

PRESTON PARISH PAPER

A Happy Christmas to all our Readers

Dates for your Diary

Friday 2nd December from 4.30pm – Lavenham late-night shopping and community carol singing in the Market Place

Sunday 4th December - Preston Praise at 11.30am for 12 noon in the Church

Sunday 11th December at 12.30pm – Chamber Concert by the Gainsborough Ensemble in Lavenham Church – see Page 21

Friday 24th December – Carol Service at 5pm in the Church

Sunday 1st January – Preston Praise at 11.30am for 12 noon in the Church

Sunday 29th January – Benefice Candlemas Service at 6pm in Lavenham Church

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.

NEW RECTOR APPOINTED

We will welcome The Revd Canon Simon Pitcher as the new Rector of the Benefice of Lavenham with Preston St Mary early in 2023. More details on Page 4.

CHRISTKINDLMARKT



The Preston St Mary Pop-Up Choir sings carols and Christmas songs at the annual Christkindlmarkt organised by the Friends of the Church at Preston Manor Barn on Saturday November 19th. See Page 7 for a full report on the event.

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.

DECEMBER 2022 & JANUARY 2023

WHO'S WHO IN THE VILLAGE

Parish Council

CHAIRMAN	Peter Korwin		
CLERK	Kay Shorter	249492	prestonpcclerk@gmail.com

Parochial Church Council

RECTOR	Pending		
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	07740 820100	ranniemason@btinternet.com
SEC./BOOKINGS	Sue Diggins	247626	sdiggins2rda-east.org.uk

Art Group

Monday mornings, 3 terms of 10 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
--	--	--------	--

Tree Warden

Lyn Davis	247112
-----------	--------

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

DECEMBER 2022 & JANUARY 2023

A PASTORAL LETTER FROM THE REVD GRAHAM NAYLOR

Dear Friends,

One of the questions I get asked quite frequently in various guises could be summarised as, ‘If your god is a god of love and justice, how come he doesn’t intervene in the injustice we see in the world; doesn’t he care?’

That is a very valid, honest and important question to ask!

The Bible narrative makes claims that God is by nature loving, acts justly and cares. Yet, I don’t think I can be the only person who looks around at a broken world and broken humanity, while recognising lots of good things, and shouts (yes, curates sometimes shout!), ‘Where is the love, where is the justice, where is the care?’

As I write, we have just had Armistice Day and Remembrance Sunday. We have remembered those who made the ultimate sacrifice – giving their today for our tomorrow – and those suffering the ongoing effects of military service. Those heroes served with the hope of ending war and humankind’s inhumanity, and to achieve peace. But we look around and see a world ravaged by war and inhumanity!

So, the cry continues to be, ‘Where is the love, where is the justice, where is the care?’

In the church calendar, we are in the season of Advent leading to Christmas. In this season we focus on two things: looking back at the way God’s people, the Israelites, longed for God to intervene and rescue them from the oppression – not least Roman occupation and oppression in the first century – and looking forward to the fulfilment of God’s promise to bring about justice once and for all.

At Christmas we celebrate and remember God’s way of intervening into a broken world by coming as a baby, who would grow up to be the person we know as Jesus of Nazareth. The fancy, technical word for this is the ‘Incarnation’. An intervention which would lead to Jesus’ death and resurrection, which we celebrate on Good Friday and Easter Sunday, ushering in the beginning of God bringing justice to unjust situations.

During Advent, as well as leading up to celebrating Christmas, we also look forward by exploring how God will fulfil the promise that one day – what we call the ‘end of the present age’ – when Jesus will return and execute a final act of judgement and justice. A point in time when God will do a work of re-creation to mend the brokenness of the world and humankind.

If you, like me, have ever questioned where God is in this messy world then I offer you a warm invite to explore the answers to that question with us at church as we journey through Advent to Christmas.

I look forward to seeing many of you at various church and community events between now and Christmas.

All it leaves me to do is to wish you all a Very Happy Christmas and a Peaceful 2023.

Reverend Graham

Assistant Curate

NEW RECTOR APPOINTED

We have now been authorised by the Right Reverend Martin Seeley, Bishop of St Edmundsbury and Ipswich, to announce that the Reverend Canon Simon John Pitcher, currently Team Rector of the Sole Bay team, has been appointed as the new Rector of the Lavenham with Preston St Mary Benefice. A date for Simon's institution and induction service will be announced in due course.

The Bishop has expressed his thanks to all those involved in the selection process and assures us of his prayers. We also pray for Simon and his wife Irene as they prepare for their move. As yet there is no date for Simon and Irene to complete their move to Lavenham, which could take up to three months. In the meantime the Parish of Preston St Mary is in the capable hands of Graham our Curate, our Churchwardens, our PCC and all who care for the church locally.

Simon has kindly agreed to write a piece for the next issue of this paper to introduce himself less formally.

On a more personal note, the churchwardens and the members of the PCC wish to thank Graham for the fine work that he is doing during his curacy here. We acknowledge the pressures placed upon him during this vacancy and we wish him every success as he pursues his calling.

Preston St Mary Parochial Church Council

CHRISTMAS EVE FAMILY CRIB AND CAROL SERVICE



5.00PM SATURDAY 24TH DECEMBER 2022

Children are especially welcome and are asked to come dressed as any of the Nativity characters or animals

COOKS' CORNER

Do you like spinach? If so, I'm sure you'll agree, it's difficult to present it in an interesting style. Bubbles, in her usual experimental style did it like this. Delicious!

