

PRESTON PARISH PAPER

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

Dates for your Diary

Sunday 1st October -
Preston Praise at 11.30am for
12 noon in the Church

Sunday 15th October –
Harvest Festival from 12
noon in the Church, followed
by Harvest Lunch in the
Village Hall – See Page 6

Sunday 29th October –
CLOCKS GO BACK 1 HOUR

Sunday 5th November –
Preston Praise at 11.30am for
12 noon in the Church

Saturday 11th November –
Armistice Day Service at
10.30am in the Church – see
Page 4

Sunday 12th November –
Remembrance Parade and
Service in in Lavenham – see
Page 4

Saturday 18th November –
Christkindlmarkt at Preston
Manor Barn 10.00am-3.00pm
– See Page 13

Saturday 25th November –
Quiz Night at 7.30pm in the
Village Hall – See Page 17

EDITORIAL

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

Our Editorial email address
is:

editorpstmppaper@gmail.com
for future contributions.

MELLOW FRUITFULNESS

With the Autumn another issue of the PPP arrives, full of news, information and interesting writing sent in by the many people who send us contributions, for which we are always grateful.

Summer is over – not as hot as last year's record breaker, but more benign for our gardens, our health, and of course the harvest. We are still a rural and agricultural economy here in Suffolk and our celebration of Harvest is a major event in our year. See page 6 for details. Our thoughts then turn at this season to Remembrance (see Page 4) and then towards Advent and Christmas. The annual Christkindlmarkt organised by the Friends of the Church (see page 13) always launches the festive season here in Preston.

New people arrive, as others move on, but that spirit of friendship and community is reflected here in the PPP, and in the many things that go on in our village.

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.

OCTOBER & NOVEMBER 2023

WHO'S WHO IN THE VILLAGE

Parish Council

CHAIRMAN	Peter Korwin		
CLERK	Kay Shorter	07561 060041	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	Glynis Huggett	01449 741389	glynishuggett@gmail.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

CO-ORDINATOR	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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Preston Popup Choir

MUSICAL DIRECTOR	Lyn Davis	247112	divalynx@aol.com
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The Six Bells Pub

		247440	reservations@thesixbellspreston.com
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Tree Warden

	Lyn Davis	247112	divalynx@aol.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	Deborah Saw (Green Party)	deborah.saw@babergh.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

OCTOBER & NOVEMBER 2023

A PASTORAL LETTER FROM THE RECTOR

Dear Friends

A Season of Generosity

October is the month in which many churches celebrate harvest festivals. Lavenham harvest festival is 10.15 on Sunday 8th October and Preston will be celebrating on Sunday 15th at 12.00. The underlying theme of harvest is to thank God for the fruits of creation, the food we eat, and the hard work of those who provide our food. Celebrating harvest is an ancient tradition, and in the Bible we see that the people of Israel celebrated harvest in the Jerusalem Temple, giving thanks to our generous God.

As we give thanks for all that God has made possible in his generosity to us, our response to him is to be generous with one another. The Church of England is encouraging each parish to use the month of October to foster a spirit of generosity within each church family. Part of this is to encourage every church member to review their giving to the church. Astonishingly recent research has discovered that many Anglicans make no financial giving to the church at all. Others have not reviewed their giving for a number of years. The Church nationally is still suffering the effects of Covid lockdown, and income remains low and financial pressures are of concern. So if you are able to review your giving this would be a great blessing to the Church. Why does the church need money? So that it can minister to others with generosity and kindness in the name of Christ.

But giving and generosity is broader than that too. I drove past a Norfolk food factory at closing time on a Friday recently. As the workers came out they looked tired from a long hot week at work. The many different cultural groups represented in the crowd was obvious and remarkable, and I recognised how little I really understand about the reality of food production. Generosity includes respecting those who provide the food that we depend upon. Recent news reports of terrible disaster and loss of life in Libya and Morocco show how fragile our natural world is, and how real the impact of climate change is. Giving and supporting aid agencies and charities that serve others at home and abroad is also something we might be able to do. During the summer some Suffolk Churches have offered food to local children who miss out on a school lunch while on holiday. Holiday clubs have supported children and families by offering opportunities for fun and learning.

Reducing our carbon footprint at home and in church can make a contribution to limiting climate change and preserving our planet. This might require some sacrifice in lifestyle which is part of being generous. Generosity can also be found in simple acts of kindness, visiting neighbours, treating one another with love and respect, and perhaps in giving some time to others.

We have a generous God who blesses us at harvest time. We pray for the grace to share all that we have received that others too might flourish.

Yours in Christ

Simon

OCTOBER & NOVEMBER 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.

AT THE ELEVENTH HOUR OF THE ELEVENTH DAY OF THE ELEVENTH MONTH

**PRESTON ST MARY PARISH CHURCH
ARMISTICE DAY SERVICE**

**SATURDAY 11th NOVEMBER 2023
AT 10.30am IN CHURCH
AND 11.00am AT THE WAR MEMORIAL**

**Including Act of Remembrance, Two Minutes Silence
and Laying of Wreaths**

**REMEMBRANCE SUNDAY
PARADE AND SERVICE**



SUNDAY 12TH NOVEMBER

*From 9.30am in Lavenham Market Place, followed by
Service in Lavenham Parish Church at 10.15am*

YOUR RELIABLE LOCAL ELECTRICIAN



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Mob: 07444 272 472

Email: lee.jardine@outlook.com

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

FOR 6 ISSUES

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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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THE COCKTAIL HOUR

Bubbles' imagination leaped into gear when she spotted, in a supermarket, a carton of coconut milk and pineapple juice. Bubbles loves coconut: icy cold with a large measure of vodka served as a long drink; and so is born a delicious summer cocktail! It can also be drunk when it isn't summer.

