

PRESTON PARISH PAPER

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

Dates for your Diary

Saturday 1st April - Suffolk Beats Charity Concert in Village Hall at 7.30pm – See Page 6

Sunday 2nd April - Preston Praise at 11.30am for 12 noon in the Church

Good Friday 7th April – Preston People's Passion – 12 noon in the Church

Easter Sunday 9th April – Sunrise Service at 6.30am followed by bacon butties and Buck's Fizz in the Church

Saturday 6th May – Coronation of King Charles III – See Page 15

Sunday 7th May – Preston Praise at 11.30am for 12 noon in the Church

Sunday 7th May – BBQ at Village Hall to celebrate the Coronation

Sunday 21st May – Rogation Service at 12 noon followed by farm walk and lunch at Priory Farm – see Page 5

Friday 27th – Sunday 29th May. USA Memorial weekend – see Page 10

EDITORIAL

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

Our Editorial email address is:

editorpstmppaper@gmail.com

CORONATION ISSUE GOD SAVE THE KING



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

WHO'S WHO IN THE VILLAGE

Parish Council

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

Parochial Church Council

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

Friends of Preston St Mary Church

CHAIRMAN	Pending	249020	janet.martin01@btconnect.com
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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
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Ladies' Group

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

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

Thursday Evenings at 7.30 in the Village Hall

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

Friday Afternoons at 2.30 in the Village Hall

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

		247440	reservations@thesixbellspreston.com
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Tree Warden

Lyn Davis	247112	katemaryhanlon@gmail.com
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Preston St Mary Parish Paper

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

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

Bildeston	01449 740254	Lavenham	378226
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Local Councillors

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

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

A PASTORAL LETTER FROM THE RECTOR

Dear Friends

The season of Easter is a celebration of the risen Christ. But Easter does not make any sense without the story of Holy Week that leads up to Easter Day. During that week Christ challenged the Temple authorities in Jerusalem when he overturned the tables of the money changers. This is a challenge to the misuse of religious authority and the misrepresentation of God. He was betrayed by one of his closest friends, denied by another and the rest of his friends ran away into hiding. Jesus wept in the garden of Gethsemane because of the hatred and anger of evil men, and later his mother and the women of Jerusalem wept for him. Jesus was on the receiving end of an illegal trial and experienced the full brutality of Roman justice. His body was whipped, humiliated, abused and executed.

The story of Holy Week is of God entering into the worst of all that humans are capable of, the things that we can do to one another in pursuit of power, wealth and selfish ambition, the things that make us weep. All this takes Christ to the cross. On the cross he experiences all that hurts us, makes us feel defeated or afraid, and death itself.

The triumph of Easter is a celebration of all things being transformed into the glory of risen life by the power of forgiveness and love. Darkness does not have the final say. In the book of Isaiah in the Bible God says; “See I am doing a new thing. Do you not perceive it?” The Spring weather, green shoots, fresh flowers, and new life seem to me poetic evidence in creation of the spiritual truth that in Christ Jesus we can experience new life, restored life, healed and risen life, in this world and in the next.

It is true to say that I am experiencing the joys and challenges of new life. Having recently moved to Lavenham from Southwold I am grateful for the welcome that my wife and I have received. We are beginning to find our way around and getting to know names and faces. We are enjoying the beauty and history of Lavenham and Preston and we look forward to getting to know you better in the weeks ahead.

I hope that the blessing and joy of the Easter season will be yours.

In Christ

Rev Canon Simon Pitcher

PRESTON ST MARY CHURCH

GOOD FRIDAY PEOPLE'S PASSION SERVICE



12.00 NOON FRIDAY 7TH APRIL

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

EASTER SUNDAY NEW FIRE SUNRISE SERVICE



6.30AM SUNDAY 9TH APRIL

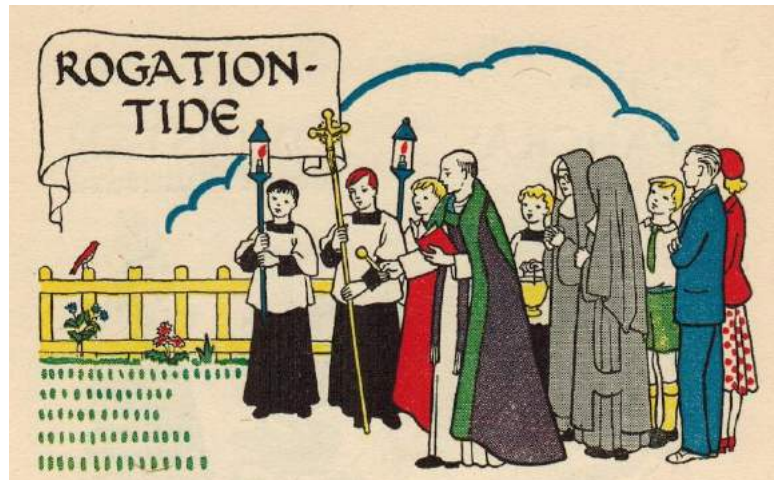
Followed by an Easter breakfast of bacon butties, sausages and Buck's Fizz.

IF YOU WOULD LIKE TO ATTEND THIS SERVICE PLEASE CALL SUE ON 01787 247626

APRIL & MAY 2023

PRESTON ST MARY CHURCH

ROGATION SUNDAY SERVICE BLESSING THE CROPS AND BBQ



12.00 NOON SUNDAY 21ST MAY

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

IF YOU WOULD LIKE TO ATTEND THIS SERVICE PLEASE CALL SUE ON 01787 247626
THE SERVICE MAY BE IN CHURCH OR IN THE BARN, AND LUNCH MAY BE A BARBECUE OR A BUFFET
LOOK OUT FOR FURTHER INFORMATION

THE COCKTAIL HOUR

Bubbles watches Alan Titchmarsh on Sunday mornings, has borrowed one of his recipes and improved it.

