentle spiritual beings. An island rich in exotic culture, dance, folklore and magic. The island that tempted the German poet, mystic and all-round thoroughly good 1930s egg, whose name I can't remember, to flee Nazi oppression and seek sanctuary there with a bunch of like-minded early hippies. I had this vision, as I say, and a short posting to the region seemed to be the ideal opportunity of checking it out; a chance to unwind, to re-establish my inner harmony and peace, to find the inner me. Far out man!

In the old capital Ubud, there is, among many other things, a monkey sanctuary. The guidebook said that the monkeys could be a bit mischievous. Liked to check out your pockets for goodies. Little scamps, I thought. Little tinkers. I was no fool. I emptied my pockets as the guidebook wisely cautioned. What the guidebook didn't mention was the fact that if the charming little simians don't find goodies in your pockets, they try to pull your hair out, they shred your face with their dear little paddy paws and claws and they sink their enormous teeth into any part of you that takes their fancy.

Back at the hotel, after my Rabies booster and having had neat iodine poured into my wounds, I relaxed beside the pool and tried to ignore the obvious amusement of my fellow guests. It's a small place, Ubud, and word gets around. Gazing up into an azure sky of deepest summer, my attention was taken by a gull sweeping effortlessly around in huge circles like perfect freehand, wingtips trembling in the spiralling thermals. Surely here was a perfect metaphor for something or other? Or perhaps material for a poem, or.....

I know it's supposed to be good luck, and I know that bird guano is not toxic, is a marvellous fertiliser in fact, but I'd much rather the seagull hadn't deposited a huge and viscous dollop of it on my upturned pondering face. Ubud's not even on the coast. What was the blessed bird doing there? Why me? What were the chances of that happening? I began to wonder if there was a celestial agenda here. First the monkey now the seagull. A malicious minor deity perhaps? An Oriental Pan egging on his earthbound minions to persecute me and to drive me from his realm. Perhaps the bright lights and drunken Aussies of Kuta were a safer bet.

I was leaving a lively nightspot in pursuit of one of my fellow travellers who had stormed out after a sharp exchange with one of my other fellow travellers. Obviously, the cool wellspring of Balian balm and relaxation had failed to work its magic on them.

AUGUST & SEPTEMBER 2022

So there I was, running down the busy, brightly-lit main street of Kuta at 2.00 am, sweating like a bull and wheezing like a steam engine, in pursuit of an hysterical woman, when out in front of me stepped a burly six-foot person who looked a bit like an Indonesian Arthur Mullard, only not as pretty or feminine. They fastened their steely grip on the bulge at the front of my jeans no, not that one, the bulge caused by the huge roll of devalued currency it was necessary to carry around at all times. Fluttering their huge eyelashes at me, they enquired whether they could be of service in any one of a large number of areas which they described to me, while all the time trying to get the money bulge to the top of my jeans pocket to allow the notes to breathe the night air of beautiful Bali.

As has almost always been the case throughout my life, my jeans on this occasion were so tight that even their practiced fingers hadn't succeeded in moving the wad one millimetre in any direction. My brain finally realised just what this massively constructed Banshee or lady-boy was trying to achieve and, dropping one shoulder, I barged them out of the way, breaking their grip on my frontal prominence at the same time. I started to hare up the street again but in the instant that I broke free of the unwelcome embrace of the gentleperson of the night, there came a yelp of excitement from an old and mangy mutt who had been watching the proceedings thus far with puzzled interest. He now launched himself at me sinking his perfectly functioning fangs into my buttock. Now the Bridges buttock of that era was not the perfectly solid, steely ball of muscle that you all know it to be today. No. It could best have been described as doughy. A posterial Eccles Cake if you will. I leapt down the main street with alacrity with an elderly doggy hanging from my bottom like a huge, sparsely furred leach. My! How the Antipodean revellers roared.

When I got back to the hotel, after another Rabies booster and with more iodine bespeckling my buttock, my travelling companions had made up their tiff and were once again the best of friends. They looked at me as if I was a bit odd when I told them of my adventures.

Leaving Bali the following day by the local airline I got food poisoning from a nice piece of fish caught fresh that day, so the menu said, in the calm, warm, tranquil waters surrounding the beautiful, peaceful, tropical paradise that is Bali.