OCTOBER & NOVEMBER 2023

PRESTON ST MARY
HARVEST FESTIVAL
‘SONGS OF PRAISE’ AND LUNCH

Sunday 15th October 2023



Church Service at 12 noon

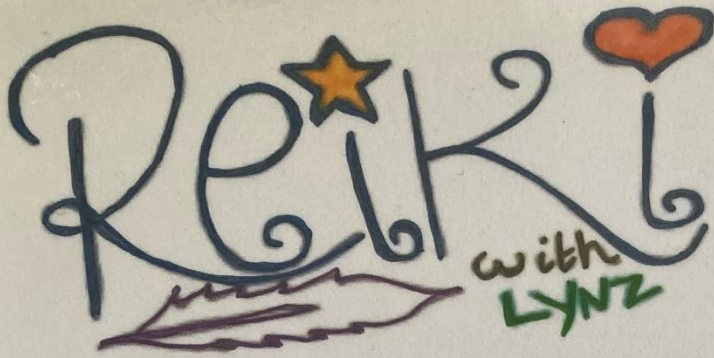
followed by

Lunch in the Village Hall at 1.15 pm (for 1.30pm)

Lunch £7.50 per head including first drink

**Please let us know if you are joining us for lunch.
Moreover, if you can ‘Bring & Share’ food for the lunch,
please contact Sue on 01787 247626**

OCTOBER & NOVEMBER 2023



07772604598

Reiki is a natural healing system using life force energy and intention, by placing hands on the body in various positions or at a distance.

Reiki can help with **stress, anxiety, depression, pain, sleep, strengthens the immune system and removes energetic blocks**, just to name a few! Reiki is a complementary therapy that works alongside medical procedures.

Reiki is for everyone, humans, animals, young and old.

1 hour at £25 course of 3 at £65 & 6 at £120

30 minutes at £15 course of 3 at £35 & 6 £70

*Discount for multiple people at the same location

**Discount for people who need the help but can't afford the full amount

OCTOBER & NOVEMBER 2023

PRESTON ST MARY & DISTRICT LADIES CLUB

New Members will be warmly welcomed to our meetings, 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 usually held on the 2nd Monday of the month. However, in the summer we do try to alternate Village Hall monthly meetings with interesting outings wherever possible.

PROGRAMME

9th October Talk by Robyn Lloyd Hughes with the intriguing title of **The Ups and Downs of a Small Corner of Suffolk**. As always, Robyn's talks are so interesting, and informative, that we have decided to make it an Open meeting. So do please bring a guest, be it your husband, lover or friend - all will be very welcome.

13th November Tim Bridges will be reciting some of his beautiful poems and explaining what thoughts and influences go into his creative processes when formulating his poetry. Members will know that Tim is always a delight to listen to, mixing as he does wit and humour with the more serious side of life.

December Christmas Meal date and venue to be advised. Suggestions from Members for a venue will be most welcome and whether we should consider our Christmas gathering as a Lunch, or an Evening meal?

REPORT ON PREVIOUS MEETINGS

Monday 11th September Lisa Goodridge gave us a very interesting evening when she spoke about writing her very first book **All Saints** under the *nom de plume* of Ellie Carter. Lisa spoke about the difficulties of actually getting down to write the story that she had long been thinking about. Once written there was the hurdle of finding a publisher willing to publish her book. Lisa wrestled with these problems while bringing up two lively boys, as well as her parish duties as the wife of a Vicar and the changes to normal life that Covid brought. However, after several rejections from publishers, by chance Lisa was recommended to approach **Instant Apostle** publications. Although not specifically a religious book, **All Saints** does frankly address the problems of infertility, adoption and singleness in modern life. I am reading Lisa's book at the moment and finding it very interesting because her characters are just ordinary women struggling with extraordinary problems. Lisa told us that she has been thinking of writing another book, but it is only in the "thinking" stage at the moment. We all wished Lisa every success with her next book and invited her to return and talk to us once again when it is published.

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

QUIZ TIME

There are no prizes – answers are on Page 33

1. What does P & O stand for?
2. Where is the most southerly Trinity lighthouse?
3. What was the last ruling house of Austria?
4. The fashion designer, Gianni Versace, came from which country?
5. Nike is Goddess of what?
6. Where can you find the Petronas Towers?
7. Which American president was involved in the Watergate scandal?
8. Where did backgammon originate?
9. If there are six apples and you take away four, how many do you have?
10. Which god, part of the Hindu Trinity, is considered the “destroyer”?
11. “Cohen” is Hebrew for what?
12. What is a female donkey called?

HISTORY NOTES

Have you had a really thorough look round your garden, perhaps with a metal detector? Even without such a device, a recent delve in a corner of the Spring Cottage (Whelp Street) garden revealed a silver threepenny bit – as formerly secreted in Christmas puddings – and a coin issued by the East India company.

This company virtually ran India until the British Government took over responsibility in 1863 – and issued official coins. It’s an indicator that Preston people travelled far and wide.

**DON'T FORGET TO PUT YOUR CLOCKS BACK ONE HOUR ON
SUNDAY OCTOBER 29TH**

OCTOBER & NOVEMBER 2023

RIDE AND STRIDE – THE SUFFOLK HISTORIC CHURCHES BIKE RIDE SATURDAY 9th SEPTEMBER

Once again Preston supported the Suffolk Historic Churches Trust annual bike ride on Saturday 9th September. The aim was to cycle (or walk) to visit some of the fine old churches and other places of worship we have in Suffolk, and to raise sponsorship money while doing so. This year there was again a linked rally for classic cars, and some interesting vehicles visited us during the day.

The total amount we raised is not known yet. The proceeds will be shared as always between the Trust and our own Parish Church.

Our thanks go to all those who volunteered to ride or stride, man the church on the day, collect sponsorship money or sponsor our riders. Our riders and drivers this year were Richard Green, Sara Whymark and Robyn Lloyd Hughes. Those who helped to man the church were Keith and Lyn Davis, Sylvia Tillotson, Janet Martin, Val Gutteridge and Katie Lloyd Hughes.