SAUSAGE FLORENTINE

Spinach enough to cover bottom of dish

Sausages 3 per person

Butter 1½ oz

Flour 1 oz

Milk 4 fl oz

Gruyère or Emmental cheese 4 oz

Breadcrumbs

- 1 Butter dish of appropriate size
- 2 Cover bottom of dish with spinach
- 3 Brown sausages under grill
- 4 Place on top of spinach
- 5 Melt butter, stir in flour, cook 1 min
- 6 Add milk gradually, whisk
- 7 Add cheese and season
- 8 Pour over sausages
- 9 Sprinkle breadcrumbs generously
- 10 Bake in 200°C oven 30 mins or until breadcrumbs are golden

THE COCKTAIL HOUR

Bubbles is always on the lookout for new ideas and found the following in a Belgian run restaurant in Turkey, talking to a German.

The Detox Cocktail

Proportions can be varied according to taste.

Gin

Limoncella

Parsley

Cucumber

Cocktail syrup

Lime juice

Top up with bitter lemon

Should deal with any hangover.

DECEMBER 2022 & JANUARY 2023

Wot Larks! & Preston Pop-up Choir

Charity Concert

Our thanks to Lyn Davis for organising a superb concert in our village hall on Saturday October 8th. The event marked the completion of Lyn's 60-mile walk, done in stages along the Stour Valley Path. Lyn sang in the churches along the way.

Lyn opened our concert with the song she had sung in each of the churches. This was followed by the Pop-up choir singing 'Moon River' and other water-themed pieces. We were blown away by the professional singers, 'Wot Larks!' Judy, Lyn, Malcolm and Paul, who gave us a grand selection of arias and musical favourites. They sang so clearly and with such power. It was a delight and a privilege for us to sing with them in 'Chorus of the Hebrew Slaves' and 'Rule Britannia'.

Everyone who helped on the door, serving drinks and running the raffle, along with the enthusiastic singers and the brilliant audience, made the concert a huge success. It raised over £700, bringing Lyn's total for 'Action for Children' to well over £2000.

We finished with 'You'll never walk alone', poignant for many reasons. Sing it now, (out loud if you can) and picture Lyn on her walk. Admire her talent and her patience in teaching us. Think of her commitment to that charity, whose purpose is to ensure that children don't feel alone. Like some people in our village hall that night, you'll have tears in your eyes before you reach the end of the song!

Sally Taggart

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

DECEMBER 2022 & JANUARY 2023

The Friends of Preston St Mary Church

CHRISTKINDLMARKT 19th November 2022 at Preston Manor Barn

The Friends of Preston St Mary Church Committee and many helpers and sponsors organised this wonderful annual event for the first time since Covid and it was a resounding success with very strong support from within the village and beyond. Like most successful events the planning started early. The Friends had the necessarily detailed planning as a key agenda item from as early as January and all of the Committee members had a part to play.

Set up in the glorious venue at Preston Manor Barn was finalised early on the Saturday morning in time for the first punters to arrive at around 10:00am with the barn superbly decorated for the occasion. The endearing smell of bacon sizzling away on Timmo's outside BBQ lingered on the damp cold air as did the equally pleasant coffee fumes. My not insignificant dog Brutus observed proceedings from his key vantage point guarding the BBQ and was rewarded by Tim's generosity with an occasional slice of hot roasted pig! Tim and Jude were already busy as Jude also prepared urns of the delightful Gluhwein for me to sell. Demand for the emulated Germanic beverage rose as we approached mid-day but the hardy had already fully imbibed (and continued so to do for much of the afternoon)!



Footfall peaked just after 1:00pm when all stall holders reported very brisk trade including the stands for cakes, "Wine or Whine", Raffle, Refreshments, Decorations and Gifts. The offerings from external stall holders present also pulled in the crowds.

We give the warmest thanks to Manor Barn's owners, Carol and Wendy, who so generously provided this excellent venue. Thanks also to those who so kindly donated numerous raffle prizes to keep Mervyn active when the time came for the draws from an expansive list.

The Committee would also like to thank all who contributed towards our event and to all who came along to spend hard earned cash in our stalls and those of external stall holders. The event raised a creditable £2,000 ++

The Friends of Preston St Mary Church welcome new member,s especially those new to our village, as there is an expansive social network to plug into.

Richard Graylen
Friends' Committee

HORTICULTURAL NOTES

Gorgeous evergreens....

One of my most favourite things to do in December, and in the run up to Christmas is to fill the house with greenery...it's like bringing the outside in, and giving life to the house. Usually taking a back seat throughout the rest of the year, this is the time when evergreen plants really shine and become the star of the show.

The time old tradition of bringing in the greenery goes way back to when Midwinter celebrations were held, heralding the return of light and warmth, and Spring, right in the midst of winter.

Evergreens were used to symbolise optimism, life and hope, when all around was dormant.

Here are a few tips...

Gather your evergreen branches, popping them into a bucket of cold water for a day. This will condition them and they'll last a lot longer indoors.

Make a natural wreath – even the simplest of evergreen wreaths look beautiful...using a wire frame or a long strand of woody ivy wound round to create a circular base, tie bunches of whatever takes your fancy, spruce, conifer, pine, rosemary...anything goes, and attach to the frame so you have an even base. You could also use moss as the base (I've been known to rake this up from the lawn...!)

Then create small bunches of evergreens and tie to the base. Using different textures will give a beautiful effect. An even easier option is to gather a lovely bunch and tie with a special ribbon to hang on your front door.