Into a glass pour:

2 shots of Tamnavulin whisky

1 and a half shots of cherry brandy

Add an ice-cube if wanted

To make a longer drink add ½ tin of Fevertree tonic

Of course not everyone has a bottle of that particular malt to hand but doubtless others would work. Nor is cherry brandy so common currently but it's worth investing. This is a delicious cocktail. JT

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THE
SUFFOLK BEATS

**Charity concert in aid of
Macmillan Cancer Support**

PLAYING 50's 60's 70's POP & ROCK

1st April at Preston St Mary Village Hall @ 7:30pm

FREE ENTRY

Donations welcome on the night

(B.Y.O. drinks and nibbles)

Preston St Mary Parish Paper Advertising Charges

ONE-OFF ADVERTISEMENTS

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

FOR 6 ISSUES

Local Organisations

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

Non-Local Organisations

Half Page	£36.00
Full Page	£54.00

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Editor: editorpstmppaper@gmail.com

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Greetings From Mr Brian Winston OBE

Brian who lived with his wife Irene and family, in Dingley Dell for well over 30 years holds Preston St Mary as a special place in his heart. It was a haven of peace in a busy working life in London to which he came at weekends and holidays. Brian was a great supporter of our Parish Church, and you can find his coat of arms along with that of the Diocese and our Patron, Emmanuel College, Cambridge in one of the windows of our porch which Brian so very generously helped fund. He was always willing to assist the Friends in their endeavours to raise funds for the Church at the Christkindlmarkt or Summer Fair.

He was awarded the OBE for his services to Charity and was Chairman of Leyton Orient Football Club for many years.

Like many of his contemporaries he and his wife have succumbed to ill health, but Brian wishes to be remembered to all those who knew them in their beloved Preston St Mary.

Janet Martin

MEMORIES OF PRESTON

Dave Williams of Colliers Farm has passed on the following correspondence with a former resident of Preston. Some of our older readers may remember Chrissy Hollinshead.

Hi Dave,

I have attached the poem for you and will write a brief (I am actually not good at brief though so feel free to edit!) info about my connections.

I lived at 6, The Street in a 3-bed council house. It had a wooden seat over a bucket in the back of the house for the loo. This was emptied by the poo lorry men once a week. I lived there from around 1965 to 1975. I went to Lavenham Primary school by bus, and then on to Stoke by Nayland and Gt Cornard comprehensive schools.

There was a small post office and shop that was served by Mr and Mrs Freeman. When they retired the publican at the Six Bells collected newspapers from Lavenham every day for us all.

There was a phone box and a Church in the village and the village hall held several events annually including the Flower Show and the children's Christmas party. Both were looked forward to and I never managed to find the tallest weed for the competition!

There was a bus twice a week to Sudbury on market days. Us council kids and a few others had a HUGE bonfire in the meadow opposite and cleared the woodland of dead wood and piled old chairs onto it. The fireworks were mostly provided by the Ramplings and we all mucked in.

My mother worked in Lavenham at the hotel and then the Evettes factory and my stepfather, Ronald King was unable to work.

Preston was a typical Suffolk rural community, we knew about each other and cared. We spent hours walking and making dens. The farm labourers cut down our tree webs made from the bale string that we swung on and in, but we put them up again! We scrumped apples from the broken down house and caught tadpoles and frog spawn from the pond opposite Thorpe's farm.

Then we became teenagers and hitch hiked into neighbouring villages for the local dances and discos.

We moved into Lavenham when the council wanted the houses empty to put in hot running water and flushing loos.

Crumbs I could go on about blackberry picking and nutting!
But I think that is more than enough! Please feel free to edit,

Kind regards,
Chrissy

Chrissy's Poem

The School Bus

Standing outside our houses six in a row,
Catchin' the bus so to school we could go
The red Rules's coach arrives just on time
And up big metal steps we did climb.

Stumbling up the aisle holding on tight as we must
And fall in our seats as of itchy velour and thick dust.
Through the windows so frosty and white
Our breaths melting peep holes just about right
To see landmarks of Preston as we travel by
With chattering teeth and cold fingers we cry
"When will the heating come on driver Jock?"
He laughs, "Aye see you bairns need tae wear thicker socks!"

We pass the Kings, Foskers, Ramplings and Scotts,
Then Ian's Nanna and Stowes, the council house lot.
On past the Village Hall with its Beech tree so tall
The Farm workers houses then posh 'uns and all.
The green Post Office door just down from the phone box so red
The Six Bells, then pick up the Neales - just out of their beds.

St Marys Church where farmers son Andy alightes, "Watcha," he greets
As he smiles and sits down with his satchel and rosy red cheeks.
The Stanleys are next afore Jock turns us around
To see if the others are yet there to be found.
Revving the engine and tooting his horn
"Come on lass or we'll all be late" Jock sternly does warn.

"Massey or Ferguson?" Ian does ask
"Ain't no good - none of 'em," Dave answers at last.
On past Thorpes farm where the pigs are a squealin'
Cor they ain't half 'ungry and scoffin' them peelin's.
On past workers houses and bends in the road,
Where two bikers were killed avoiding a toad.

Stopping before Lav'nham for a bo' from a farm,
"Watcha," he says hoisting his duffle bag on his arm.
Right now if you wiggle your feet right under the seat
Your feet can git warmer a few minutes at least.
Along past the make-up factory - Evettes is its name
Then up the big hill of Twinkling Star fame.

Arriving at Lav'nham Primary School once more
They get off the bus for some larnin' afore
Getting back on the bus to git back once ag'in
To Preston St Mary where the pigs are still makin' that din!