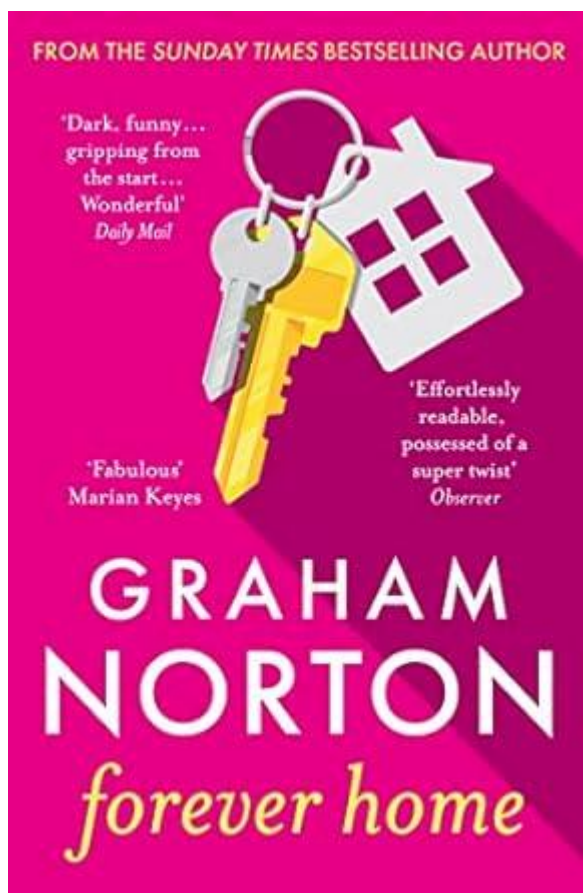
Thank you all very much.

Robyn Lloyd Hughes



Enjoying the September Preston BBQ and Party in the Village Hall garden are David Culverwell, and Jack and Jean Tribble

BOOK REVIEW - FOREVER HOME by Graham Norton



Forever Home is a fast paced, Orton-esque novel set in small-town Ireland where Declan and Carol take a second chance on love - and set tongues wagging in the process, especially as Declan had previously been the subject of rumour when his wife suddenly left him and their children.

As the plot unfolds, Norton takes the opportunity to examine the sometimes difficult relationships between mothers and their children with a surprising perspicacity; all without easing up on the accelerator. To avoid spoilers, suffice it to say that there are murky secrets in Declan's past of which his grabbing children are not aware. They decide to sell Declan's house when he falls ill and the decision sets off a chain of events. Carol is thrown out of the home, and she and her mother are left to cope with, shall we say, an "interesting" situation.

The darkly humorous plot twists and turns throughout the story of 7 Stable Row, Ballytoor. It's an enjoyably quick and lighthearted read.

Hodder and Stoughton £6.99

LB

Bulb Planting

A start was made on Sunday 24th September to plant the daffodil bulbs around the village to bring cheer when the spring comes.

Thanks to the very hard work of the volunteers we managed to plant in front of some of the new houses.

More bulbs will be planted over the coming weeks. If you want some to put on the verge outside your property please let me know - Kay, email prestonpcclerk@gmail.com.

There may be some gaps where people are insistent that they won't let bulbs grow as they want to mow the verge.

OCTOBER & NOVEMBER 2023

Mrs Mary St Preston our village agony aunt answers some more of your problems.....

Dear Mary

My husband and I enjoy playing Wordle together, but while I favour a first word full of vowels, he prefers to try unusual collections of consonants. Can you suggest some words which will satisfy both our needs?

Yours (5 letters)

Lexi Con

Wordle Schwordle. A marvellous early morning brain teaser to set you up for the day with your 1st cuppa. 6 chances at guessing a 5 lettered word. A constant source of fevered madness, frustration and irritation but also of extreme pleasure allowing 24 hours of insufferable bragging rights. In this very modern world of the inter web, one can play with strangers on different time zones, within families and also among friendship groups (but not if you want to remain friends I've found).

There are many "experts" who will claim they have found the perfect starter word. But haven't we all had enough of experts?! As far as I can deduce, none of these so-called experts has used either ALL consonants or ALL vowels. But that shouldn't stop you, dear Lexi! Try anything for a harmonious home life. However, here are a few mixed words to start you off:

ARGUE
STRIFE
SPLITS
ANGST
FIGHT
SWEAR
AEFFS
FEUDS
CROSS
GRIEF
CLASH
BANDY
BRAWL
MELEE
SCRAP

And finally:

RELAX
CHILL

Yours (5 letters)

Mary St Preston



OCTOBER & NOVEMBER 2023

THE FRIENDS OF THE CHURCH OF PRESTON ST. MARY
ANNOUNCING OUR 24TH

Christkindlmarkt Christmas Market



SPECIALLY SELECTED CLASSIC

'GISELA GRAHAM'

DESIGNER

CHRISTMAS DECORATIONS

GIFTS * CAKES * JAMS

PRODUCE * COFFEE

REFRESHMENTS

TEAS * RAFFLE

GLÜHWEIN

BIDDLE'S BREAD

SOURDOUGH

PIZZAS

FREE
ON-SITE
PARKING

PRESTON MANOR BARN

PRESTON ST. MARY, CO10 9LU

WITH THE KIND PERMISSION OF WENDY SANDER AND CAROLE ROGERSON

SAT. 18 NOVEMBER 2023

10AM - 3PM

ADMISSION FREE

ALL PROCEEDS GO TO MAINTAIN THE CHURCH FABRIC

REGISTERED CHARITY NO. 1070593

POETS' CORNER

Lay-By

The lay-bys where the road once ran,
Now most the haunt of burger van,
Where paler, older asphalt lies,
And where the Dixie flag still flies,
Recall Art Deco motoring days,
Trunk roads, lanes and lost by-ways.
Our straighter roads, less lovely than
The lay-bys where the road once ran.



The smell of summer afternoons,
Hot rubber, tarmac, petrol fumes,
And twenty nicer spots sped past
Before our driver stopped at last.
That picnic fixed in time perhaps
Because my father's chair collapsed,
And Gala Pie, boiled eggs and ham,
And lay-bys where the road once ran.

Those haunted lay-bys of my youth
Speak happy lies and dismal truth,
And memories of those dead-end runs
Return to me and do my sons
Remember still my old MG?
And cramped day-trips they made with me?
When I was lost and sadder than
Those lay-bys where our roads once ran.