Tim Bridges

COOKS' CORNER

Bubbles, as well as her educated thirst, has a refined palate for what follows. Think of an omelette: three eggs, a little cheese and you have a snack. A very good one. But if you add, tomatoes, mushrooms, green peppers, red peppers – with the cheese but all pre-cooked and seasoned, as does Bubbles, you have a feast. Delicious! JT

COMMAND PEST CONTROL

TELEPHONE: 01787 248049



Complete Pest Control service including Premises Contracts
Year Round Protection from Infestation • All Pest Control work undertaken

Pest Prevention:

Rat and mouse eradication and prevention of access to agricultural/
commercial and domestic premises/Insect control
Prompt service to Wasps/Hornets nests/Ants/Fleas/Cockroaches/
Mites/Silverfish/Flies etc



Mole control by all Ministry approved methods
Rabbit control and rabbit proof fencing

Property Care:

Woodworm/Deathwatch beetle/Damp proofing
30 Year Bonded Guarantee available



Insect Control:

Fly control units, electric and adhesive
Stockists of all leading brands
Replacement tubes and servicing carried out to all units
Secondhand units available
Flyscreens/chain curtains/plastic strip curtains

Bird Control:

Bird control to public, commercial and domestic buildings
Bird proofing to any situation
Cleaning contracts – Public buildings etc



Grain Handling:

Fumigation to grain and other commodities
Grain store cleaning and pre-harvest
Insecticidal treatment
Monitoring of stored grain and supply of all relevant equipment



Our Services Offer:

Trained technicians/Professional back up:
Quality control manager and field biologist/Approved by local
authorities and food retail industry/Reporting documentation
tailored to any requirement

We also supply:

Rodenticides/Timber treatment chemicals disinfectants/Industrial
cleaning chemicals and pest control equipment

RODENTS

INSECTS

FLY KILLERS

WOODWORM

BIRD PROOFING

FUMIGATION

ESTABLISHED 1986

**COVERAGE THROUGHOUT EAST ANGLIA AND BEYOND
FOR COMPETITIVE PRICES PLEASE RING 01787 248049**

Command House, College Farm, Church Lane, Preston St Mary, Sudbury, Suffolk CO10 9NQ
Email: sales@commandpestcontrol.co.uk Web: www.commandpestcontrol.co.uk



AUGUST & SEPTEMBER 2022

AGRICULTURAL NOTES

Steam power to assist with the harvest, like this steam driven traction engine, was, according to the owner, still in use in the sixties. Horsepower unknown.



Gary, needing a bit more power to deal with this year's harvest, just took delivery of this beauty. It produces 330 horsepower! Enjoy it, Gary!



VILLAGE HALL NEWS

100 CLUB

The subscriptions for the 2022 draw are now in full swing, so don't be surprised if one of the committee members knocks on your door or prevails on you in the street or in a gathering. We can assure you that five draws will be made this year, despite the late start. Many thanks to all who have participated in previous years, as the 100 Club contributes very usefully towards the normal running costs of the hall

ANNUAL GENERAL MEETING

Our AGM duly took place at 7.30pm on Wednesday 22nd June, when the Village Hall Committee reflected on the very interesting year just gone. The usual number of the public gathered there to listen to the reports along with the Trustees. The committee was re-elected *en bloc* and the officers remain unchanged, so we are ready to progress with the new hall and its excellent support facilities. Please make use of it for gatherings and family parties, etc.

VILLAGE JUBILEE PICNIC LUNCH

This event took place on Sunday 5th June and, after a nervous period when few people said that they aimed to attend, we were flooded with people and over 100 folks gathered to enjoy a happy celebration. The Pop-ups did their thing and popped up a couple of times, the second session including a *Last Night of the Proms* style sing-along. The weather, despite the threat of a soggy afternoon, held off just long enough for everyone to get home in the dry. A social success and another chance to enjoy the community side of our lovely village.

CLUBS AND SOCIETIES

During the summer some of the regular users of the Hall take a break but then return, re-invigorated, in September. We are pleased that the Hall is once again being used and we are distributing details of the various activities that take place there.

The Hall is centrally situated and we have made all parts of the premises accessible to everyone. Don't be shy!