Chrissy

HORTICULTURAL NOTES

Salad Days.....

April is here and the growing season is upon us. With the promise of warmer days ahead, now is the time to start sowing. Sow some edible varieties and you'll be able to serve up your own home-grown salads this spring and summer.

Here are some ideas to inspire you...

Sow indoors or under glass...

Salad leaves – There are an abundance of varieties available. Try cut and come again mixes. Sow in small batches, in trays or pots every few weeks for a continuous supply throughout the year.

Rocket – Good to grow in early spring when temperatures are cooler as they'll bolt in warmer weather. Quick to germinate. Delicious and peppery.

Watercress – Lovely to add to salads. Sprinkle seeds over moist compost, no need to cover them.

Quick to germinate and transplant plants outside when big enough. Keep compost moist.

Lettuce – Sow thinly – plant out when frosts have passed and only when plants are growing strongly, but not before or the slugs will have a feast. Try 'Butterhead'.

Cucumber – Sow in individual pots, best grown under glass.

Peas – Start off indoors and transplant out when 15cm tall.

Courgettes – My personal favourite – I love the exquisite flowers that are followed by abundant fruits. Sow in individual pots and plant out after frosts have passed. Regularly harvest for continuous cropping.

Sow directly outside now...

Plant new potatoes now (first earlies), in bags or containers.

Radish and Beetroot – Quick and easy to grow. Hardy as you like and there are loads of delicious varieties to choose from.

Chard – Beautiful and hardy. Rainbow chard will fill your pots and beds with colour.

Wishing you happy and fruitful gardening!

Laura Ashford

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



The USA Memorial Holiday weekend falls on the 27th - 29th May. On Sunday 28th May Lavenham Airfield will be open to the public, and there will be a ceremony on that morning at the memorial to the 233 men who died while flying with the 487th Bomb Group during WW2. For more information on this and other events organised by the Friends of Lavenham Airfield please contact Robyn Lloyd Hughes on 01787 247571 or email robynlloydhughes@gmail.com.

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.

There are a few complications for the **April** and **May** meetings this year, which means that our 2nd Monday of the month usual meeting dates will have to be altered. Namely, our usual date for April should be the 10th, but as that is Easter Monday we will hold our meeting on the **17th April**. The next spanner in the works is the Coronation in May. The 1st, 8th and 29th of May are all Bank Holidays that fall in that month as well as the Coronation on the 6th so at our meeting on Monday we Ladies decided that we would all meet for lunch - date and time yet to be fixed.

PROGRAMME (so far)

MONDAY 17th APRIL - FUN & GAMES NIGHT - Meeting in Village Hall from 7.30pm

We held this previously in November and it was really great fun, however, because of the terrible weather that night we were down on numbers since not many Members were able to attend. So, if you still have a favourite game that you played as a child that brought you great joy, do please bring it along. We are looking for simple games, with simple rules because we won't have much time to master complicated rules.

MAY MEETING - A LADIES LUNCH - date and venue to be advised.

Finally, so many people have asked Roy Hollocks to host another **Remembering The Past** Exhibition which was such a success last year, that he has provisionally agreed to hold it on **Saturday June 24 2023** - with all funds raised donated to the Village Hall. Apparently, Roy has added even more Exhibits to his collection.

The remainder of our Programme for the year is a work in progress at the moment, but I am hoping to be able to arrange some of the outings that were not possible over the past years. For instance, the River Stour trip with lunch, a visit to Suffolk Punch horses and visits to National Garden Scheme gardens.

REPORT ON PREVIOUS MEETINGS

Our first meeting of 2023 on **Monday 13th March** was a chance to chat and catch up with each other since our last meeting in 2022, which was our Christmas meal. We celebrated this first meeting of this year with a glass (or two) of Prosecco and nibbles. This was a very enjoyable and relaxed meeting and gave us the opportunity to discuss dates for future meetings.

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.

LAVENHAM GARDENING CLUB

The days are lengthening at last, giving us all more opportunity to get out in our gardens.

It is disappointing to see how many things have succumbed to the weather conditions that we experienced over the last year. However, it is exciting to plan changes and improvements, not to mention visiting websites, garden centres and nurseries in order to find suitable replacement plants to survive such extremes. If we can include ways to support wildlife as the climate fluctuates, that's even better.

The Garden Club's new programme was announced at the AGM in February and, I am sure, will give us all inspiration and ideas to help us with our plans. Some 60+ people have renewed their membership but there is always room for more and new members are very welcome to our lively and sociable club. Gardening expertise not necessary!

Subscription is £20 pa, which includes entry to monthly meetings (except for celebrity speakers, which are ticketed events). Meetings are held on the last Wednesday of the month, in the main hall at Lavenham Village Hall, starting at 7.30pm.

Check the website for information and updates <https://lavenhamgardeningclub.co.uk>.

Diary dates are as follows:

April 5th Outing by coach to Ousden House, nr Newmarket, award winning garden renowned for spring bulbs and colour. Cost £25. Contact Sandra Harbord to reserve a place.

April 26th Jenny Auchincloss, local garden designer, TV presenter and Chelsea medal winner.

May 13th & 27th Plant sales in the Market Place. If you are splitting clumps of perennials, or have spare cuttings or seedlings to donate, please contact Carolyn.

May 31st Barbara Segall, garden writer - 'Secret Gardens'

Sept 27th Celebrity Speaker: Pippa Greenwood tickets £20 for members and non-members

Ring Sandra on 01787 311707 or Carolyn on 01787 247489 for information on events, outings or membership.

Happy Gardening!

