

PRESTON PARISH PAPER

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

Dates for your Diary

Sunday 6th October – Choral Evensong at 6.00pm in the Church – See page 7

Sunday 13th October – Harvest Festival from 12 noon in the Church, followed by Harvest Lunch in the Village Hall – See Page 12

Saturday 19th October – Quiz Night at 7.00pm in the Village Hall – See Page 23

Sunday 27th October – CLOCKS GO BACK 1 HOUR

Sunday 3rd November - Preston Praise at 11.30am for 12 noon in the Church – See Page 7

Sunday 10th November – Remembrance Parade and Service in in Lavenham – see Page 3

Monday 11th November – Armistice Day Service at 10.30am in the Church – see Page 3

Saturday 23rd November – Christkindlmarkt at Preston Manor Barn 10.00am-3.00pm – 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 for future contributions.

POETRY FOR TODAY'S WORLD

Each issue of this paper includes a poem by Preston's own Poet Laureate, Tim Bridges. His writing is always original, stimulating and thought provoking. We are lucky to have such a talent in our midst, and on this occasion we have chosen to make Tim's latest contribution our front-page feature. Thank you Tim for all you do.

Mortality

An early Autumn cooling, sinking sun,
In beauty gilds the stubbled field without.
I sit and watch, my daily chores all done,
And dwell on pleasant things, I think about:
A well-earned pint, relaxing in my chair.
The meal to come, my wife returning home.....
Yet now there steals a melancholy air,
A wistful sigh, and fleeting half-heard moan,
Invades my silent thoughts, to bind and clasp.
Elusive, yet persuasive, with a will,
Which overwhelms my solace at the last,
Reminding me that winters sometimes kill;

And early, golden Autumn's beauteous days
Are farewell gifts, life's embers dying rays.

Paradox

Hidden heart, forbidden heart,
The heart we hide for love.
Vicious heart, capricious heart,
The kestrel or the dove?

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 2024

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	827691	rector.lavenham@gmail.com
CHURCHWARDEN	Keith Davis	247112	keithhdavis@btinternet.com

Friends of Preston St Mary Church

CHAIR	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	Sarah Williams	sarahwilliams74@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 Pop-up 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 2024

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**

**MONDAY 11th NOVEMBER 2024
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 10TH NOVEMBER

*From 9.30am in Lavenham Market Place, followed by
Service in Lavenham Parish Church at 10.00am*

OCTOBER & NOVEMBER 2024

A PASTORAL LETTER FROM THE REVD GRAHAM NAYLOR

At the risk of sounding as if I am about to launch into a corny joke, what do the Rector, the Curate, and a hymn-writing bishop have in common?

Well, all three are alumni of Ridley Hall College, Cambridge, and for a further connection all three were based on the best staircase in Ridley – ‘H’ Staircase. For those unfamiliar with the idiosyncrasies of the college, students are allocated studies or study-bedrooms in lettered blocks with the rooms being off the landing on a staircase and there is much friendly rivalry between staircase cohorts – maybe not so friendly when it came to the annual inter-staircase pancake race on Shrove Tuesday!

The bishop in question was Timothy Dudley-Smith, who died on Monday 12th August.

A mathematician before studying theology, then being ordained in 1950, he turned to writing hymns in the 1960s. He wrote prolifically and authored over 400 hymns – though some are better known than others. Like earlier hymn writers such as Methodists Charles and John Wesley, and William Booth of the Salvation Army, Timothy Dudley-Smith’s concern was to write lyrics which were easily singable by the average congregation rather than requiring the skills of the choir, and to convey deep truth and understanding of the Bible and Christian faith in an accessible way. As with any subject, it takes an expert with deep understanding to communicate effectively to the layperson and Timothy Dudley-Smith was such an expert!

The words of the last verse of one of his most well-known hymns, ‘Tell Out, My Soul, the Greatness of the Lord!’, maybe demonstrate the clarity and profound simplicity of his writing:

*Tell out, my soul, the glories of his word!
Firm is his promise, and his mercy sure.
Tell out, my soul, the greatness of the Lord
to children’s children and for evermore!*

Many people have found comfort in the words of one of his more reflective hymns, ‘I Lift My Eyes to the Quiet Hills’, a frequent request at funerals:

*I lift my eyes to the quiet hills
in the press of a busy day;
as green hills stand in a dusty land
so God is my strength and stay.*

*I lift my eyes to the quiet hills,
to a calm that is mine to share;
secure and still in the Father’s will
and kept by the Father’s care.*

*I lift my eyes to the quiet hills
with a prayer as I turn to sleep;
by day, by night, thro’ the dark and light
my Shepherd will guard his sheep.*