Evergreen displays in pots – if you prefer not to have a Christmas tree, create your own 'Christmas plant' by adding soil to a favourite pot and popping in spruce, conifers, cornus (for a burst of colour) etc, finishing off with cones/baubles or whatever you fancy.

Adorn the Christmas table - An easy and beautiful way to create a stunning Christmas table is to just pop small bunches into vases of water. I also wind ivy round my candlesticks.

Heavenly scents – Sarcococca (Christmas Box) has small white blooms that smell like a burst of Spring...clip a few sprigs and pop in a vase of water to enjoy the beautiful spring like scent

Pinecones – I've always been unable to resist cones and collect them whenever I can. A basket full looks beautiful as a centre piece or you could add a bit of sparkle with glitter. Or wire them up and attach to your Christmas tree for a beautiful natural look.

Rosemary – (my favourite)... throw a few sprigs in the fire or wood burner to scent the house.

There are so many more ideas, but I hope these few will inspire you with your festive decorating!

Enjoy and wishing you and yours a peaceful Festive season!

(I'd like to dedicate this article to my darling mum, Betty, who passed away earlier this year. My inspiration for all things creative and floral).

Happy Gardening!

Laura Ashford

Le Beaujolais Nouveau est arrivé!

After two years' suspension due to the pandemic the Wonders of Whelp Street met to celebrate the new Beaujolais - one day after the traditional release on the third Thursday in November to give time to bring the wine from Calais. Twenty-three "Wonders" gathered in Spring Cottage kitchen and ate and drank everything. Great fun! JT

DECEMBER 2022 & JANUARY 2023

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

RURAL ROMANCE?

In the October-November issue we suggested that the stooks and stacks of straw formerly produced at harvest would have proved an asset for rural canoodling (confirmed by one or two older residents of Preston). Not so for modern romantics: 2022 methods don't offer much comfort.

No doubt they find alternatives. JT



DECEMBER 2022 & JANUARY 2023

LAVENHAM GARDENING CLUB

We are fast coming to the end of the year and, looking back, it seems to have gone very quickly.

The highlight of the Club year has to have been our visit by celebrity gardener, Adam Frost, in September. The topic for his illustrated talk was 'Getting the most from your garden'. Adam spoke on how he goes about designing a garden and his talk was full of interesting and practical tips and ideas. Adam was a brilliantly entertaining speaker and his 'laid-back' approach, good humour and willingness to answer questions, sign books and pose for photographs, for as long as we wanted, were appreciated by all. Hopefully, he will be able to come for a return visit, although we may have to wait some time, as he is a very busy man!

Our meeting in October was all about bulbs. Matt Long, of Riverside Bulbs from Monks Eleigh, talked us through bulbs to flower all through the year. He brought a variety of tulip bulbs for sale on the night.

The Gardening Club committee, together with the Trustees of the Village Hall, have planted a tree in memory of the Queen, in her Platinum Jubilee Year. It is a multi-stemmed amelanchier canadensis 'October Flame' and is situated on the bank opposite the entrance to the hall. Our late Queen famously loved trees and we hope this one will give pleasure to visitors as well as support wildlife, for many years to come.

The Club's next event, and last meeting of the year, is our annual quiz against our neighbours at Thorpe Morieux. Lavenham currently hold the rose bowl trophy and we are looking forward to some more friendly competition, as Thorpe Morieux set the questions this year.

No meeting in December but the Club convenes again for the members' New Year party at the end of January, followed by the AGM in February, when our new programme for 2023 will be revealed!

We are excited to announce that our new website is now up and running. You can find information about Lavenham Gardening Club, details of events and a gallery of pictures, including some of our members' lovely gardens, at <https://lavenhamgardeningclub.co.uk>.

If you would like to join us, please get in touch with our membership secretary. We are a very sociable club and new members are always welcome.

It only remains for me, on behalf of Lavenham Gardening Club, to wish you all a happy Christmas and New Year.

Carolyn Jenkins

PS Don't forget, if you are dividing plants or have any unwanted cuttings or seedlings, ring me on 01787 247489, as we will happily take them off your hands to grow on for our plant sale in May.

DECEMBER 2022 & JANUARY 2023

SESAW - Suffolk & Essex Small Animal Welfare

Hello Preston Parishioners,



What a cheek! Last month Ollie mocked me 'writing' our news for ten years when I claim to be eight? Well, the laugh is on him because he was older than me when he arrived in 2013! Our resident black cat was found nearly dead, came in after a week at the vet's, broke out of a pet carrier and headed straight for the house. We get on alright really and he gives a different view of SESA W life which is still very busy. Only last week two lovely tabby cats came in when their owner sadly died. They have always been together, and they are used to living with two big dogs. We also have Signe, a ten-year-old Eurasier Spitz type of dog that was living in a car with her owner when they lost their home. She is used to having company all the time so needs a loving human companion, maybe with another dog.