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, 01787 247626 (PC title "The Quill")
KEITH DAVIS, Treasurer, 01787 247112 (PC title "The Till")

LAVENHAM AIRFIELD WALK

Home to the
USAAF's 487th
Bomb Group
during WWII

When? Sunday
10th July
14th August
11th September

Time? 10.00 - 13.30

Cost? Adults £10

Under 16s £5

(Sorry - no dogs)

Booking essential

Where?

**Lavenham
Information
Point**



2 Lady Street

01787 249939

Mon, Tues, Thur, Fri & Sat

11.00am - 2.00pm

AUGUST & SEPTEMBER 2022



Macmillan's Afternoon Tea

It's time for afternoon tea and you're invited. Let's do whatever it takes to support people living with cancer.

Preston St Mary Village Hall
24th September 2022
3.00 pm
contact Kay 01787 249492



This year rather than having the Macmillan coffee morning we are looking to hold an afternoon tea at the Village Hall.

A few ladies from the village are hosting so no need to bring cakes - just donations. There will be a full afternoon cream tea along with games. In the past we have done quite well with the fund raising but as the coffee morning is on a Friday it limits people that work, so following on from successes of the welcome tea and the official opening tea we thought this would be a great excuse to have another tea – on a Saturday.

Please feel free to invite family and friends.

If possible, let Kay know you are coming so we don't run out of scones!



In aid of

**MACMILLAN
CANCER SUPPORT**

AUGUST & SEPTEMBER 2022



Suffolk Wildlife Trust

Helping wildlife when it's hot!

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

Around this time last year, I was quietly writing an article for this magazine about how helpful ponds can be for the wildlife in our gardens. As I sit and write this now, a year later, the temperature inside the office is 32 degrees Celsius; outside, it is a sweltering 36 degrees and set to climb to 40 before the day is out! When we experience unprecedented, extreme temperatures such as this, it leaves me wondering how our wildlife can cope - and what we can do to help?

Naturally perhaps, our thoughts turn to providing water first and foremost. Natural water sources have all but dried up for many creatures, leaving them struggling with dehydration and heat exhaustion just the same as we would. As I wrote last year, garden ponds can be a lifesaver for thirsty animals of all shapes and sizes. If they have a nice, shallow edge for creatures to escape if they fall in, then they also provide a great spot for birds to bathe and cool down. If you don't have a garden pond, providing a shallow dish of clean, fresh water in your garden somewhere shady is the next best thing and could save many critters' lives!

With the ground so hard and dry, then as well as dehydration to contend with, animals such as hedgehogs will also be struggling to find food – their favourite worms will be particularly hard to come by. Leaving a small dish of meaty pet food out for them, with water alongside, can help them survive (note: if you provide wet food it doesn't matter if it's dog or cat food, but if you provide dry food it is best to use cat/kitten food). Hedgehogs are nocturnal, so if you see a hedgehog in the middle of the day and it is not moving 'quickly and with purpose', then it could be in trouble – contact the British Hedgehog Preservation Society for advice if this happens (01584 890 801).



Help a 'hog' by providing food and water

In hot weather, you may see birds with their beaks open and panting, which is one way they try to reduce their body temperature. We can help them out by providing bird baths, allowing them to bathe and drink too. Some birds will also be struggling to find food in extreme heat, particularly ones which rely on worms as part of their diet, like our favourite robins, thrushes and blackbirds. So, providing bird food in a hot summer can be just as important as feeding in winter. In hot weather, bacteria can build up quickly in feeders and bird baths, so just remember to clean everything regularly.



Bird baths help keep our feathered friends cool

Last but not least – if we can provide a bit more shade in our gardens, then nature will thank us. In short, there is plenty we can all do to help our wildlife survive a hot summer - simple steps can save lives! **Want to learn more? Don't miss our 'Gardening for Wildlife' talk at Lackford Lakes on August 18th – see www.suffolkwildlifetrust.org/events**

Our work is only possible thanks to the 28,000 members who support us. If you would like to consider joining us, 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**

HEALTH AND WELLNESS NOTES

GETTING READY FOR THE COLD SEASON

I hope you have made the most of the sunny summer weather to get out and about to soak up those D vitamins the sunshine has gifted us. With a good supply of the 'sunshine vitamin' we are setting ourselves up for a happy healthy winter. Do check your vitamin D levels in October. You can do this at home by ordering a test kit from www.vitaminDtest.org.uk. You may need to supplement if your levels are suboptimal. From January I usually start supplementing. I check my levels again in March.