*I lift my eyes to the quiet hills
and my heart to the Father’s throne;
in all my ways to the end of days
the Lord will preserve his own.*

OCTOBER & NOVEMBER 2024

But, as we remember and give thanks for his life and ministry, I think one of his lesser-known hymns can now be sung with Bishop Timothy in mind:

*Thanks be to God for his saints of each past generation,
one with us still in one body, one great congregation;
with them proclaim
Jesus for ever the same,
Author of life and salvation.*

The Right Reverend Timothy Dudley-Smith OBE, 26th December 1926 – 12th August 2024

Hymn lyrics copyright Hope Publishing

Every blessing

Rev'd Graham

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PRESTON St MARY PARISH COUNCIL – MEETINGS FOR 2024

Our last meeting of the year is on:

November 19th

All meetings are in the Village Hall at 7.30pm

Extra meetings may be called if there are planning matters to be discussed.

OCTOBER & NOVEMBER 2024

RIDE AND STRIDE – THE SUFFOLK HISTORIC CHURCHES BIKE RIDE SATURDAY 14th SEPTEMBER – THANK YOU

Once again Preston supported the Suffolk Historic Churches Trust annual bike ride on Saturday 14th 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 but is already well over £400 and counting. 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, Mervyn Cochrane, Sue Diggins and Katie Lloyd Hughes.

Thank you all very much.

Robyn Lloyd Hughes

Cost of Living Support in Babergh



Elysa Dale
Cost of Living Coordinator

Babergh District Council and Mid Suffolk District Council - Working Together
Tel: 01449 724 944
www.babergh.gov.uk www.midsuffolk.gov.uk
Endeavour House
8 Russell Road
Ipswich
IP1 2BX

AU REVOIR

Marjorie Devine-King contributed many valuable articles to this paper, mostly on the subject of nutrition. She is currently in the process of selling Rise Farm and moving to Cambridge.

Good luck, Marjorie!

**DON'T FORGET TO PUT YOUR CLOCKS BACK ONE HOUR ON
SUNDAY OCTOBER 27TH**

PRESTON ST MARY CHURCH

Choral Evensong

We will be joined by Lavenham choir and congregation members for a full choral benefice service of Evensong under the direction of Kevin Slingsby, Director of Music and Organist at Lavenham Parish Church.

6.00PM ON SUNDAY 6TH OCTOBER

Harvest Festival and Lunch

Our Harvest Festival service this year will begin at 12.00 noon and will be a chance to sing favourite Harvest hymns before reparing to the Village Hall for the Harvest Lunch, an ancient tradition when all is gathered in. Lunch will begin at approximately 1.15pm. More details on Page 12.

**12.00 NOON ON SUNDAY 13TH OCTOBER
FOLLOWED BY LUNCH AT 1.15PM**

Preston Praise

Our Preston Praise services have been very encouragingly received, preceded as they have been by mini-croissants, Chelsea buns and *pains au chocolat*, which have gone down very well, along with the fresh coffee or tea. The services are led by members of the congregation and are more relaxed and informal than the celebrations of Holy Communion and Evensong that we hold on most other Sundays. Our six magnificent bells are rung beforehand, and music always plays an important part in the proceedings.

**11.30AM REFRESHMENTS BEFORE
12.00 NOON ON SUNDAY 3RD NOVEMBER**

**Just an hour or so – good fellowship.
Come and try it!**

OCTOBER & NOVEMBER 2024

Preston St Mary Parish Paper Advertising Charges

ONE-OFF ADVERTISEMENTS

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

FOR 6 ISSUES

Local Organisations

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

Non-Local Organisations

Half Page	£36.00
Full Page	£54.00

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

Editor: editorpstmppaper@gmail.com

Copy Dates: At least one month prior to issue date

THE COCKTAIL HOUR

Relatively recently the Espresso Martini has become a favourite among cocktail *aficionados*. Recipes include the same basic ingredients, but proportions vary. Fortunately, we have Bubbles to research the matter for us and this is the formula which most satisfactorily strikes her cultured palate:

1 measure Tia Maria
2 measures Kahlua
3 measures vodka
2 standard-sized Espresso coffees
when a “measure” is about the size of a pub “double”.
Ice cubes

This will produce two generous Espresso Martinis in Martini glasses. As important as the proportions is, undoubtedly, the preparation. The mixture should be shaken over ice until your wrists ache! This will achieve the fine “Guinness head” which makes this drink so attractive - and so delicious. Thanks, Bubbles.