At this the time of the year we express our appreciation for those who support the work of SESA W in many different ways. The list is endless but you know who you are and we send you a massive THANK YOU. That includes the shops and vets that host our food collection bins and Robyn, Editor of this magazine for giving us a 'voice' to talk to you. As we all face the future during such a worrying time everyone at SESA W wishes you peace, good health and happiness, including me,

Kenny (the Boss) Chihuahua

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



DECEMBER 2022 & JANUARY 2023

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

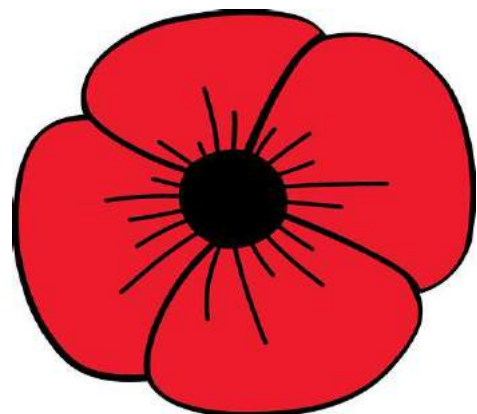
249571 or 07817 316024 in complete confidence.

ROYAL BRITISH LEGION POPPY APPEAL 2022

The annual Poppy collection in Preston this year raised a total of over £500. This is a fine effort from such a small community. Our thanks are due to Kay Shorter, Poppy Organiser for the Lavenham district (which raised over £5,000 including Preston's figure), and to Roy Hollocks, our local official collector, who brought in almost £400. Collections in Church and at the Six Bells contributed the rest of the total. Thanks to all who helped.



Roy Hollocks with the help of his daughter Hayley and granddaughters Mia and Emily would like to thank the residents of Preston St Mary for their kind donations toward the British Legion Poppy appeal. With everyone's help we raised £374.09



DECEMBER 2022 & JANUARY 2023

Beat the post-Christmas blues by coming to Church!

Looking ahead after all the celebrations of Christmas, for some the New Year can feel like an anticlimax. But not in the Church! In the Church the official Christmas season continues right up to and including Candlemas on 2nd February. In many parts of Christendom (Preston included), decorations are not taken down until then.

Epiphany is like a bridge from Christmas to a rapid succession of celebrations that follow in the Church's calendar and help keep our spirits high. Epiphany is a big celebration, literally meaning 'manifesting forth', in this case the glory of God through the bright shining star marking the Christ-child, 'the Word made flesh'. **We have our Epiphany service at 6.00pm on Sunday 8th January.**

At the end of January the Church globally celebrates a **Week of Prayer for Christian Unity**. This special week is a call to celebrate the faith we have in common with fellow Christians the world over, despite the divisions that mark its falling short. **We will pray for Christians everywhere at our 6pm Evensong on Sunday 22nd January, and at a special service in Lavenham Church on Wednesday 25th January at 12.30pm.**

Candlemas (or the Presentation of Christ) rounds off the Christmas season. **Here in Preston St Mary we will celebrate Candlemas with a very special service, with candles of course, at 6pm on Sunday 29th January.** Do come along and bring your friends.

Preston and District Art Group

This term the Art Group members agreed to follow a specific theme rather than just meet to 'do our own thing'. So, we have been concentrating on 'tone' and have used pencil, charcoal, chalk and paint to emphasize tonal contrast. We also did collage using coloured paper and newsprint.

At a tutored session, Kate introduced us to ink and bleach - again emphasising tone. We have yet to discuss a theme for next term.

The Art Group meets from 10.00 - 12.00 on Mondays for three ten-week terms a year, mostly in the Village Hall, although if the weather allows we may venture out of doors in the Summer. We have a tutor two or three times a term. This friendly group would welcome anyone who wants to come along and have a go. Although none of us are trained artists we always share what experience and knowledge we have with one another. Please give me a call or email if you are interested in joining.

Judy Legg 01787 247515 judyannlegg@gmail.com



Suffolk Wildlife Trust

Suffolk Wildlife Trust *Autumn delights*

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

I don't know about you but after the summer we've had, I'm enjoying the novelty of feeling a little chillier at bedtime and dawn, now that nights have drawn in. Autumn feels like it started so abruptly this year, it's as though someone flipped a switch and summer ended! Halloween is just around the corner, and now is a good time to spot some of Suffolk's spectacular autumn wildlife.



Fungi seem to be appearing a little late this year because of the dry summer, but the rain is bringing them out beautifully. One rather unusual specimen fit for a Halloween tale is the 'Devil's finger fungus' which can be found amongst leaf litter under trees. With a smell like rotting flesh and a red, tentacle-like appearance, these are pretty rare to see and originally come from Australia. You might be more likely to see (or perhaps smell!) a slimy 'stinkhorn' fungus, which has a strong, sickly-sweet smell designed to attract flies, which help disperse the spores.

Such olfactory delights may appeal to the few rather than the many, but surely all can fall in love with the sound of a tawny owl in the autumn? These gorgeous birds become very vocal at this time of year, with the female making a distinctive 'ke-wick' call after dark, which may be answered by the male's response 'hoo-hoo'. Woodlands and parks are great places to hear them, but they are not averse to frequenting the odd garden if you're lucky.



Autumn evenings are also alive with bat activity, as they become active for foraging. There are 17 species of bat in the UK, and we're lucky enough to have 13 of them recorded in Suffolk. You're most likely to see tiny pipistrelles, zigzagging through the air as they Hoover up insects (around 3,000 each night!), but deciduous woodlands may also present the opportunity to see rare barbastelles, with their unique pug-like faces. The best spots to enjoy bats in Suffolk include our reserves at Bradfield Woods, Redgrave and Lopham Fan, and Captain's Wood.

If you do venture into woodland in pursuit of these delights, you'll also be able to spot a variety of autumn tree seeds. From conkers to catkins, keys to masts, berries to cones, acorns, or the red, cup-shaped arils of the yew tree, examining fallen tree seeds will bring awareness to any autumn walk.