Carolyn Jenkins

'A person who has good thoughts cannot ever be ugly... if you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.' Roald Dahl

QUIZ TIME

A Coronation Quiz. There are no prizes – answers are on Page 29

1. Who was on the throne when King Charles III was born?
2. How old was Prince Charles at his mother's coronation?
3. Where is the Stone of Scone usually kept?
4. What is King Charles' full name?
5. What is the State coach made of?
6. Who designed the Royal throne in Westminster Abbey?
7. What was the King's mother known as when he was born?
8. What event delayed the marriage of Charles and Camilla by 24 hours?
9. Who owns Highgrove?
10. In which year did King Charles appear in Coronation Street?
11. Which member of the Press did King Charles call an "awful man"?
12. Which football club does the King support?

AGRICULTURAL NOTES



"And spring shall not be far behind" says the optimist with visions of greenery, flowers and birds a-nesting. But for farmers like Gary Elsdon it means a new wave of hard work. 75 acres of spring barley have to be harvested plus 190 of sugar beet. 90 acres of rape were drilled late but are in the queue to be gathered. As usual the weather has played a hand and the dry February has resulted in a backlog. But there's ditching to be done JT

P.S.

On the drive from Preston to Brent Eleigh have you ever noticed this and wondered what it was?

It's straw from the last harvest in that field. It was baled, tied and sold. The trouble was the buyer didn't have room on his lorry for the whole load - so it waits and waits - and will probably end up as fuel in a power station.

CORONATION DAY – SATURDAY 6th MAY 2023



The Coronation is a solemn religious service, as well as an occasion for celebration and pageantry. The ceremony has retained a similar structure for over a thousand years, and this year's Coronation is expected to include the traditional core elements while recognising the spirit of our times.

For the last 900 years, the ceremony has taken place at Westminster Abbey, London. Since 1066, the service has almost always been conducted by the Archbishop of Canterbury. The King will still pledge to be "Defender of the Faith" in the Coronation oath, but the Palace and the Church plan to add further words that will recognise that the King serves all religions.

Lord Andrew Lloyd-Webber has been commissioned by King Charles to write his Coronation Anthem, which the composer hopes will "reflect the joyful occasion". The anthem is one of 12 new pieces of music selected for this ceremony.

The Coronation will also include the anointing of His Majesty with consecrated oil, the acceptance of the orb and sceptre as symbols of sovereignty, and the enthroning and crowning of the King and the Queen Consort. It will include the oath required by statute and many of the ceremonies which were seen in the late Queen's service.

The King will take vows to govern the United Kingdom and other nations of the Commonwealth with law and justice, and to maintain Christianity in the nation as Supreme Governor of the Church of England.

The Coronation, and the carriage processions to and from the Abbey, will be televised for British and international audiences to watch.

POETS' CORNER

Barn Owl

A white barn owl flew silent,
Up the frost-rimed valley's side
At dawn today; that daylight flight meant,
I think, more kills were yet required.

The ancient Greek and Roman
Looking up would say, with confident insistence,
Such daytime flight must be auspicious omen
Of wisdom, courage and divine assistance.

Japan and China, likewise, say good luck
Attends such sightings; for Sitting Bull these fowls
Were wisdom, night-sight; but Eire said, an evil Puck
A witch or sprite's concealed by such diurnal owls.

Well, that might be but really what I feel
Is that with hedgerows ever shrinking, times are tough
For owls; it's ever harder to secure a meal
And one night's hunting just can't yield enough.

The early Christians though believed such flight
Portended loneliness and desolation, mourning.
Such passage through the early light,
A dire and awful grim forewarning

Our Roman hedgerow heritage has all but gone.
Farewell the patchwork farms of crop and flock and dairy.
Our beasts of hedgerows scurry, flit and song.
Soft-foot and feather flown, replaced by vast and soulless prairie.

© Tim Bridges March 2023



LITTER PICK

It was heartening one Sunday morning to see 16 people turn up to wage war on the litter louts. Dressed in high-viz jackets and armed with grabbers and over-sized bin-bags they gathered about a dozen sacks of rubbish out of the hedgerows – a surprising amount considering it was only a year since the last effort. And good to see our newest neighbours well represented. And thanks to Kay Shorter for an array of cakes, sponges and tea and coffee to reward our efforts.

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APRIL & MAY 2023



Coronation Celebration BBQ

Sunday 7th May

At the Village Hall

Celebrations start at 4pm when the bar opens

Food from 5.00

Live music from The Suffolk Beats

Tickets if booked ahead are £10.00 for adults £5.00 for under 12s
£12.00 or £6.00 on the day

We need to know numbers so please contact
Sue Diggins on 01787 247626
or Annie Mason on 07740 820100

VILLAGE HALL NEWS

100 CLUB WINNERS

Many thanks to all who subscribe to the 100 Club, which provides a very useful contribution towards the annual running costs of the hall. The lists for the subscriptions for the 2023 draws have now been allocated to members of the committee, so don't be surprised to get a knock on the door from one of us. Just £5 per ticket, giving you a chance to win one of 15 prizes (£25, £15 & £10 in each of 5 draws) over the year. Excellent odds, may I say!

REGULAR CLUBS

It is lovely to see the Hall being used regularly during the week, as the clubs have all now returned after the long hiatus for Covid and the more recent Christmas/New Year break.

The Pop-up Choir has moved their sessions to a Tuesday afternoon and are busy singing a wide variety of songs, including those from *Joseph and the Amazing Technicolour Dreamcoat* in rehearsal for their planned rendition of on 17th June – more details to follow. If anyone else would like to join the choir, **please contact Lyn on 07748 174708.**

PLANNED EVENT FOR THE CORONATION

Many people, residents and visitors alike, have told us how much fun we all have at our gatherings in Preston St Mary.