Tools With A Mission

Our harvest services this year will be at Lavenham on Sunday 6th October, and at Preston on Sunday 13th October.

This year we would like to support the charity Tools With A Mission (TWAM). This is an Ipswich based charity that supports the development of skills in Africa. Quoting from their own material; **“We are a Christian charity that collects unwanted usable tools, refurbishes them, sorts them into trade tool kits and sends them to developing countries for livelihood creation.”**

The way it works is that people are invited to donate unwanted tools which are collected and brought back to the charity’s refurbishment centre. The tools are then sent to skills training centres in Africa. Trade kits might include carpentry, tailoring, gardening. Kits of tools are gifted to trainees as they complete their training so that they can start work immediately.

“Our work targets the most vulnerable members of society, those living in extreme poverty and facing terrible hardship. We believe that they do not need a one-off financial handout, they need a sustainable way to generate their own income, put poverty in the past for good, gain independence and know that they can feed their families.”

If you would like to donate usable unwanted tools we will be pleased to collect them in both our churches over the Harvest period.

Revd Simon

NEWS FROM THE NEIGHBOURS

Quiz enthusiasts note one of the high spots of the year. The Brent Eleigh quiz is scheduled for 16th November in the Parish Hall. Teams of 4–6, £12 per head with an excellent curry included with a bar - a fun evening.

QUIZ NEWS

Brettenham won the September quiz at the Six Bells. Frequent winners, it seems. Come on Preston! Next quiz on Wednesday 2nd October. £12 per entrant, including an excellent curry - free to the winners. Teams of 4.

OCTOBER & NOVEMBER 2024

THE FRIENDS OF THE CHURCH OF PRESTON ST MARY
ANNOUNCING OUR 25TH

Christkindlmarkt Christmas Market

SPECIALLY SELECTED CLASSIC

‘GISELA GRAHAM’

**DESIGNER
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REFRESHMENTS

TEAS * RAFFLE

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PRESTON MANOR BARN

PRESTON ST MARY, CO10 9LU

WITH THE KIND PERMISSION OF WENDY SANDER AND CAROLE ROGERSON

SAT. 23 NOVEMBER 2024

10AM - 3PM

ADMISSION FREE

ALL PROCEEDS GO TO MAINTAIN THE CHURCH FABRIC REGISTERED CHARITY NO.1070593

OCTOBER & NOVEMBER 2024



LAVENHAM, SUFFOLK BRANCH

OCTOBER 2024

Branch Membership and Committee

Our Branch Secretary Richard Goss and our Branch Treasurer Robert Faiers have both decided to retire after many years of voluntary service to the Legion. We are grateful to them both, but to maintain the work and the presence of the Branch in Lavenham we need to replace them both – to be compliant a Branch needs a Chairman, Secretary, Treasurer and a total of at least seven committee members. We now fall short on those requirements and need new recruits.

If you think you can contribute to the team's efforts, either as member, committee member or officer please contact me for more information. Our main effort is to make a major contribution to Lavenham's Remembrance Parade and Service in November, to support the Poppy Appeal, and to be out there in the local community to maintain the presence of the Legion and to be ready to help where needed.

Robyn Lloyd Hughes

Chairman, Royal British Legion Lavenham Branch

robynlloydhughes@gmail.com

01787 247571

MUSIC

Having seen two tribute bands perform in Lavenham recently I recommend another due on 11th October, "Motown and Philadelphia on Tour". Typically, a serious - and successful - effort to reproduce the sounds we all loved and at a cheap price.

www.opus14live.com. Box office 01256 416384.

And at St Gregory's church, Sudbury in October, "The Dave Bowie Spectacular", "The Beached Boys", "Shakatak", "The Alter Eagles"

www.we love concerts.com. Box office 01256 416384.

Great fun!

OCTOBER & NOVEMBER 2024

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

Sunday 13th October 2024



**Church Service at 12 noon followed by
Lunch in the Village Hall at approx. 1.15 pm**

Lunch £7.50 per head. Drinks available by donation.

**Please contact Sue on 01787 247626 if you are joining us for
lunch and let us know whether you can ‘Bring & Share’ any food.**

**Also, we are collecting unwanted tools for the charity
Tools With A Mission. Please bring them along or let us know
what tools you have to offer.**

what3words

This ingenious idea is very simple: the world has been divided up into 3m squares and each square has been assigned 3 words. If you want to find somewhere specific, rather than an address or postcode, this leads you right to where you want to go to. It can be given to friends, colleagues or family to let them know where you are. More and more agencies are using it (e.g. estate agents etc).