Last but not least, from October 24th to 30th The Wildlife Trusts' annual 'Big Wild Walk' 30km challenge is taking place, to raise funds for our activity to tackle climate change, as a national movement. A great way to enjoy autumn walks whilst raising money for nature at the same time, why not find out more and participate? You don't have to walk the whole 30km in one go.....see www.wildlifetrusts.org/bigwildwalk.

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.**

DECEMBER 2022 & JANUARY 2023

PRESTON ST MARY & DISTRICT LADIES CLUB

When we can get back to the usual meetings in the Village Hall - perhaps in the New Year - new members will be warmly welcomed, 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 refreshments. 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.

Our final meeting for 2022 will be our Christmas Meal. As I write, Members have been contacted individually as to whether they would prefer to meet for an evening meal or lunch - currently it appears that a Christmas lunch is the favourite. Also, the venue and best date for the majority of members has to be ascertained. I am in the process of finding dates and venues and will inform Members individually as soon as I can.

REPORT ON PREVIOUS MEETINGS

14th November Fun & Games Night. Unfortunately, because of the very misty and cold weather that particular evening and also, because many Members were under the weather themselves, attendance was a bit low. However, those Members who were able to attend had a most enjoyable time reliving their childhood. We also played two interesting games that were new to us, namely 'Shut the Box' - a fast moving numerical game and 'Bananagrams', best described as similar to Scrabble but a kind of crossword that kept changing and compact enough to take with you on holidays for all ages. It was a really jolly evening, and I will set a date for next year so that members have another chance to relive their inner child.

Note: There will be no meetings in the Village Hall until March 2023 when the weather should be warmer. More details in the next Parish Paper.

With best wishes to you all
for
Christmas & The New Year

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

DECEMBER 2022 & JANUARY 2023

LETTERS

Dear Editor,

Winter Fuel Allowances will shortly be arriving in our bank accounts - those of us who are old enough, that is. Not "if we need it". When the government introduced this payment they explained that it would be far too expensive to means-test it, so to ensure the needy received it so did the well off. I don't need it and I guess nor do many others with a good pension, so why not pass it on to a charity you admire and ensure it reaches those for whom the scheme was originally devised. I give mine to the Salvation Army who are very active at this time of year.

Yours sincerely,
Anon.

RIDE AND STRIDE – THE SUFFOLK HISTORIC CHURCHES TRUST BIKE RIDE SATURDAY 10th SEPTEMBER 2022

Just a note to let you know that Preston's cyclists and walkers this year raised £250 from the annual SHCT Ride and Stride. Half the money goes to the Trust and the other half to our Church. This is lower than the last few years' totals, but several of our usual riders were not available this year.

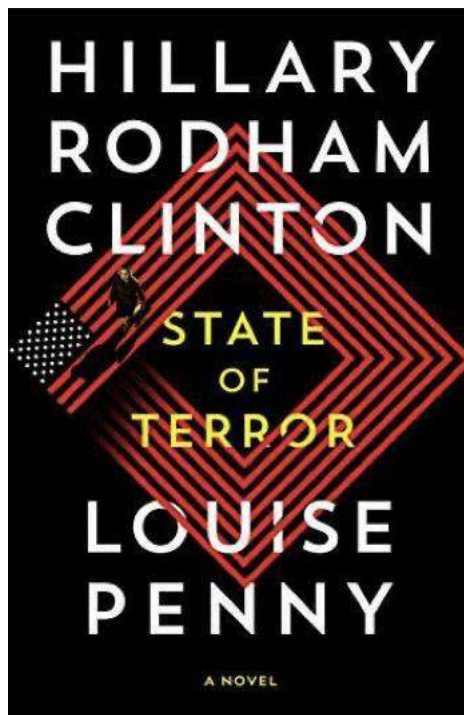
Thank you all very much.

Robyn Lloyd Hughes, Local Organiser

Don't forget to come to the traditional Preston St Mary Carol Service at 5pm on Christmas Eve. Always a highlight of the year!



BOOK REVIEW



State of Terror, is a work of fiction, although it bears so many parallels to recent US and global events, that you have to keep reminding yourself that it is not a geopolitical/biographical work.

This fast-paced thriller is a collaboration between Hillary Rodham Clinton (first female to become the presidential nominee of a major US political party, former Secretary of State, US Senator and First Lady) and international bestselling author Louise Penny (creator of the Chief Inspector Armand Gamache series of crime novels).

The novel is set after a (yes - fictional!) tumultuous period in American politics. A new administration has just been sworn in. Secretary of State, Ellen Adams (not Hillary Rodham Clinton!), is determined to do her duty for her country. But she is about to face a horrifying international threat . . .

A young foreign service officer has received a baffling text from an anonymous source. Too late, she realises it was a hastily coded warning. Then a series of bus bombs devastate Europe, heralding the rise of a new rogue terrorist organisation who will stop at nothing in their efforts to develop their own nuclear arsenal.

As Ellen (not Hillary!) unravels the damaging effects of the former presidency on international politics, she must also contemplate the unthinkable: that the last president of the United States (not Trump!) was more than just an ineffectual leader. Was he also a traitor to his country?

Readers will probably acknowledge that 'the damaging effects of the former presidency' is a thinly disguised criticism of the Trump administration. Although a work of fiction, the afterword in this novel by both authors mentions that many of the characters were inspired by real people, and certainly the reader will conclude that many of the conversations, political wrangling, relationships between senior politicians and the military, back-stabbing and international events were no doubt inspired or directly sourced from Clinton's time as Secretary of State.