It's time to make use of the plants nature has provided to help us through the long winter. Vitamin C is crucial here and the prolific elder is our helping hand. The Elder, *sambucus nigra*, also known as "The medicine chest of the people", has provided remedies for most common complaints for centuries. Elders (flowers and berries) contain a plant acid that is anti-inflammatory, which is useful for seasonal flu, colds, catarrh, sinusitis, fevers rheumatic and arthritic conditions.... the list goes on. The berries are rich in iron, vitamin A and C, flavonoids (fight off free radicals – toxins and stressors and help regulate cellular activity) and anthocyanins (the dark pigments in the berry are anti-inflammatory, antioxidant and great for the immune system). The berries should only be eaten when cooked.

When the berries are dark and ripe, harvest them and separate from the stalks (I use a fork). The berries can be turned into a syrup or added to apple pies and blackberry jelly. The compounds in the berries prevent viruses from attaching themselves in the nose and throat, preventing an infection taking hold.

SYRUP

2 kg elderberries
Zest of 1 orange
Cinnamon sticks
1 TBSP cloves
Knob of fresh ginger
1 TBSP Cardamon pods and/or 4-star anise
Water to cover

450g Sugar
1 lemon
Warm sterilised bottles

Add the first section and bring to boil, simmer (covered) for 30 minutes.
Mash berries and strain into a measuring jug. Squeeze as much juice as possible.

For every 500ml juice add 450g sugar and the juice of 1 lemon.
Bring to boil whilst stirring and simmer for 10 minutes.
Strain if it needs it and pour into the sterilised bottles.

It will keep for 1 year unopened. Refrigerate once opened.
Take a teaspoon every day for maintenance and a generous teaspoon at the first sign of a cold to soothe sore throats and coughs.
Diluting with warm water makes a warming nutritious drink.

According to superstition, anyone cutting elderwood should ask permission first! And when harvesting flowers and berries, you must say thank you, or you may be injured or cursed!

Yours in good health

Marjorie Devine-King – Nutritionist

AUGUST & SEPTEMBER 2022



If you thought it was Women's Lib, Feminism and Equal Opportunities that created today's diversity conscious society think again!

It was Vitamins!

This is a genuine advertisement from the 1950s.

Beauty by Megan

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

I work from my log cabin in Hitcham, which is in a peaceful, rural location and benefits from off-road parking!

Treatments are by appointment only. Therefore you are guaranteed complete privacy and your treatment time is exclusively for you!

A variety of treatments include:

Dermalogica Facials/Reflexology/Spray Tanning

Jessica Manicure and Pedicure

Foot Health Maintenance (nail trimming/hard skin removal)

Eye Treatments/Waxing

Please phone for enquiries and price list.

Megan Pryke VTCT, BABTAC

07876 717 008

 beautybymeganlavenham



Kutz 4 Mutz

Complete Professional Dog Grooming Service

Stress-free one-to-one appointments
Individual requirements catered for

Bathing, drying, clipping,
scissoring, hand stripping, nails,
anal gland relief, ear cleaning

Call: Jan 07716 034521

Find me on Facebook

1 Manor Cottage, Lavenham Road, Preston St Mary, CO10 9LU

Lavenham Physiotherapy

&

Acupuncture Clinic

A combined Chinese and Western approach to help relieve your pain quickly and prevent it recurring.

Conditions treated include:

- Back pain and sciatica
- Neck pain and whiplash
- Headache
- Shoulder pain
- Elbow and wrist pain
- Hip, knee and ankle pains
- Arthritis
- Rehabilitation



Private treatment is provided in a relaxing and friendly atmosphere by Preston resident Mrs. Hua Sands MSc MCSP MAACP, who has been trained in acupuncture in China and the UK, is qualified as a Physiotherapist to Master's level in the UK, and has worked as a Senior Physiotherapist in the NHS. Treatments depending upon your condition may include exercises, manual therapy, ultrasound and/or acupuncture.