We are planning a Village Celebration on the weekend of the Coronation of King Charles III. It will not be on the actual day, Saturday 6th May, as many of us will wish to watch the ceremony.

On Sunday 7th May, we are organising a BBQ and entertainment starting at 4pm in the garden of the Village Hall. More details appear elsewhere in this newsletter.

We have applied for a grant from the Community Infrastructure Levy funds to help with the purchase of some equipment that will be useful for this event and available to users of the Hall in the future.

VILLAGE HALL FOR HIRE

The Village Hall is well used during the week, but please remember that it is also available for private hire, particularly at the weekends. It is now an ideal venue for family celebrations and parties, now that it offers a modern kitchen and toilet facilities. Rates are reasonable, so why go elsewhere when you can stay in our village and gather your friends and relatives around you? Contact Sue (below) for further information.

ANNUAL GENERAL MEETING (AGM)

Our AGM is due to be held on Tuesday 11th April at 7.30, followed by a standard committee meeting. The AGM is open to everyone, so please come along if you should wish to hear what we are planning.

(Please note: some new numbers!)

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")

COOKS' CORNER

Benløse fulge, “boneless birds” or Alouette sans tête (headless larks)

By Mads Mikkelsen (ToPO)



Danish cuisine is not the most famous in the world and is probably more known for being bland than bold. Having said that it has gotten a revival with the New Nordic wave that has swept across many restaurants.

When asked to share a Danish recipe that reminds me of my childhood a lot of good memories sprang to mind – “frikadeller” which we share with Sweden, pickled herrings on rye bread with an egg/curry dressing, or the classic “chicken and tartlets”.

But the one dish that stands out is “boneless birds”, which is a very false declaration since it has got nothing to do with poultry just like the equally

famous “fake hare” which has not seen any hare ingredients.

Ingredients:

- Thin slices veal or beef cut from chuck (12 pieces)
- 12 rashers of smoked bacon (rolled into a tube the size of a little finger)
- 12 evenly sized carrot batons
- ½ celeriac
- 2 onions
- 2 carrots
- ½ garlic clove
- 2 tablespoons tomato purée
- 2-3 twigs of fresh thyme
- 3-4 bay leaves
- 8-10 pepper corns
- 8 dl beef stock
- 1 tablespoon butter
- 2 tablespoons olive oil
- “Butter bun” made from 1 tablespoon flour and 1 tablespoon butter
- 2 dl cream
- Gravy colour

Clean the vegetables and cut them into bite sizes. If the meat slices aren’t pounded very flat, do so now and season with salt and pepper.

Place a piece of bacon and a carrot stick on each piece of meat, roll the meat around the filling and use a meat needle or string to keep it all together. Brown the meat rolls in butter in a saucepan and then take them out. Sauté all vegetables in the sauce. Add tomato purée and fry for a minute. Add beef stock and the meat rolls. Add thyme, peppercorns and cook at low heat under a lid for 1½ hour or until the meat is tender.

Remove the rolls and strain the sauce. Thicken the sauce with the “butter bun”. Once thickened add cream, bring to boil and season with salt and pepper.

Add the meat rolls and serve with mashed potatoes, red currant jam, fried onions and a simple green salad.

PRESTON PEOPLE

MERVYN COCHRANE

My name is Mervyn Cochrane, and I recently moved into Barn Owl Lodge (the new property in Whelp Street) with my wife, Mandy, and her sister Sue.



I was born in Northern Ireland in 1947 and was later adopted by my Mum and Dad from Dr Barnardo's Home in Barkingside (at the age of four). We lived at their Post Office in Gidea Park, Essex, just up the road from where Amanda Jane Diggins and her family also lived. Some twenty years later (1973) we got married! When our two daughters Samantha and Victoria were born, we lived in Shenfield until 1989 and then moved to Shenfield Hall following the death of Mandy's father. This was a pivotal decision, and we all decided to pool our resources - moving to Mortimers Barn in 1993 with Susan and Auntie Margery as an extended family. In 2006 we down-sized and rented Old Thatchers in Rookwood Lane.

Unfortunately this was a thatched cottage, and on 9th February 2007 it caught fire and later had to be demolished, so we moved about in Preston St Mary until September of that year before moving into Jordans Farm (also in Rookwood Lane - the property next door).

In that year both my parents died, and that was the trigger to find out about my birth mother. Her maiden name on the files from Barnardo's was Walterina Mary Stoddart. After many weeks of not finding anything at all, Andrew (a good family friend) suggested we look for grave stones when suddenly up popped Walterina Mary Junkin whose details seemed to match.

I wrote to the church where the grave was located and learned from their historian that his mother went to school with Walterina Stoddart, and she was indeed the same person as Walterina Junkin. This was when I learned that I had two brothers and two sisters. Whilst he was not on personal terms he did know of a contact, so I rang (Aunt) Martha to see if the family knew of me. She summoned my younger Brother and Sister to a meeting at her house (they all thought that an inheritance might be coming their way) but alas she told them of an older brother in England instead, which came as a total surprise! Later that evening Mandy had a phone call (in a very soft accent) from a Mrs Irene Campbell.



APRIL & MAY 2023

This was the first time I had spoken to my younger Sister! She said that they all had no idea of an older brother, but all four were very pleased to learn of me. We arranged to visit about five months later and Mandy and I went over for the week. We were picked up at Belfast Airport on Monday afternoon by Roy the eldest of my two brothers and taken to his house where we met all four of them Roy, Irene, Ivan and Joan; a lot of laughter and hugs. On Wednesday my daughters flew over and we all met the whole family (about forty in all) in a village hall similar to Preston St. Mary's. Samantha met my youngest sister's daughter and thought she was looking at herself in a mirror! We regularly keep in touch via Facetime and all my four siblings came over for my 70th birthday.