But more importantly and apposite for rural communities like ours, emergency services now use it for speeding up the location of someone who needs urgent help: police, fire and ambulance.

The app is free and easy to navigate. You never know when you're out walking or cycling in a remote location and need immediate help. It could save your life.

CG



We had a superb time in St Clair Shores, near Detroit, Michigan, in June and July. It was lovely to spend time with Adam and Kate. The highlight of our trip? Our granddaughter, Ellis, arrived right on time in the middle of our visit. Here she is just one day old! She is absolutely gorgeous and we can't wait for her to be here at Christmas.

Mike and Sally Taggart

OCTOBER & NOVEMBER 2024

Preston Popup Choir

We started our sessions again on Tuesday 10th September with almost a full house. This term we are going to sing some delightful songs about transport which include such songs as Trains and Boats and Planes, Slow Boat to China and other classics as well as some new ones. We are also rehearsing for a return to Lawshall for their Christmas concert as well as rehearsing for Preston Christmas activities. A busy schedule! Singing at these concerts is entirely voluntary so don't feel that you have to perform at any of these. The most important bit is to sing for pleasure.

We rehearse on Tuesday afternoons at 2pm for an hour. Anyone can join, so please come along for a taster session if you are interested in joining or just come and listen.

Do get in touch with Lyn or Keith Davis on 01787 247112 or [divalynx@ aol.com](mailto:divalynx@aol.com) or Sara Whymark 01787 247733

We are a friendly bunch. Just an enjoyment of singing with others is all that is required!

Singing has been proved to help with anxiety and stress.... the Popup choir may just give you help with these or may just give you them!

Lyn Davis and Sara Whymark

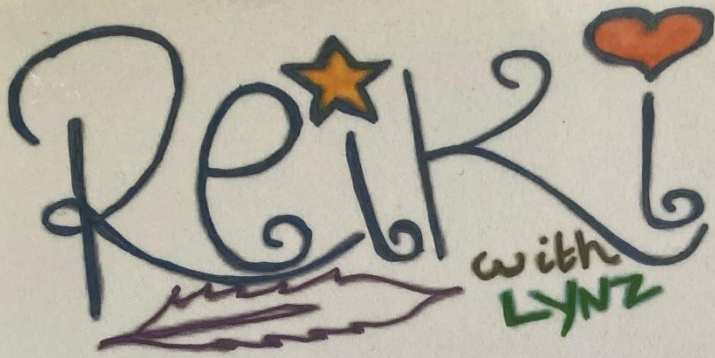
From Anne Springall



In February this year, Keith and I were delighted that we arrived in Spain in time for the birth of our granddaughter. David and his wife, Eunhyoung, named her Juna because it is an easily pronounced name in either English or Korean.

Juna is an absolute delight, she always seems happy and content. Juna is now 7 months old and, as you can see from the photo, growing fast, curious about everything. We love watching her progress by video, photos, FaceTime and regular visits to Spain where the family are currently based.

OCTOBER & NOVEMBER 2024



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 2024

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.

2024 PROGRAMME

14th October: Amelia Keitley-Webb has very kindly offered to talk to us about the challenging annual bike ride which she undertook in June this year on behalf of the charitable **Quintessentially Foundation**, set up to tackle child poverty. The bike ride is an annual fundraising event which has raised over £4 million and covered over 5.000 km so far in its 14 years' history. This year Amelia decided she would take up the challenge and take part in the 3-day epic cycling challenge: the route taking riders over the Swiss Alps and 350km over the Furka Pass, and climbing over 7500m of one of the highest mountain passes in Switzerland. I am sure you will enjoy Amelia's talk which she will illustrate with the aid of a projector.

11th November: LIFE ON THE OCEAN WAVE - THE LONELINESS (AND WARMTH) OF COMMAND - Michael Evans will be giving us a talk about his journey through his lived experience of a 35-year career in the Royal Navy with particular reference to flying helicopters and commanding two of Her Late Majesty's warships. Michael will also be sharing his story of surviving a fatal helicopter crash in the Mediterranean and the impact such a life-changing accident has. Michael is a Member of the Goldfish Club, which is awarded to people who have escaped an aircraft by parachuting into water or whose aircraft crashed in the water, or whose lives were saved by a life jacket, inflatable dinghy, or similar device. Michael has had an interesting life and am sure you will enjoy his talk. This will be an OPEN MEETING when you can bring a guest. There will be no raffle at this meeting. Michael is happy to give us his time and suggests if you enjoyed his talk donations be made **SSAFA.Org**, an armed forces charity.

DECEMBER - Christmas lunch - date to be advised.