Fans of Le Carré will appreciate the sinister plot twists and turns, whilst other readers will relish an unprecedented insight into workings of The White House. Even if you don't fit into either of these two groups, it's a jolly good political thriller and available at a telephone box near you.

Zoë Bridges

QUIZ TIME

There are no prizes - answers are on Page 29

1. What is or was a Brown Betty?
2. Which English county has a black flag with a white cross?
3. What do Fair Isle, Cromarty and Hebrides have in common?
4. What would you expect to find in a stargazy pie?
5. For what was Maksymilian Faktorowicz famous?
6. What are Sabots and Klompen?
7. How many times does the number 1 appear on an advent calendar with 24 doors?
8. What is the name of Anna and Elsa's kingdom in Frozen?
9. Which country has donated a Christmas Tree to Trafalgar Square every year since 1947?
10. What colour was Santa's suit until Coca-Cola rebranded him in red?
11. What do people in Japan like to eat for Christmas dinner?
12. Which song plays at the end of the film "Die Hard"?

You lost your flagship, during a land war, to a country without a Navy...?



*A Happy Christmas to all our Readers
and Best Wishes for 2023*



Don't forget to come to the traditional Preston St Mary Carol Service at 5pm on Christmas Eve. Always a highlight of the year!

NATURE NOTES

Behind The Mill hotel in Sudbury lie some lovely water meadows. On a recent stroll we saw a man with long boots and a long lens on his camera, Ron Smith who explained that before his retirement two years ago he couldn't have imagined himself wielding a camera and seeking out wildlife subjects. Now he was totally absorbed. As if to illustrate the point, Ron walked away to where he had planted a stick at the edge of the pond and took this photo of a kingfisher. What a lovely retirement hobby! JT



DECEMBER 2022 & JANUARY 2023

POETS' CORNER

Remembrance 1922 to 2022

Before the Spanish 'Flu had stay'd its cruel scourge,
The War just done; and peace and hope and you begun.
You: Century of change, cruel evils trounced then re-emerged
With truth estranged; the same deceits, just rearranged.

We still remember them, each passing year.
Those fallen men, each year. One day. And then forget again.
What? Though we wail and cry and keen, what use the tears
Each year has seen? We slaughter still, as if they'd never been.

What use is our remembrance then, this day?
Each year? For though we still remember gallant, fallen men
Nothing changes; the same grim warlords still hold sway
Today, dark angels dancing still on graves of countless strangers.

But this collective memory, each year's the tiny spark
Denying them their victory, defying lies and evil and the dark.

©Tim Bridges



DECEMBER 2022 & JANUARY 2023

LAVENHAM CONCERT SERIES

A SHORT LUNCHTIME CHAMBER
CONCERT FOR ADVENT
SUNDAY 11TH DECEMBER
AT 12.30pm

ST PETER AND ST PAUL'S CHURCH LAVENHAM

MUSIC TO DELIGHT AND INSPIRE

PROGRAMME
TO INCLUDE MUSIC BY
CORELLI, HANDEL,
KING HENRY VIII

FOLLOWED BY WINE AND CHEESE

THE GAINSBOROUGH ENSEMBLE

NATASHA HOLMES CELLO

JANNA HÜNEKE FLUTE

with guest artist

PAVLO BEZNOSIUK VIOLIN

FREE ADMISSION

DONATIONS WELCOME

Annette de Mestre 2019

Bold Moon by Annette de Mestre

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



VILLAGE HALL NEWS

***Many thanks to all users and supporters
of the Village Hall
and Merry Christmas to everyone***

Charity Concert

This was a great success, with the Pop-up Choir doing a grand job and the professional singers lifting the roof with their sound. The Village Hall was full (there were even more in the audience than in the choir!) and everyone enjoyed a super concert. A longer reflection of this appears elsewhere within this edition of the Parish Paper.

Harvest Service and Lunch

A joyful and well-attended church service celebrated harvest and was followed by a lunch in the Village Hall for which some 40 people gathered. This too was a lovely event, so enjoyed by all present and regaled by the Pop-ups. Many thanks to everyone who helped organise it, especially to “Sue and the Crew”, the catering team who excelled yet again. We are so lucky to have such dedicated people who serve such wonderful fare.

Duck Race Night

By the time anyone reads this, I hope that the Duck Race will have gone well. As I write, tickets are being snapped up and the ducks are “on track” with their training, having had all their ‘flu jabs. I’m really looking forward to the night!

Use of the Village Hall

The regular clubs and societies are all back and we are delighted that they are. The Art Club, Keep Fit, Table Tennis, Carpet Bowls, Private Dancing Tuition and the Pop-ups all take place weekly at the moment: and the members of the Ladies Club meet there every month.

Don’t forget, however, that the Hall is also available for private parties. The Hall is centrally situated, our new support facilities are excellent, and we have made sure that all parts of the premises are accessible to everyone. Contact Sue (below) for hiring details.

ANNIE MASON, Chairman, 07740 820100 (PC title “The Chair”)
SUE DIGGINS, Secretary, 01787 247626 (PC title “The Quill”)
KEITH DAVIS, Treasurer, 01787 247112 (PC title “The Till”)

DECEMBER 2022 & JANUARY 2023

PRESTON PEOPLE

BARRY WHYMARK



Barry was born in little a terraced house in Sudbury, eldest son to Postman John and housewife Sheila.