In 2020 we sold Jordans Farm and bought a plot of land with two derelict wooden barns on it, eventually gaining planning permission to build a house, which Mandy and Susan designed. We moved in in July 2022.

THE ROYAL BRITISH LEGION, LAVENHAM

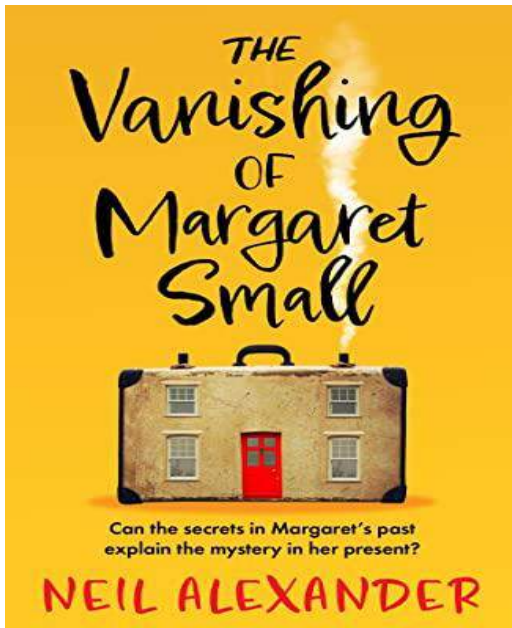


Many will be aware that there is a social club in Lavenham, but the main raison d'être of The Royal British Legion is to aid and support ex members of the armed forces or their dependents who are experiencing difficulties.

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.

BOOK REVIEW - THE VANISHING OF MARGARET SMALL

by Neil Alexander



Margaret lived with her Grandma until “The Rat Catcher” from the council came for her and took her to a care home.

Written in the first person and in her own words, this book relates the story of Margaret’s experiences in an institution for those with learning difficulties,

She is getting on a bit now and leads a quiet life within the parameters of her local shops in Whitstable and outings with her care worker, Wayne. Margaret spent most of her life in a care home although I am sure we will all realise that this term is to be used loosely, when we know that Margaret is now in her 70s and that at the time of her incarceration attitudes were vastly different.

Margaret was Cilla Black’s No. 1 fan, probably to the point of harmless obsession, and she had a hard time dealing with Cilla’s death in 2015. Shortly after Cilla died, Margaret begins to receive little notes enclosing a £50 note from someone signing themselves “C”. As she cannot read she enlists the help of Wayne, but is hesitant to reveal who she thinks the notes are from. So, a little mystery enters Margaret’s life.

She is an engaging character, but her story is heart-breaking. The details about her life in care are distressing but somehow Margaret’s resilience has enabled her to become content with her life and it is an uplifting story. Margaret is not a sad person. She is an unlikely heroine with an appealing and quirky take on life.

Neil has done an excellent job with weaving truth into a fictional story and making it a book to truly raise the spirits.

Embla Books
£8.99

Lynne Brown

GET WELL, LYNNE

Along with approximately 70 others in her new home town of Tring, Lynne Brown slipped on ice and cracked a hip. After some weeks in hospital she is at home, mending steadily and still contributing to the PPP. Get well speedily, Lynne.



Quiz Night: the first Wednesday of the month, teams of four, £2 entrance fee and £10 for your (very good) curry – both free to the winners!

The March quiz at The Six Bells was won by The Brettenham Panic Buyers Club - by an exceptionally wide margin. Come on Preston!!

The next quiz at the Six Bells will be on Wednesday 5th April.

NEWS FROM THE NEIGHBOURS

News from Brent Eleigh

We would welcome all those interested to come along on Saturday 15th April to a talk by Clare Symes on Gardening for Wildlife in Brent Eleigh Village Hall, 3-5pm, includes a tour of Clare's garden, tea and all-important cake. Just £6.

On Sunday 21st May, we are having a Plant Sale outside the Village Hall.

A future date for your diaries! The Edmund Octet will be performing in St Mary's Church, on Saturday 14th October starting at 7pm. More details in due course, but this versatile and well-travelled group have a new professional Musical Director and members, who will offer a variety of song - something for everyone. Tickets will be available beforehand and on the door.

Michael Warner
01787 247615

Hedgerows Nursery and Farm Shop is closing. David Watts, the owner, has been in charge since 1991 and relishes retirement. Skeleton opening times are currently operating: 08.30 – 09.45, Tuesday, Friday, Saturday – mainly for nursery products. Good luck, David! JT



Suffolk Wildlife Trust

Suffolk Wildlife Trust

A bird in the nest is worth protecting!

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

Spring feels like it's here at last! On my lunchtime walk today I heard the first chiff-chaffs singing away, and saw a marsh harrier pair, soaring high in the sky. I hope you're getting out and about and enjoying the sights and sounds of spring yourselves.



Long-tailed tit nest amongst gorse: Maria Justamond

Birds' nests are already under construction by now and take a huge variety of shapes and forms. One of my favourites is the nest of the long-tailed tit; these charming birds gather lichen, moss and spiders' webs to form a dome in a bush or the fork of a tree, which they line with as many as 1,500 feathers to make it nice and soft for the eight to twelve eggs they lay.

Another nest favourite is that of the robin; during the breeding season, the female is allowed into the male's territory where she sets up a nest of dead leaves, moss and hair. Nests often crop up in the oddest of places, such as plant pots (or old tea pots!), old wellies, farm machinery and shelves, but Ivy and other shrubs are their natural choice. Robins are very sensitive to any disturbance during the nest building and egg laying, and will easily desert the nest if they think that the nest has been discovered - so best to steer well clear!