REPORT ON PREVIOUS MEETINGS

9th September - We had an entertaining and very informative evening with the Hadleigh Community First Responders (a charity to which the participants give their time for free). The First Responders are the first to arrive on scene if a person is found unconscious, before an ambulance can arrive. We were given a demonstration of exactly what someone should do if they come across an unconscious person. With the help of a dummy the Responders demonstrated checking airways, checking for bleeding or broken bones and if not breathing, how to give chest compressions. How to use a defibrillator was also demonstrated, which was a much easier and simple process than I thought it would be. We also had a demonstration of a free app that everyone could download called **what3words** which is an easy way to identify a precise location within a 3m square - ideal if you need to give a precise location for an ambulance - or indeed if you are lost. We had a most interesting evening, and The Ladies Club donated £50 to the Charity.

Please get in touch with me if you are reading this article and think that you might like to give a talk to Preston Ladies Club. I would very much like to hear from you. Contact Anne Springall on 01787 247156 or email annespringall@gmail.com for more information about our meetings. I am always glad to hear from you.

QUIZ TIME

There are no prizes – answers are on Page 29

1. How did Bob Marley die?
2. Which type of animal produces angora?
3. Which Italian town is the setting for Shakespeare's Romeo and Juliet?
4. What is the fifth sign of the zodiac?
5. Which soft drink once contained cocaine as one of its original ingredients?
6. On average, which grows faster: Fingernails or toenails?
7. Who was the first author to use a "typemachine" or typewriter in writing a manuscript?
8. Which country sold Florida to the U.S.?
9. Which travels faster: Sound or light?
10. What was the name of the high school in "Grease"?
11. How many legs does a lobster have?
12. What is a single strand of spaghetti called?

SESAW – Suffolk and Essex Small Animal Welfare



Suffolk & Essex Small Animal Welfare, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888, email: info@sesaw.co.uk

These artists are impossible to ignore!

By Kate Hanlon



Cedric Morris and his partner Arthur Lett-Haines were huge characters as well as being unique artists, each in their very own way. Cedric is the one who was, and is, celebrated for his art but I felt Lett was equally talented and deserves to be mentioned.

The two took up residence in a beautiful old farmhouse on the outskirts of Hadleigh overlooking the Stour valley. It is called Benton End and there they established an Art

School. They had previously had a school in Dedham which burnt down, reputedly Lucien Freud dropped a cigarette butt when working late at night and then left to go to the pub!

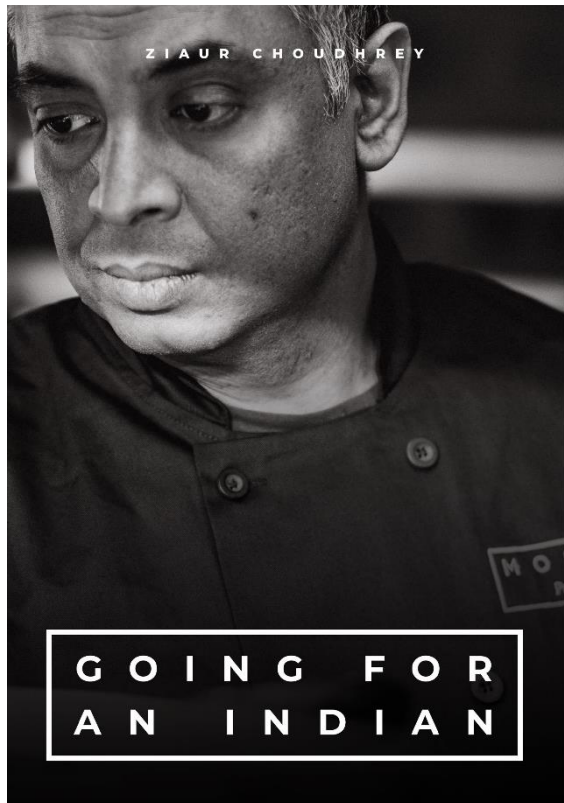
Cedric was primarily a painter, but he was also a plantsman. He was an iris breeder and travelled to places such as Portugal and Turkey to paint and find plant species that he would then establish in the garden at Benton End. One of his great passions was breeding new Iris varieties, many of which have the name of Benton End as part of their name. He was good friends with Beth Chatto who was very influenced by him and his garden. Her famous garden is in Elmstead and is open to the public.

The bohemian art school thrived for over two decades from 1938 and then gradually wound down. Maggie Hambling was a student as well as Lucy Harwood, Joan Warburton and many more.

I was lucky enough to go on a group tour of the house and garden followed by time to paint in the garden, it was a wonderful day. It will eventually be open to the public. Gainsborough House in Sudbury has a large collection of both Cedric and Lett's work, definitely worth a visit!