OCTOBER & NOVEMBER 2023

SESAW – Suffolk and Essex Small Animal Welfare

A letter from Ollie the black cat

Hello Preston Parishioners

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



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

There are worldwide myths predicting dire or delightful consequences for those who see, touch or live with black cats. I don’t claim to bring you good or bad luck, but I do offer my annual warning to keep all your pets safe during the firework season. It can be a very scary time for us so please keep your dogs and cats indoors with you at night, close the windows and curtains, provide a ‘safe place’, play music and investigate calming room diffusers. Insulate outdoor hutches or move them to a shed or garage and check for hedgehogs before you build a bonfire.

I’ll close now as it’s getting dark outside - and Mother’s broomstick stands waiting for me,

Ollie (the Black) Cat!

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

CRAFT FAIR

Mandy’s fundraising Craft Fair returns to Whatfield Village Hall on Sunday 15th October.

A wide range of stalls, delicious homemade snacks and a bumper raffle will be on offer at this ever-popular event.

Make a note of the date, call 07476 989248 for enquiries.

OCTOBER & NOVEMBER 2023

VILLAGE HALL DIARY

REGULAR CLUBS

The Hall is quite busy on weekdays, with the following weekly activities. Some have seasons or terms, hence the names of the organisers, who would be pleased to hear from anyone interested in joining them.

It is also used by the Ladies Club monthly and the Parish Council – see elsewhere for info.

MONDAY MORNING:

Art Club, for all levels of experience;

Judy Legg, 01787 247515

MONDAY LUNCHTIME:

Little Blossoms, massage class for new-borns and their Mums; Lorna Wulff 07854166982

TUESDAY AFTERNOON:

Pop-up Choir, for all who enjoy singing in a group;

Lyn Davis, 01787 247112

THURSDAY EVENING:

Table Tennis, for anyone really!

Geoff Poole, 01787 249600

FRIDAY MORNING:

Ballroom & Latin Dance private lessons;

Sally Copple, 07764 151525

FRIDAY AFTERNOON:

Carpet Bowls, all welcome;

Annie Mason, 07740 820100

OTHER NEWS

PRESTON BBQ & PARTY: Lars and his band, The Suffolk Beats, were the stars of this show in September - closely followed by the weather, which had been a concern for us before the event. What a glorious day it turned out to be, with tentage being required to provide shade rather than shelter for the gathered throng.

The BBQ team performed with the expected aplomb and people were amazed at the delicious array of salads and cakes. Many thanks to all who helped, either on the day or by erecting the tents beforehand and then taking them down a few days later.

VILLAGE HALL QUIZ: Saturday 25th November

Yes, it's back! Several requests have been received about our own quiz returning. We are conscious that the Six Bells Quiz is a feature of the community diary but our one is quite different (and only infrequently held), so we believe that there is room for both.

First questions to be posed at 7.30pm. Teams of 3, 4, 5 or 6 are allowed. More details on the next page. Do come along and support your local Village Hall.

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")

OCTOBER & NOVEMBER 2023

PRESTON ST MARY VILLAGE HALL

QUIZ NIGHT

Saturday 25th November @ 7.30 pm.



Preston's very own "Ashes" Trophy is being defended!

Usual rules – teams of up to 6 persons. Don't worry if you are only 1 or 2 – let us know and we'll compose a team around you.

Light-hearted evening. Quizmaster's answers are right, even when they're wrong.

Donations Bar. Raffle.

£6 per head including light refreshments.

Please phone 01787 247626 to let us know that you're coming.

COOKS' CORNER

Bubbles' creativity extends beyond the bar. Try this one from her kitchen.

Pasta Al Forno

You need a round high sided deep dish as this recipe is layered and turned upside down when cooked.

Ingredients:

Pasta
3 carrots
1 onion
3 sticks celery
Minced veal
A glass of Masala wine
2 aubergines or one depending on size of dish
Breadcrumbs
2 jars of passata
Frozen peas, about a large mug full
Sieved tomatoes
Parmesan cheese
Fontina cheese
Salt and pepper.

Chop carrots, onion, celery in a blender. Fry in olive oil with veal.

Add passata, tomatoes, Masala wine.

Season and add chilli flakes and cooked peas.

In another pan add aubergines sliced lengthways, and fry till golden. Remove from pan and remove any liquid.

Fry breadcrumbs - you need quite a lot as this dish is layered.

Cook pasta and drain.

Now put all ingredients together EXCEPT aubergines, breadcrumbs and cheese.

Rub around inside of dish with olive oil. In your dish put quite a thick layer of breadcrumbs.

On top of that place aubergines in a circle, narrow end inwards like the face of a clock.

On top of that add mixed ingredients, then Fontina cheese, Parmesan, more mixture and breadcrumbs.

Layer to top of dish and add final layer of breadcrumbs. Top with Parmesan.

Remember this dish is turned upside down at the end of cooking.

Bake at no 5 for 25 mins.

Rest for about 5 mins, use a knife to go around edge to help release and turn upside down.

GOOD LUCK!

OCTOBER & NOVEMBER 2023



NATURE NOTES

It has become commonplace to see foxes sharing our urban way of life. They also seem inclined to share our city dwellers' treat: a trip to the seaside. Here's one enjoying a paddle near Brighton.



Why are Folks from The Netherlands so Tall?

One Friday evening recently, while chatting with friends in the Six Bells, the question of ‘why are the Dutch so tall?’ arose in conversation. With arm-twisting and having a Dutch son-in-law, I was persuaded to pen the following answer!

If you have always wondered why Dutch people are so tall and well-built, you might like to take a closer look at the country itself?

With the Netherlands, (Holland is solely the area around Amsterdam, forming only two of the twelve counties in the country), being so flat you might think cycling from place to place and ice skating on frozen canals would keep the Dutch to a reasonable height and slim too!

However, consider what it might do to you if you always had eggs, cheese and ham for breakfast, with tasty rolls and honey? This is the staple breakfast for the Dutch, many households serving it on wonderful blue and white china from Delft in the western part of the country. With cheese from Gouda and Edam, and these delightful villages to visit with even more cheese to taste, you may begin to feel fuller in body and more Dutch-like!