Blackbird nests are built low to the ground, by the female, using any suitable cover. Trees, shrubs and climbers are preferred, but nests can also be found in buildings, or occasionally even on the ground. The hefty cup of grass, straw, small twigs and other plant material will normally contain 3-5 beautiful greeny-blue eggs (with brown freckles).

Dunnocks have an interesting strategy towards nesting; males and females will form strong pairs, but the female will still mate with another male, so neither male knows who the father is and both will supply her chicks with food! They nest in hedges or shrubs, laying up to five eggs.

In the UK, bird nesting season started at the beginning of March and runs until the end of August. During this time, it is crucial not to disturb nesting birds; even once-common garden species are in massive decline, so every single nest counts. Subject to certain exceptions, to intentionally take, damage or destroy the nest of any wild bird while it is in use or being built is a criminal offence under section 1 of the Wildlife and Countryside Act 1981. Therefore trimming or cutting hedges and bushes during nesting season is best avoided. If you know there is an active nest at risk, contact the police on 101, and ask for a reference number.



Baby robins in their teapot nest: Karen Lloyd

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.**

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

HEALTH AND WELLNESS NOTES

IT'S TIME FOR SOME SPRING CLEANING

We are coming out of that sluggish damp slushy season, which is why we can feel stagnant, and seasonal colds, flu, allergies, and sinus issues start to take hold again. Spring is the time to clean up our acts and slowly increase our immune and energy levels, so that we can prepare our bodies for the very busy days of summer.

It is also the time of Ramadan and Lent. I like to use the month of Ramadan to ease myself into a gentle spring detox programme. Sometimes I go deeper into detox if I feel the need to and this spring I will be going deep. The kind of detox I'm doing isn't recommended unless you really know what you are doing, or you have an experienced practitioner on hand to assess your health status with thorough diagnostics before you begin. But there are simple steps you can take to get you on your way.

Detoxification becomes necessary when your inbuilt cleansing and eliminative mechanisms are not working efficiently, or when they are overloaded because of a toxic lifestyle e.g., chronic stress, metabolic processes, prescription medications, pollutants, diet etc.

Many symptoms of illnesses are the evidence of the body's attempt to rid itself of toxins or to accommodate the toxins somewhere else in the body that cannot be eliminated. Signs that your body needs a little help include skin complaints, headaches, fatigue, joint aches, constipation, poor sleep, weight gain, vaccinations, exposure to pesticides...

Have a look at your tongue. You may notice specific signs that indicate your body is struggling e.g. a red tongue with a yellow coating or a white coating, or a purple/dark tongue. Organs of detoxification are the small and large intestine, kidney and bladder, liver and gallbladder, lymph nodes and channels, skin, and hair. All systems interact e.g. the liver sends products of detoxification to both the kidneys and bowel for elimination.

This is a simple and effective way to start your day by supporting your kidneys. Some of you probably do it already. First thing in the morning before food drink 500ml of hot water with the juice of 1 lemon or lime and a pinch of cayenne pepper. Do not eat for at least ½ an hour. Drink 2 - 3 cups of dandelion leaf tea throughout the day. Dandelion leaf is a diuretic but unlike pharmaceutical diuretics it adds vitamin K rather than depleting the vitamin. You can do this every morning for as long as you want to but for spring cleansing purposes two weeks is perfect.

Follow this routine with a plant-based diet, eliminating simple carbohydrates (white flour products, pasta etc) sugar, alcohol, caffeine, and dairy products. It's important at this time of the year to stay away from raw vegetables, raw is for summer! Vegetables need to be lightly cooked, and meals need to be lighter, vegetable soups and broths are perfect.

Include dry skin brushing, hot and cold showers, sauna, and gentle exercise such as hatha yoga. Rebounding is excellent to get your lymph system moving.

Other simple methods to try are intermittent fasting e.g. last meal at 6pm and first meal at 10am. Or you can try one day a week of liquid foods (vegetable juices and broths).

It's important to remember not to go from detox to retox. Go back to normal slowly and try to keep the unhelpful foods and drinks at a minimum.

Happy spring cleaning.

Marjorie Devine-King – Nutritionist

NETTLE SOUP

This is brilliant to alleviate a stressed and tense digestive system. This soup contains a high amount of iron, magnesium, zinc, copper, vitamin C and calcium. Arm yourself with good rubber gloves for picking the younger stems of nettles that are starting to appear.

Serves 4

- 1 small bunch of young nettles thoroughly washed
- 1 litre homemade chicken stock
- 1 large onion diced
- 1 medium carrot diced
- 1 garlic clove, crushed
- 1 tsp chopped fresh ginger
- 50g chestnut mushrooms, chopped

Use scissors to cut the leaves and tender shoots of the nettles into small pieces. Discard the stems and larger leaves.

Bring the stock to the boil and add the onion, carrots, garlic, ginger, and seasoning. Simmer for a few minutes and add the mushrooms. Cook for 10 minutes until the vegetables are tender.

If you want, you can blend the soup or leave it chunky if you prefer. Simmer for a few minutes whilst you organise warm bowls.

Add the chopped nettles to the soup and immediately take off the heat.

Stir and once the nettles have wilted, ladle the soup into the bowls.

Optional: Can be served with chopped hard-boiled egg.

HERE'S WHAT IS COMING INTO SEASON

Asparagus, lettuce/salad leaves, rocket, spinach, samphire, nettles, wild garlic, radishes, watercress, broccoli, purple sprouting broccoli, jersey royal new potatoes, spring onions, winter cauliflower, kumquats and persimmons, chicory, dill, chives, basil, and sorrel



Marjorie Devine-King
Nutritionist and Natural Chef



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Individual requirements catered for

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scissoring, hand stripping, nails,
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1 Manor Cottage, Lavenham Road, Preston St Mary, CO10 9LU

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

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Please phone for enquiries and price list.