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

AUGUST & SEPTEMBER 2022

QUIZ TIME ANSWERS from Page 17

1. Sometime around 1674 the British flag became formally known as the 'Union Jack' when mounted on a warship and the ship was not in harbour. At the same time the British flag was referred to as the 'Union flag' on land. This rule was relaxed by the early 19th century when the sailing term could be used when referring to the national flag everywhere. The correct term is still, to this day, a matter for debate.
2. Live and Let Die (1973)
3. Hilda (Margaret Hilda Thatcher)
4. 300
5. Watership Down
6. Lion
7. Andrew Bonar Law (served for only 210 days)
8. K
9. Mull
10. G K Chesterton
11. £60
12. Dwight D. Eisenhower (June 2nd 1953)

THOUGHTS FOR THE DAY

"DO NOT TOUCH" must be one of the most terrifying things to read in Braille.

Superglue can also be used for cleaning your computer
keyboard

Everyone seems normal until you get to know them

AUGUST & SEPTEMBER 2022



Opening Hours

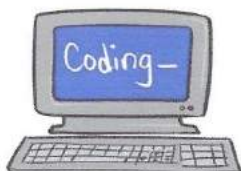
Monday	10.00 – 1.00
Tuesday	10.00 – 1.00 & 2.00 – 5.00
Thursday	10.00 – 1.00 & 2.00 – 5.00
Friday	10.00 – 1.00 & 2.00 – 5.00
Saturday	10.00 – 2.00
Sunday & Wednesday	CLOSED

Come and meet The Gadgeteers!



As you read this the Summer Reading Challenge will be well underway. The Reading Challenge combines **FREE** access to books with fun, creative activities during the summer holidays and is open to all children aged 4-11. Children borrow and read library books of their own choice during the summer, collecting special stickers to complete their poster and extra incentives along the way. Children who complete the Summer Reading Challenge are presented with a medal and certificate. The challenge runs until **4th September**.

FREE Coding Taster Session for 8-15 years old (must be accompanied by an adult)



Thursday 4th August
Session 1: 2.00pm - 3.00pm
Session 2: 3.30pm - 4.30pm

- Control electronics with code! Program a robot.
- Learn to code in scratch and python. No experience necessary.

LIMITED SPACES AVAILABLE - BOOKING ESSENTIAL

Please contact the library to book your place on 01787 247729 or email: lavenham.library@suffolklibraries.co.uk or pop into the library and speak to a member of staff.

Top Time Group

Top Time is our sociable drop-in group for all adults. We hold fortnightly Tuesday meetings from 2.30-4pm. Our Aug meetings will be held on the 9th and 23rd.

Indoor Kurling Join us every Friday afternoon from 2.30pm – 4.00pm for this fun indoor adult activity that helps to improve strength and mobility with refreshments and chat included!

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

AUGUST & SEPTEMBER 2022

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

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 AUGUST 2022

SUNDAY 7th August TRINITY 8	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	12.00 NOON	11.30am Refreshments before PRESTON PRAISE
SUNDAY 14th August TRINITY 9	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	EVENSONG (BCP)
SUNDAY 21st August TRINITY 10	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 28th August TRINITY 11	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	LAVENHAM	4.00PM	BENEFICE SERVICE
NO SERVICE AT PRESTON			

THE FOLLOWING MID-WEEK SERVICES ARE HELD EVERY WEEK

WEDNESDAY LAVENHAM 10.00AM HOLY COMMUNION
A short service followed by a 'Coffee Morning and Chat'

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

AUGUST & SEPTEMBER 2022

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

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 SEPTEMBER 2022

SUNDAY 4th September TRINITY 12	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP
THE BLESSED VIRGIN MARY	PRESTON	12.00 NOON	PATRONAL FESTIVAL ECHARIST
SUNDAY 11th September TRINITY 13	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE ECHARIST
	PRESTON	6.00PM	EVENSONG (BCP)
SUNDAY 18th September TRINITY 14	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE ECHARIST
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 25th September TRINITY 15	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE ECHARIST
	PRESTON	6.00PM	EVENSONG (BCP)

THE FOLLOWING MID-WEEK SERVICES ARE HELD EVERY WEEK

WEDNESDAY LAVENHAM 10.00AM HOLY COMMUNION
A short service followed by a 'Coffee Morning and Chat'

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