You may climb their delightful windmills to take off weight, but then feel like snacking, as the Dutch do, on Bitterballen. These are tasty fried meatballs, another staple of Dutch cuisine, meant to be eaten alongside something “bitter”, usually beer - and you have not yet reached a delicious chicken lunch and more beer!



No worry, perhaps you can then go to the Keukenhof Park, just south of Amsterdam, with miles of brilliantly coloured tulips on display in the Spring to dazzle the brain, and miles of walking too! It is interesting to note that in the 17th century, tulips in Amsterdam were worth more than gold, having just been secretly brought in from the Ottoman Empire.

Then off to dinner with more chicken, cheese and beer, followed by a night cruise on the canals in Amsterdam, to enviously look inside the un-curtained rooms of the old merchant canal-side houses.

Next day, walk round the Rijksmuseum, full of wonderful historical treasures and the Van Gogh Museum of inspiring impressionist art.

The Dutch were great explorers, even before the British, with their New Amsterdam, founded in

1625, later becoming New York and Van Diemen's Land changing to Tasmania, while other territories included Indonesia in the Dutch East Indies and Curaçao in the Dutch West Indies. So riches were flowing into the Netherlands early on and people were able to have enjoyed the protein-rich diet they enjoy today, for over four centuries.

No wonder they are tall, and Daan Somers, a Dutch farming animal nutritionist, and my son-in-law, has checked this article and confirmed that the Dutch eat and produce the best Cheese, Milk, Chicken and Pork.

So when you go to the Netherlands, also enjoy the warmth of the people and know that their tallness is due to their having more years of a protein- rich diet than many other nations.

Ralph Crapnell

JUDITH HEAD



PRESTON PEOPLE

It's hard to believe it's nearly a year since my husband Tony and I moved into our new house in Preston St Mary. A long way you might think for a girl who grew up as far west in Wales as you can get before falling into the sea. My parents ran a village shop/post office/petrol station/school bus taxi service/summer B&B (portfolio before it became a corporate term!) near Llangrannog in West Wales, south of Aberystwyth. I grew up using Welsh as my first language but having lived in England since my mid 30's I do believe I even dream and think in English now!

Hard to believe now but in the early 80's at my school's career evening, I spoke to a local GP who advised me not to hope to be a GP too as I wasn't a man! I obviously paid no heed and moved to Cardiff to study medicine. Eleven

years later I settled into GP partnership in Penarth near Cardiff and spent eight years there before marrying Tony and joining a new partnership in Newbury so we could both live nearer his work.

Eight years now seems to be a common theme for us looking back. We had a Morgan Plus 8 for 8 years, then a holiday home in St Remy de Provence near Avignon for 8 years. We feel a deep attachment to our special place in France-after all we met there when we were both on holiday. We have been going there regularly now for 24 years, and have our next visit already booked for next summer.

We used to come to Suffolk regularly for holidays when we lived in West Berkshire, usually on a car tour in our Morgan. We liked to stay at the Bildeston Crown because of the great carpark! No idea then that we would be living nearby one day. Who knows, we may find ourselves in possession of a classic car again one day - Tony loved his old TR6 which he regularly says only got sold by me by accident! (He advertised at a very high price not thinking anyone would buy it, then went off on business only to come home and find his car gone!). In my defence he had bought the Morgan and who can drive two sports cars...

Now I have the time in retirement to take up old and new hobbies. I grew up singing in choirs as you do in Wales! I only stopped in my mid 30's when work took up too much time and energy. It's been such a pleasure to sing with the Preston Pop-Up's and watch out for the "Preston Belles" next outing. I'm the one with the curly hair and the bottom voice. I think I was an alto from childhood!

Through meeting people in Lavenham I've been invited onto the Literary Festival Committee as secretary, so that's a novel and exciting new interest. And we continue to explore our new area and meet new people.

Thank you, Preston St Mary, for welcoming us newbies and making us feel so very welcome.

Castries Cathedral St. Lucia

The Minor Basilica of the Immaculate Conception



As you step inside, you are met with a joyous array of colour and fine architecture. The wooden ceiling paintings are now quite faded but together with the very fine rafter tracery give an almost fairy tale castle impression. The colours and painted images on the walls sing with shades of green and gold and the simple, almost contemporary, stained-glass windows illuminate the space beautifully. The Holy Family and figures are depicted as Caribbean which contrast with the European Stations of the Cross artworks which hang along the aisle.

The altar cloth on the day I visited was made of bright green ruffled and pleated sparkly net (think tutu) and it made me smile until I realised how nicely it sat in its space and blended with the surroundings.

The cathedral was visited by a constant stream of people who were popping in and out during my short tour. Both young and old housewives came in with their shopping baskets, men in overalls and boiler suits who were obviously taking a few moments from their working day and Mums with toddlers all came in for a few minutes to say a quick prayer. It was charming to see how much the Church was valued and how well used it was by the community it served.

LB

Although there has been a Church on this site since 1767, the present-day building was finally finished in 1899 after several false starts. This lovely Church is in the capital of St Lucia, Castries, opposite Derek Walcott Square which is named for one of St Lucia's Nobel prize winners. Measuring 200 ft long (61 m) by 100 ft wide (30 m) it is regarded as the largest Church in the Caribbean and was given the honorary status of a Minor Basilica on 11 May 1999 as part of the centenary celebrations.



OCTOBER & NOVEMBER 2023

Litter Pick



A big thankyou to all that turned out for the latest litter pick. There were 20 villagers and our MP James Cartlidge came along to join in. We picked up less litter than we have in the past, so maybe as it is being kept clearer fewer people feel inclined to throw their litter out of their car windows.

The PFFofP is still at large, which is the Phantom Fosters Flinger of Preston. Every time we have a litter pick that is the most collected item, mainly along the road from Moneyhole Corner to The Street. Once again everyone enjoyed their well-earned drinks and cakes to end the morning.

QUIZ NEWS

The Whelp Street Wonders repeated their good form by winning the August quiz. Could they make it a hat-trick?

Indeed they did – by winning the September quiz!

Come on you quizzers! Who's going to beat them?