BOOK REVIEW – GOING FOR AN INDIAN



There's an Indian restaurant in just about every town's high street in the country. Most of us know, of course, that the menu originates not in India but in Bangladesh as do the forefathers of the staff. But what we don't know and often wonder is: is there a difference between the menu in the restaurant and what the chefs eat at home? The recipes in this book helpfully make the distinction, and given the awards won by the author's own restaurant, the Montaz, Cambridge, all are worth noting. But what makes the book important is the section which describes his background, his family and chequered rise to distinction. I hope many will read it, learn something - and not just about cooking.

Ziaur Choudhrey, "Going for an Indian", A Way with Media Ltd., 2022. JT

NATURE NOTES

POND PROPAGANDA

Wildlife campaigners need support, but more specifically need ponds. Ponds do so much for the wildlife of our gardens and their numbers have drastically reduced across the land. And they're cheap to create. See:

"Newts in your Pond and Garden", James Grundy, published by James Grundy, 2007. Tel 01625 869921.

And the Wildlife and Wetlands Trust recommend:

wwt.org.uk/gardening

A grass snake visited JT's pond recently. Care: they'll eat just about anything in the pond but are good for the garden. They are Britain's biggest snake, harmless to humans and can live for 25 years. Go on - give them a chance! JT

HISTORY NOTES

PRIVATE DANIEL FOSKER

The Suffolk Regiment

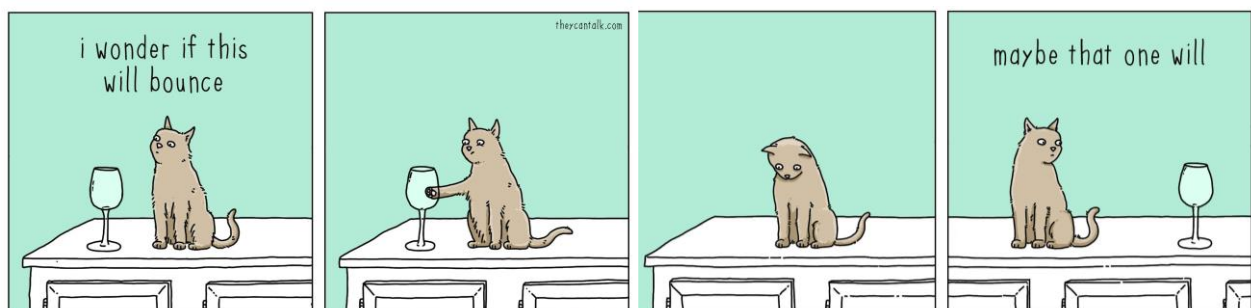
You may have noticed near the church gates a notice from the Commonwealth War Graves Commission (CWGC) indicating that there is a war grave in our churchyard.

The grave is that of Private Daniel Fosker of the Suffolk Regiment, who died on 25th March 1920, aged 43, from injuries sustained during the First World War. He is buried in one of the 1332 graves in Suffolk maintained by the CWGC.

Research into his records shows that he was 5'3½" tall, weighed 143 lbs and had brown hair and eyes.

Daniel Fosker was born around 1877 in Monks Eleigh. The 1911 Census shows him living in Whelp Street, Preston and working as a farm labourer. He married Lucy Levell on 19th December 1905 in Monks Eleigh. She had a baby daughter called Ethel Levell when they married. When he died from his war injuries in 1920 his wife Lucy was 45 years old, his stepdaughter Ethel was 14, his daughters Alice and Laura were 13 and 11, and his son Daniel was 9 years old.

Private Fosker had previous military service, having joined the Army at the Bury St Edmunds recruitment office in 1898. He served in the South African campaign in 1902, and in India.



COOKS' CORNER – from Kerrie McGrory

Kerrie was once Chair of the Preston Parish Council. She now has more time to spend in the kitchen - to good effect.

Creamy Mushroom Pasta.

This is a great mid-recipe which takes little time to prepare and is absolutely delicious. My partner Dave absolutely loves it, as does my next door neighbour!

Ingredients

50g fusilli
2 cloves of garlic (I used the smoked garlic from Lavenham butchers)
Olive oil
Frozen mushroom pack (I use Tesco's!)
Sea salt and black pepper
25g Parmesan cheese
Pot of crème fraîche

Method

Cook the pasta in a pan of boiling salted water according to the packet instructions, then drain. Meanwhile, peel and finely slice the garlic. Place it in a large non-stick frying pan on a medium-high heat with half a tablespoon of olive oil, followed one minute later by the mushrooms. Cook until bubbling and drain, leaving a little liquid. Season with sea salt and black pepper.