Moved to Preston in 2011 with the lovely Sara and little chips Beth and 'Zeus' spending the next 10 years at Parsonage House bringing it back from the brink. No time for hobbies!

Having previously lived for 15 years in Lavenham, Preston was only 2 miles up the road so how different could it be! As it turned out a completely different world and better-quality tribe.

He left school in Sudbury at 16 with an unimpressive collection of exam results.

Working life started while still at school in the local Budgens thanks to his Mum! Junior warehouseman Friday after school and Saturday for the princely sum of £5.

After leaving school he worked in the drawing office of a local housebuilder. Then, after being made redundant ended up with an old established firm of Chartered Surveyors in Colchester, which marked the start of his professional life.

Qualifying as a Chartered Building Surveyor in 1993 taking his finals the week after Beth was born. Then after a few years setting up his own firm with long-term friend Nick and still working together after 25 years.

Met the lovely Sara in 1978 at a mutual friends birthday disco and married 8 years later where Sara opted for the then modern option of choosing not 'to obey'. A philosophy she has maintained to date.

Most of the last 30+ years has been spent renovating and restoring the houses we lived in, so not much time of pastimes. However, at the urging of two friends Barry took up motorcycling with them in middle age passing his test at the age of 47. The enjoyment was further enhanced when the lovely Sara showed interest, got geared up and now virtually half his motorcycle miles are two-up. Scotland and its islands being a favourite destination. He also enjoys a weeks trip abroad each year with his small group of motorcycling friends, The 'BOGS'.

The 24 hours of the day are spent in a mix of working, unwinding blankly in front of the telly, a little bit of leisure and brain rest (sleep).

Barry does not have the time or patience to read books but does however enjoy music. Growing up in the eras of glam rock, punk and new wave, he enjoys a wide mix of music styles from classical, modern jazz, rock and electronica. But at heart is really a prog rocker, still enjoying the occasional concert with his friend Dave, not of this parish, and many other sixty-somethings.

Having spend most of his adult life in social groups, Leo's (junior lions club) in his teens, then Round Table, Barry is now a keen and active Suffolk Freemason.

He regards 'isself as a propar suff'k booy living in a propar suff'k villige.

DECEMBER 2022 & JANUARY 2023

MERRY CHRISTMAS AND A HAPPY NEW YEAR



FROM THE SIX BELLS

AGRICULTURAL NOTES



After the frenzied activity of the harvest you might wonder what happens in the Autumn. A quiet life? Not a bit of it, explains Gary. There's a farmer down the road who farms for beef and doesn't know what to do with the vast

production of muck. Providing he can collect it, he can distribute it on the land – taking care to control the carbon emissions the process can produce.

Also, there is much machinery requiring attention, gateways to be widened to cope with its increasing size, and the pipes connecting the ditches below. Often, old pipes would be a mere 4 inches wide, now replaced with unblockable 18-inch plastic versions. And these odd jobs have to be achieved alongside farming tasks, like, at the moment spraying winter wheat. JT

HEALTH AND WELLNESS NOTES

A simple tonic for winter vitality

ROSEHIP OXYMEL

Roses are amongst my favourite flowers. Not only are they beautiful and heavenly smelling, but they also provide so much more. The hips that are produced after flowering are healthy and highly beneficial to us. As winter approaches we become more aware of our vulnerability to nasty viruses that start doing the rounds. Rosehips contain more vitamin C than most fruits, the Australian Kakadu plums, and the Caribbean Acerola cherries only just pip rosehips to the post. Consumption of these fruits is healthier than any over-the-counter mass-produced product plus it's fun to forage and create. Rosehips are also known to...

- Support your immune system.

- Help you through a cold or flu.

- Reduce symptoms caused by minor arthritic issues.

- Help alleviate digestive issues...

There are so many benefits, I don't have the space to list them all.

Rosehips are easily harvested from hedgerows when they are a deep red colour, but make sure they are not growing in an area where pesticides and other pollutants may have been used.

This applies to roadsides and cities. The chemical composition of the plant will differ depending on where it has been planted, the growing conditions, maturity, and the quality of the soil.

When you go about your harvesting, make sure you choose hips that are undamaged, and no little creatures are lurking in the hips. Rinse them and leave them to dry overnight. Many people cut the hips in half and scoop out the seeds and hairs as these can irritate your hands and mouth. But it is a faff, and I like a good shortcut, so I stab them a little with the point of a sharp knife.

So, to make the oxymel.

An oxymel is a sweet/sharp-tasting remedy made from vinegar and honey. Traditionally made to disguise the taste of very strong-tasting herbs. An oxymel is made using vinegar and honey because they are both excellent preservatives.

- 100g Rosehips

- 200ml Apple Cider Vinegar

- 4 TBSP Honey

- 1 Jar that has been sterilised in your oven at 100C for 20 minutes.

Gently simmer the hips in vinegar for 10 minutes.

Remove from heat and allow to cool until touch warm.

Pour into the sterilised jar.

Add the honey and mix.

Seep for three days, strain and pour into a sterilised jar.

I add one dessert spoon into a shot glass of apple juice every morning before food. You can be brave and slurp the entire spoon without diluting it. This oxymel goes quite nicely into a salad dressing.

Dried rosehips are available to buy should you wish to make this year-round.

It's quite a good idea to use a plant identification app such as PictureThis to ensure it is indeed a rose hip!

Happy foraging!