Remember: the first Wednesday in the month. Phone the Six Bells to book a table.

The Six Bells Quiz on Wednesday 4th October is promised to be easier and more inclusive!

The Preston Village Hall Quiz Night will be on Saturday 25th November at 7.30pm – See Page 17

Also: Annual quiz at Brent Eleigh village hall – teams of eight, good grub, good fun!

The English language can be difficult - it can be understood though, through tough, thorough thought.

OCTOBER & NOVEMBER 2023

PRESTON ART GROUP AUTUMN 2023

Another term, another season.

The Art Group continues to meet on Mondays from 10.00 - 12.00 in the Village Hall for a ten-week term. We usually start with drawing, the basis for most painting in any medium. It is really annoying to get to the end of a painting and find that the drawing was wrong - too late to correct it then!

We did some watercolour last term with an emphasis on landscape and al fresco painting. This term we are going to look in more detail at what can be achieved with watercolour paints in a more general sense. We are joined for some sessions by Kate Hanlon who is a popular tutor to our group.

Sadly, there are no short cuts to becoming a good artist - a lot of practice is required, but it is good to practise and learn alongside other people and this is a friendly bunch of folk who give a warm welcome to anyone who feels like joining in.

Although there is a loose programme for the sessions anyone is free to 'do their own thing' if it all feels a bit too like school!

Judy Legg - Co-ordinator

WELL DONE! TO JANET MARTIN

"Well done" for surviving cardiac arrest in a strange land and coming back to us in good fettle. Fortunately, medics among fellow guests in the hotel where it happened took instant charge, and two hospitals and a new pacemaker later Janet is recovering well, and about to set off on her next adventure abroad.

What is the difference between a Heart Attack and a Cardiac Arrest?

A cardiac arrest is when the heart stops beating normally causing collapse of the patient. There will be no pulse present.

The main cause of cardiac arrest is a grossly abnormal rhythm of the heart. There are a number of factors which can lead to this and one of them is due to a heart attack (also called a myocardial infarction) which is usually due to a sudden blockage of the heart's own blood supply.

The defibrillator machine at Preston's village hall is there to restart the heart if a cardiac arrest occurs, whatever the cause. All instructions are clear and concise on the machine.

In summary: a cardiac arrest is the end result of the problem, and a heart attack is one of its causes. But in extremis, shocking the patient with the defibrillator is the right course of action if the heart has suddenly and unexpectedly stopped. CG

DON'T FORGET TO PUT YOUR CLOCKS BACK ON 29th OCTOBER



**Suffolk
Wildlife Trust**



Suffolk Wildlife Trust

The mystery and magic of Hares

*By Amy Rushton, Head of Business Development,
Suffolk Wildlife Trust*

As I write this, the nights are drawing-in noticeably and overnight temperatures are cooling. The starlings near my home are already practicing their murmurations in small numbers, and I am finding lots of interesting fungi again on my weekend walks. In short, after another summer of extreme temperatures, wildlife feels like it's breathing a 'sigh of relief' as autumn gets well and truly under way.



Hare roundel, Holy Trinity Church, Long Melford

October is a special month for many reasons, and much of our beloved wildlife is wrapped into folklore associated with Halloween and matters supernatural. The banshee-like cry of the barn owl, the wailing shriek of a vixen, and the night cry of the female roe deer have long had 'spooky' associations! One of my very favourite species, the brown hare, gained a reputation during medieval times (and perhaps much earlier) as a 'shape shifter', due to its grace, speed and nocturnal habits at certain times of year. But the symbol of three hares linked together is also associated with Christianity as representative of the Holy Trinity; it is well worth a visit to Holy Trinity Church in Long Melford to view the tiny medieval stained-glass roundel (on the north side of the nave) of three hares sharing three ears, symbolising perhaps the concept of three beings in one and one in three.

Hundreds of years earlier, according to Roman historians, the Iceni Queen Boudicca is said to have consulted the entrails of a hare as a portent of victory in her uprising against the Romans in AD61, and to have kept a tame hare in the folds of her dress in order to foretell the outcome of battles. It is thought the Romans introduced hares to our Isles, so they must have gained a firm foothold and considerable reputation as 'magical' rather quickly if so!

If you spot brown hares 'boxing' in the fields in spring and summer, it is most likely that you are watching a female warding off the advances of an amorous male, not two males fighting. If a fight does happen, the two hares will stand on their hind legs and attack each other with their front paws, pulling out fur, giving the impression of two boxers in a ring. This behaviour may also have contributed to their sense of mystery and magical associations.



Hares boxing (Photo: Elliot Neep)

Scotland introduced a 'close season' in 2012 under the Wildlife and Natural Environment Act 2011 which makes it an offence to intentionally or recklessly kill, injure or take brown hares from February to September. However, hares enjoy no such legal protection in England and Wales, meaning they can be shot at any time of year. Add to this the pressures of habitat loss, crimes such as hare coursing, and their vulnerability on our busy roads, it's unsurprising their numbers are in decline. To help protect hares, please consider supporting Suffolk Wildlife Trust - we advise landowners and help them adopt wildlife-friendly farming practices and encourage everybody to cherish wildlife through our education and engagement work. The best way to support our work for wildlife is to join us as a member!

Currently, 28,000 wonderful members support us. If you would like to join their number, 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.**

CONFESSIONS OF A PRESTON 'PETROLHEAD'

Graham Threadgold

Well that was Jack's name for me!! Could have been Grease Monkey or Nutcase when I think about it. He asked me to write a few words about my lifetime of classic car ownership. Not that there have been many of them but every one of them is now an iconic car that back then had suffered a hard life and was crying out to be loved again and restored to its former glory.

My father had an engineering background and was a motorbike and car enthusiast. He played a major role developing my passion for four wheels. At 15 years of age, I parted with £10 and took possession of my first car....a very early Mini!! It was towed to our garage at home in a very sorry state. The owner had been about to take it to the scrapyard. I then spent two years as the apprentice watching and learning as we pulled everything apart and rebuilt it. Resplendent in the latest BMC Orange, we fitted it with an MG 1100cc twin carb engine. It was my pride and joy until it was written off in a car accident 18 months later (not my driving by the way!). Sob Sob.