Toss the drained pasta into the mushroom pan. Finely grate in most of the Parmesan, stir in the crème fraîche, taste and season further if necessary. Dish up, finishing with a final grating of Parmesan.

The POSITIVE THINKER sees the INVISIBLE, feels the INTANGIBLE, and achieves the IMPOSSIBLE. - Winston Churchill

OCTOBER & NOVEMBER 2024

VILLAGE HALL NEWS

We are coming towards the end of the summer with the nights drawing in, and the Village Hall is organising the following events:

The Harvest Lunch will be held on Sunday 13th October in the Village Hall. This will follow the Harvest Festival Service in the Church. Everyone is welcome to both events but feel free to attend one or either. The cost of the tickets for the lunch is £7.50 which is a 2-course buffet meal, with the chance of going back for second helpings if you can manage it! The lunch will start at approximately 1.15pm, and a donations bar will be on offer. Please ring Sue on 01787 247626 to book in for the lunch and let us know if you are bringing a dish to share.

The Village Hall Quiz Night is on Saturday 19th October starting at 7pm. A finger buffet will be offered in the interval and a donations bar will run all night. The price of the tickets is £10 per head, teams of 4 or 6 are allowed but don't worry if you are only a 1 or 2 as we will team you up with others. Please book your tickets from Sue on 01787 247626.

Don't forget if you are planning a party or family gathering the hall is available for hire with its excellent kitchen facilities. The usual activities are Art Club, Keep Fit, Table Tennis, Ballroom Dancing, Indoor Bowls and Baby Massage.

ANNIE MASON Chairman, 07740 820100
SUE DIGGINS Secretary, 01787 247626
KEITH DAVIS Treasurer, 01787 247112



As this paper goes to press we are celebrating Michaelmas, the feast of St Michael and All Angels. There is still colour in our gardens, including the many beautiful varieties of Michaelmas Daisies.

OCTOBER & NOVEMBER 2024

PRESTON ST MARY VILLAGE HALL

QUIZ NIGHT



SATURDAY 19TH OCTOBER

7.00 pm start in the Village Hall

Preston's very own "Ashes" Trophy.

**TEAMS: typically of 4 persons, but up to 6 allowed.
(Caution: the more team members, the more
arguments about which answer is correct!)**

**Don't worry if you are only 1 or 2 – let us know and
we'll compose a team around you. We've never
turned anyone away.**

Light-hearted evening. Donations bar. Raffle.

£10 per head including finger buffet.

**Phone 01787 247626 for more details and to let us know that
you're coming and whether you have any dietary needs (or text
07580 794999).**

OCTOBER & NOVEMBER 2024

PRESTON AND DISTRICT ART GROUP

Art Club is back and we have welcomed a new member. This term we are looking at Still Life. Everyone got stuck into the first session and enjoyed the morning. The aims are to support and develop observational drawings, noticing the spaces inbetween to capture scale and composition. We will also be looking at other Artists who have worked with still life.

Of course a Coffee and a biscuit is a very important part of our group too.

We are also looking forward to our sessions with local Artist Kate Hanlon this term. We are a friendly bunch and always welcome new members. If you are interested in joining the group or have any questions please contact sarahwilliams74@gmail.com



Everyone is in favour of free speech. Hardly a day passes without its being extolled, but some people's idea of it is that they are free to say what they like, but if anyone else says anything back, that is an outrage.

Winston Churchill

AGRICULTURAL NOTES

As we begin to talk about the harvest Gary lifts his eyes to the heavens and reiterates – ‘we are permanently dependent on the weather and that is permanently unpredictable’. In summary, the winter wheat was mostly successfully harvested, as was the spring barley. A reasonably successful harvest. But as this goes to press the sugar beet remains in the ground because the soil is too dry and therefore too hard. There has, however, been plenty of min-tilling: that means disturbing the topsoil without actually ploughing it but preparing for drilling. JT



‘There are two types of min-till systems: deeper min-till and shallow min-till. Deeper min-till involves cultivating to a depth of 22.5-25cm using a machine like a subsoiler with a leg and discs to cultivate the soil surface. Shallow min-till machines cultivate the top 15cm of soil. Neither inverts the soil as a plough does. Sometimes it is a one-pass system and sometimes two, depending on soil conditions and levels of compaction’. © Farmers Weekly

HISTORY NOTE - Phil Sagon, a neighbour, grew up in a farming family who shared a 200 acre farm with another family. As has been mentioned before, Gary Elsdon and his colleague conform to modern standards and farm 2000 acres – a ratio of one man to 1000 acres. The 200 acre farm of Phil’s youth provided jobs for 12 workers. However, that farm produced pigs, dairy cattle, beef cattle, potatoes, cabbages and other vegetables. Power probably consisted of a tractor and a few horses. The machinery to accompany two workers can now cost a six-figure sum. Phil’s work now centres on a sugar beet harvester worth some £600,000. JT

ROGER HUGGETT



PRESTON PEOPLE

I came to Preston in 1986 and have lived here at Swifts Manor for 38 years with my wife, Glynis and our two daughters.