Megan Pryke VTCT, BABTAC

07876 717 008

 **beautybymeganlavenham**

PARISH COUNCILLOR VACANCIES

The Parish Council is in need of Councillors. It is not an ideal situation to be in and we sincerely hope that the Parish Council is able to continue in the future, but we do need some more Councillors. All the time there is a PC we are able to raise monies through the Precept to provide grants to the Village Hall (£800 per year) and the Parochial Church Council (£800 per year), along with funding the PPP (£600 per year). We desperately want to continue working for your village, but we need some help with more Councillors.

If you are interested then please contact our Clerk, Kay on 01787 249492 or by email on prestonpcclerk@gmail.com

The Benefice of Lavenham with Preston St Mary Holy Week (2-8 April 2023)

On **Palm Sunday** with traditional palm crosses we recall the entry of Jesus into Jerusalem, riding on a donkey to the shouts of *Hosanna* from his many followers. In Preston St Mary Parish Church we have Preston Praise, led this time by Glynis Huggett, with coffee and croissants from 11.30am before a short service at 12.00 noon.

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

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

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

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

Easter Day (9 April 2023)

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

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

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

QUIZ TIME ANSWERS from Page 13

1. King George VI
2. Four
3. Alongside the crown jewels of Scotland, the Honours of Scotland, in the Crown Room of Edinburgh Castle
4. Charles Philip Arthur George
5. Giltwood - a thin layer of gold leaf over wood
6. AWN Pugin
7. Her Royal Highness The Princess Elizabeth, Duchess of Edinburgh
8. The death of Pope John Paul II
9. The Duchy of Cornwall
10. 2005
11. Nicholas Witchell
12. Burnley



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

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



Suffolk Libraries is a charity which runs the library service in Suffolk and this is our annual fundraising event. At Lavenham we held a raffle with a variety of donations from local businesses and our Friends Group who support the library with fundraising. We do not have the total amount raised at the time of printing but will let you know in the May edition.

Easter holiday activity for children



We are holding an African Drumming Workshop on **Thursday 13th April 3.00pm – 4.00pm** which costs £2.00 per child (accompanied by an adult). This activity is suitable for primary aged children and due to the limited numbers will need to be booked/paid for in advance either by emailing lavenham.library@suffolklibraries.co.uk by telephoning 01787 247729 or by coming into the library and speaking to a member of staff.



Tot Rock

Bring your tots and join us in the library for a fun session of active songs and rhymes for under 5s held every **Thursday from 2pm-3pm** during term time. The session involves 30 minutes of singing activities followed by half an hour of 'Stay and Play' where refreshments and chat can be enjoyed.

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!

Top Time Group Top Time is our sociable drop-in group for all adults. We hold fortnightly Tuesday meetings from 2.30-4.00pm. We provide a wide range of talks and activities.



Lego Club Held every Saturday between 11am – 12pm. A drop-in session for children of all ages.

Contact Details

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

Tel No: 01787 247729

www.suffolklibraries.co.uk

Email: lavenham.library@suffolklibraries.co.uk

Suffolk Libraries HMRC charity number XT34476



APRIL & MAY 2023

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

Rector: The Revd. Simon Pitcher

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

Curate: The Revd. Graham Naylor

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

Reader: Mr Pete Postle

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

CALENDAR OF BENEFICE SERVICES FOR APRIL 2023

SUNDAY 2nd April	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
PALM SUNDAY	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	12.00 NOON	11.30am Refreshments before PRESTON PRAISE
MONDAY/TUESDAY/WEDNESDAY 3rd/4th/5th April HOLY WEEK	LAVENHAM	7.00PM	COMPLINE
THURSDAY 6th April MAUNDY THURSDAY	LAVENHAM	7.00PM	BENEFICE EUCHARIST
FRIDAY 7th April GOOD FRIDAY	PRESTON	12.00 NOON	PRESTON PEOPLE'S PASSION
	LAVENHAM	2.00PM	LAST HOUR DEVOTION
SUNDAY 9th April EASTER SUNDAY	PRESTON	6.30AM	FIRST LIGHT NEW FIRE HOLY COMMUNION Followed by Bacon Rolls and Buck's Fizz Breakfast
	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
SUNDAY 16th April EASTER 2	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	PARISH EUCHARIST
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 23rd April EASTER 3	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	EVENSONG
SATURDAY 29th April	LAVENHAM	2.00PM	PETS' BLESSING SERVICE
SUNDAY 30th April EASTER 4	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	BENEFICE EVENSONG

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

WEDNESDAY 10.00AM HOLY COMMUNION

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

APRIL & MAY 2023

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

Rector: The Revd. Simon Pitcher

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Reader: Mr Pete Postle

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

CALENDAR OF BENEFICE SERVICES FOR MAY 2023

SUNDAY 7th May EASTER 5	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP (CORONATION)
	PRESTON	12.00 NOON	11.30am Refreshments before PRESTON PRAISE (CORONATION)
SUNDAY 14th May EASTER 6	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	EVENSONG
THURSDAY 18th May ASCENSION DAY	LAVENHAM	7.00PM	HOLY COMMUNION
SUNDAY 21st May EASTER 7 ROGATION	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	12.00 NOON	ROGATION SERVICE followed by Blessing Crops and Lunch at Priory Farm
SUNDAY 28th May PENTECOST	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	BENEFICE EUCHARIST
	PRESTON	6.00PM	BENEFICE SONGS OF PRAISE

THE FOLLOWING MID-WEEK SERVICES ARE HELD EVERY WEEK

WEDNESDAY	LAVENHAM	10.00AM	HOLY COMMUNION
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Note: BCP = Book of Common Prayer (traditional language)