I had to make do with another much less impressive Mini for a while, but the car craving didn't disappear. I wanted something different, a car with heritage and eye catching. An **Austin Healey!!** Unfortunately, I couldn't stretch to the 3000 but a Frogeye Sprite ticked a few boxes. It was now 1974 and the quirky little Healey with its Frogeye headlights was already developing classic status having been out of production since 1961. I bought yet another wreck. The engine was a non-runner but the car was complete. The one-piece wing and bonnet assembly was fibreglass!! Arghh!! New metal assemblies were unavailable back then but we managed to find a used one 200 miles away and brought it home inverted and strapped to the roof of my father's Austin Maestro. The car was a real eyecatcher when completed and painted in Healey light blue. Wish I still had it with values soaring now. Not the quickest of sports cars but such fun and could always show a milk float a clean pair of heels from traffic lights.

1978!! My first attempt to re-build the Frogeye engine without dad-help didn't work out too well.... (less said the better). I was offered decent money for it and I was in my twenties craving for something with more power and street credibility..... A **Gilbern Invader!!** No surprise if you



haven't heard about them. The only ever Welsh Car Company - which started making kit cars. Mine was a 1973 Invader Mk 3. One of the last factory built cars with the Company closing down in 1973. It had a fibreglass body on a steel frame chassis. Equipped with a Ford V6 3 litre "Essex" engine. Beautiful car in its day with very impressive interior. Loads of instruments on a wood veneer dash. Its seating was

2+2 although if you were taller than 4'6" forget sitting in the rear. Very fast but a nightmare to keep the back end on the road in bad weather because it was so light. Major restoration became necessary after using it regularly for 18 months. It failed the MOT because of rear chassis corrosion.... result of the factory leaving bare chassis framework outside for many months apparently. Another pull-apart job this time disassembling the fibreglass body from the chassis.

OCTOBER & NOVEMBER 2023

1995... I am now driving a Company car (Ford Sierra). The Gilbern was rebuilt but not being used very much. It was our family summer holiday - catching a flight abroad I bought a Car Magazine at the airport. There it was on the front page.... a **Jaguar E-type Series One in red**. Couldn't put the magazine down all holiday. I had to have one!! 18 months of searching followed. No way could I afford anything other than a project. I finally found a 1962 genuine 3.8 RHD roadster. The pick of E-Types in my opinion.... but a total wreck!! Talk about a project. Rust everywhere with only the boot lid retained from the original body shell. My father was horrified after seeing what I'd done and just glad his restoration days were over. Cost me £8000!! Selling the Gilbern paid for half of it but on reflection, leaving the heap of rust untouched in a garage would have been a much more sensible investment. It took 25 yrs to complete the car. Two house moves which were both full of extensive renovation work restricted available time for the car but helped to spread its rebuild costs. The car was fairly complete when purchased but sourcing **genuine** missing parts was difficult. Fortunately, on-line shopping like eBay hadn't taken off, and these days the bidding for the rare parts can end with ridiculous prices being paid. Reproduction parts are always available, but price is still high, and the quality can be questionable.



The car is red with red interior - its original colours. It has numerous sensible modifications...the later all-sync gearbox from the 4.2 car. Series 2 E-type front brakes. Mazda MX5 reclining seats...a popular upgrade for comfort (I have the original seats). The car is great to drive, but being over 60 years old still demands plenty of care and attention despite all the work done. It has been a labour of love and proved to be the most challenging restoration I undertook. It certainly marks the end of my classic car rebuilding days.



Regrets ??....my father never saw the end result.

OCTOBER & NOVEMBER 2023

NEWS FROM THE NEIGHBOURS

News from Brent Eleigh

OPEN GARDENS EVENT

Brent Eleigh's very first Open Gardens event was a huge success!

We raised the fantastic sum of £624.20!

Many thanks to all of those involved, from the people who offered to open their gardens, to Clare Symes who did the barbecue along with Murray Macdonald who came along to help her, to Sheila Wallace who spent all afternoon selling tickets, Julie Cooke who helped me run the tea and cake stall, and most of all to Jan Jamieson who came up with the idea! We had some amazingly positive feedback from our visitors saying how beautiful the gardens looked, what a great time of year it was to hold the event and what a lovely little village we are lucky enough to live in.

Here's hoping we can do it again next year and make it an annual event.

QUIZ NIGHT

The autumn quiz night will be held on 7th October, 7pm for 7.30pm start.

Please come along. It is sure to be a great evening with the usual delicious chilli served in the interval, a raffle, a cash bar and the usual variety of questions from quiz master Kevin!

CLIMATE CHANGE AFFECTS ALL OF US....

....whoever we are and wherever we live. Earlier this year in New South Wales wildfires ravaged the eucalyptus forests. This little fellow was one of the lucky ones to be rescued.



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&

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- 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

OCTOBER & NOVEMBER 2023

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OCTOBER & NOVEMBER 2023

LAVENHAM GARDENING CLUB

Firstly, thanks to Laura for her horticultural articles. Unfortunately, she can no longer contribute to PPP so I will be suggesting some seasonal gardening jobs in forthcoming issues, as well as updating you on Gardening Club events.

I hope you have enjoyed the summer - more rain than many folk would have liked but it meant less watering and certainly better crops than last year!

Autumn is a time of change and you may be thinking of adding new features to your garden, or moving trees and shrubs. Consider planting a tree to help wildlife through the seasons as well as being a beautiful addition to your space. Traditionally, Nov to March is the best time, but containerised trees can be planted anytime if you keep them watered. You could try hardwood cuttings of favourite shrubs. Rose cuttings also take well in Oct or Nov. Herbaceous perennials planted now will make good roots in the warm soil, or divide existing clumps to increase stocks and improve flowering next year (anything unwanted I will happily collect for the club's plant sales).

Have fun choosing bulbs to plant in borders or containers. I will be putting in more alliums this year, they make such a good show when the early spring flowers are finished. Tulips are best planted in sunny spots in early Nov, with some grit in the planting hole so they don't sit in water.