Marjorie Devine-King – Nutritionist

DECEMBER 2022 & JANUARY 2023

DIARY

Monday: Weight Watchers will meet at 7pm for their annual get together. Please use the double doors at the west end of the church.

Tuesday: Pot Luck Supper at 5.00 pm. Prayer and medication will follow.

Wednesday: The church will host an evening of fine dining, super entertainment and gracious hostility.

Thursday: Choir auditions - eight new choir robes are needed due to the addition of new choir members and the deterioration of some older ones.

Friday: At 7.30 pm, the senior school will present a performance of Shakespeare's *Hamlet*. Everyone is invited to come to see this tragedy.

Ladies, don't forget the rummage sale on **Saturday**. It's a chance to get rid of all those things that aren't worth keeping around the house. Bring your husbands.



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

Beauty by Megan

Megan is a Beauty Therapist with over 18 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 /Spray Tanning/Waxing

Eye Treatments/Jessica Manicures and Pedicures

Jessica Gel Nails/Foot Health Maintenance (nail trimming & hard skin removal)

LVL Eyelash Perming/Reflexology

Please phone for any enquiries and for a full price list.

Megan Pryke VTCT, BABTAC

07876 717 008

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

DECEMBER 2022 & JANUARY 2023

QUIZ TIME ANSWERS

from Page 18

1. A teapot
2. Cornwall
3. They are shipping forecast areas
4. Fish with their heads poking through the pastry lid
5. Make Up. He was Max Factor
6. Clogs. Sabots are French and Klompen are Dutch
7. 13
8. Arendelle
9. Norway
10. Green
11. KFC
12. Let it snow, Let it snow, Let it Snow.

NEWS FROM THE NEIGHBOURS

BRENT ELEIGH

CHRISTMAS CARDS

A timely reminder that we have beautiful cards available for sending to family and friends, featuring and in support of our incredible mediaeval church here in Brent Eleigh. £2 each (£1 for smaller snowy scene); pack of 3 mixed £5; or ditto 6 for £9 (ie £1.50 each at this quantity). Please call Michael Warner on 01787-247615 for more details or to order; cheques made payable please to '**P C C of Brent Eleigh**'. *As these cards have been very kindly donated to us, all proceeds are for the benefit of the ongoing costs of maintaining St. Mary's.*

CHRISTMAS DAY, 25th December

A Christmas Day Morning Service is being held for the first time in some years at St Mary's, Brent Eleigh, commencing at 10am; all ages welcome; do wear your Christmas themed jumpers, socks, woolly hats, etc, and we would love to share seeing your children's newest toy! The service will last about 40 minutes, including singing favourite carols, it will be a lovely occasion, with a traditional Crib, and nativity scene. For those who wish to stay, there will be a said Holy Communion to follow, to mark this very special day.

AND ON SATURDAY 21st JANUARY starting at 6.30pm in Brent Eleigh Village Hall. A talk by Clare Symes, who with her late husband Brian, sailed around the world – for 17 years! Tickets price £10 include a glass of wine (or soft drink), available beforehand from Karen Marshall on 07946 209103, or at the door. A welcome dose of travellers' tales in mid-January!

DECEMBER 2022 & JANUARY 2023

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

Charity Christmas Cards available



There are many different designs to choose from with proceeds supporting Suffolk Libraries and other charities.

Top Time for adults at Lavenham Library

Many thanks to Jenny and Lynette from the Lavenham Guild of Weavers, Spinners & Dyers for a wonderful Top Time talk that was extremely well supported and enjoyed by all. Top Time is an inclusive and sociable group for adults with events and activities that range from talks, demonstrations, and activities. It is held fortnightly on Tuesday afternoons throughout the year, between 2.30pm – 4.00pm. Forthcoming dates from the new year are: **10th & 24th January; 7th & 21st February; 7th & 21st March.** There is no need to book so please come along.



**Lavenham Library would like to thank our customers
for their support and we wish you all a very MERRY
CHRISTMAS**



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



DECEMBER 2022 & JANUARY 2023

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 DECEMBER 2022

SUNDAY 4th December ADVENT 2	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
SUNDAY 11th December ADVENT 3	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	EVENSONG
SUNDAY 18th December ADVENT 4 NO SERVICE AT PRESTON	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	LAVENHAM	4.00PM	NINE LESSONS AND CAROLS
SATURDAY 24th December CHRISTMAS EVE	LAVENHAM	2.00PM	CRIB SERVICE
	PRESTON	5.00PM	CAROL SERVICE
	LAVENHAM	11.00PM	MIDNIGHT COMMUNION
SUNDAY 25th December CHRISTMAS DAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15PM	BENEFICE EUCHARIST

THE FOLLOWING MID-WEEK SERVICES ARE HELD EVERY WEEK

WEDNESDAY (Not 28th December) LAVENHAM 10.00AM HOLY COMMUNION
A short service followed by a 'Coffee Morning and Chat'

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

DECEMBER 2022 & JANUARY 2023

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 JANUARY 2023

SUNDAY 1st January NAMING OF JESUS	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
SUNDAY 8th January EPIPHANY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	EVENSONG
SUNDAY 15th January EPIPHANY 2	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 22nd January EPIPHANY 3	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	EVENSONG
WEDNESDAY 25th January	LAVENHAM	12.30PM	SERVICE FOR WEEK OF CHRISTIAN UNITY
SUNDAY 29th January CANDLEMAS PRESENTATION OF JESUS	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	LAVENHAM	6.00PM	BENEFICE SONGS OF PRAISE

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)