You may still have vegetables and fruit to harvest, particularly squashes, but don't leave them to get frosted! Garlic needs a couple of months of exposure to cold so get it in now, either in the ground or in a cold frame. If moths ruined your apples and pears, now is the time to protect trees with grease bands.

Don't neglect your soil, it needs a good mulch with organic matter to replenish nutrients and encourage earthworms. Fallen leaves make valuable leaf mould for use next year. I just pack damp leaves into used compost bags and leave them somewhere out of the way to break down.

Be ready to protect precious plants before the first frosts, moving tender plants indoors. Dahlias can be left for the foliage to be cut down before lifting them. After last winter's losses, I will be mulching the crowns of perennials and taking in my hardy salvias! Don't worry about 'tidying up' - wildlife will appreciate seed heads and stems left over winter.

Major jobs in our garden are pruning the rambling roses that have flowered and cutting the hedges. I keep deadheading annuals, perennials and roses to have flowers well into autumn. I will be collecting seeds on dry days and also sowing seeds of biennials eg foxgloves, hollyhocks and aquilegia.

Plants for Oct & Nov: Japanese anemone, aster (Michaelmas Daisy), fuchsia, colchicum, cyclamen hederifolium, hydrangea, viburnum tinus, choisya, acers for autumn colour and anything with berries!

Club News

Rain for the Club's Summer Garden Party did not detract from an enjoyable time, held in the Guildhall this year, a lovely venue.

We had a coach trip to 'Bridges' at Woolpit - a creative and inspirational garden, where some of us were content to linger and enjoy the sunshine, whilst others took the opportunity to visit the church and village after the garden.

We held the annual 'Produce Plus' show at the beginning of Sept - an excellent display of vegetables, fruit and flowers, plus cakes, preserves, art, craft and photographs. Thanks to all who entered and to our judges. The Cyrina Howlett cup will be presented to the entrant with the most points.

We are looking forward to welcoming our celebrity speaker, Pippa Greenwood, to talk about her life in gardening.

Club meetings are held on the last Weds of the month at Lavenham Village Hall at 7.30pm. New members always welcome - details on the website:

<https://lavenhamgardeningclub.co.uk>.

Diary dates:

Oct 25th Jim Paine of Walnut Tree Nursery, Attleborough - Talk on 'Climate Change'

Nov 6th Annual quiz v Thorpe Morieux Lavenham hosting

Best wishes on behalf of the Club

Carolyn Jenkins

OCTOBER & NOVEMBER 2023



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Megan Pryke VTCT, BABTAC

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PRESTON ST MARY PARISH COUNCIL

The remaining meeting date for 2023 is November 21st, all meetings to be held at the Village Hall to start at 7.30pm.

Extra meetings may be held if required and the agenda for each meeting will be posted on the Parish Council notice boards and the Prestonstmary.suffolk.cloud website

The Parish Council is still in need of Councillors. 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

AGRICULTURAL NOTES: The 2023 Harvest

Gary was fairly philosophical about most crops but reckoned the rape was a disaster due to the dry conditions which meant that it was sown too late. Winter wheat and winter barley were both good. Spring barley was not so good due to the dry spell in February and the wet March which meant sowing was too late. In the coming, last week in September would see the drilling of winter wheat and barley and, hopefully, the lifting of sugar beet. Busy times!

QUIZ TIME ANSWERS from Page 9

1. Peninsular and Oriental Steam Navigation Company
2. Gibraltar
3. Hapsburg
4. Italy
5. Victory
6. Kuala Lumpur
7. Nixon
8. Persia
9. 4
10. Shiva
11. Priest
12. A Jenny



WORDS OF WISDOM

“Life is really simple, but we insist on making it complicated.”

Confucius

OCTOBER & NOVEMBER 2023



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

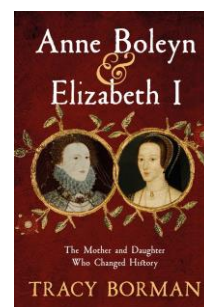
The Friends of Lavenham Library present a talk by Tracy Borman



Saturday 28th October 2023 2.30pm
Lavenham Village Hall.

Join us for afternoon tea with Tracy Borman, Patron of Lavenham Library. Tracy will give a talk on her new book *Anne Boleyn & Elizabeth I: The Mother & Daughter Who Changed History*.

Tickets are available either in the library (cash only) or online at Eventbrite.



October Half Term Event – free event for children of all ages (even grown-up ones!)

ALL ABOARD!



The Lego Train will be calling at Lavenham Library on **Thursday 26th October**, so hop aboard between **2.30pm-4.00pm**.

Lego Club will also be available so come along and get creative!

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



OCTOBER & NOVEMBER 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 OCTOBER 2023

SUNDAY 1st October TRINITY 17	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	MORNING WORSHIP
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
SUNDAY 8th October TRINITY 18	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HARVEST FESTIVAL
	PRESTON	6.00PM	EVENSONG
SUNDAY 15th October TRINITY 19	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	12 NOON	HARVEST FESTIVAL Followed by Lunch in Village Hall
SUNDAY 22nd October TRINITY 20	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
NO SERVICE AT PRESTON	LAVENHAM	3.00PM	DEANERY CONFIRMATION SERVICE
SUNDAY 29th October LAST AFTER TRINITY BIBLE SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	BENEFICE CHORAL EVENSONG

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)

OCTOBER & NOVEMBER 2023

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CALENDAR OF BENEFICE SERVICES FOR NOVEMBER 2023

SUNDAY 5th November ALL SAINTS/ALL SOULS	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
	LAVENHAM	6.00PM	EVENING PRAYER
SATURDAY 11th NOVEMBER ARMISTICE DAY	PRESTON	10.30AM	REMEMBRANCE SERVICE
SUNDAY 12th November REMEMBRANCE SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	9.30am Parade in Market Place before REMEMBRANCE SERVICE
	PRESTON	6.00PM	EVENSONG
SUNDAY 19th November 2 BEFORE ADVENT	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 26th November CHRIST THE KING	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.15AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG

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)