Born and bred in Bath I moved to London in 1965 having been to art school with a degree in painting and graphics.

My first job in London was as assistant to a successful designer, our main work being in the fine art world designing exhibition catalogues and posters for major private galleries as well as the Arts Council, the Royal Academy of Arts and the Victoria and Albert Museum amongst others.

Because of our links with the London art world we were asked by The Beatles to prepare the artwork and oversee the printing for their iconic album *Sergeant Pepper's Lonely Hearts Club Band* which was designed by the pop artist Peter Blake. We then worked on their subsequent releases including *The White Album*.

In the late 1960s I was offered a job as a designer at the Daily Mirror, where I met Glynis, an illustrator, and where I stayed for 3 years.

By then the Beatles had split up and Paul McCartney asked me to help him with graphics as he embarked on his solo career. I left the Mirror and set up business as a freelance designer, both working for Paul and designing art catalogues and exhibitions for the London Art Market.

I have spent 50 years roving the world overseeing Paul McCartney's printing projects and publications, designing and overseeing print production of high quality art books and exhibition catalogues, as well as designing the branding and graphic implementation for a number of South Pacific Island resorts designed by my brother, an architect with offices in Fiji, New Zealand and Australia.

To be able to always return home to calm and peaceful Preston and the many friends we have made here, has been the icing on my cake.

OCTOBER & NOVEMBER 2024



Lavenham Physiotherapy & Acupuncture Clinic

Unit 12 Lavenham Studios, Brent Eleigh Road, Lavenham CO10 9PE

Conditions treated include:

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- Neck pain and whiplash
- Shoulder, elbow and wrist pain
- Hip and knee pain
- Ankle and foot pain
- Headache
- Rehabilitation after injury or operation



Your physiotherapist Mrs. Hua Sands:

- 20 years' experience as a physiotherapist registered with the Health and Care Professions Council
- Chartered Physiotherapist and member of the Acupuncture Association of Chartered Physiotherapists
- Masters degrees in Health Psychology and Physiotherapy from Queen Margaret University, Edinburgh
- Trained in acupuncture in China and UK for safe, relaxing and effective acupuncture

Unique Clinic Approach

The Clinic was set up 14 years ago to deliver a better outcome for patients through a unique combination of physiotherapy and Chinese acupuncture approaches to musculoskeletal pain relief, plus longer and more thorough assessment and treatment sessions. Acupuncture treatment is optional, but around 95% of patients feel some pain relief following initial acupuncture treatment.

The longer sessions enable a thorough assessment - essential for a proper diagnosis so that you can get the most effective treatment straight away to relieve your pain as quickly as possible. The detailed assessment also helps deal with the root of your problem, not just the symptoms, to help relieve your pain for the long term and prevent it recurring.

Where other health professionals have failed, Hua has often been able to diagnose and help resolve patients' pain by taking the time to fully understand her patients.

"When I first visited Hua I was experiencing considerable pain in my left knee despite visits to other professionals. Hua immediately identified a possible source of the discomfort. After a series of exercises my situation is much improved." Sue Arnold, Stowmarket. See website and Google Reviews 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 2024

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OCTOBER & NOVEMBER 2024



Remember: the first Wednesday in the month at the Six Bells, teams of 4, entrance fee £12 per person which includes a first class curry. Next Quiz Wednesday 2nd October.

QUIZ TIME ANSWERS from Page 17

1. Skin cancer
2. Rabbit
3. Verona
4. Leo
5. Coca-Cola
6. Fingernails
7. Mark Twain
8. Spain
9. Light
10. Rydell High
11. 10
12. Spaghetti

OCTOBER & NOVEMBER 2024

LAVENHAM GARDENING CLUB

Gardeners often take stock at this time of year and plan changes for next season. For a good start, finish planting spring flowering bulbs. Tulips can be left till last - plant deeply to discourage squirrels and increase chances of flowering in future years, in sunshine, with extra grit for drainage. I've planted more species tulips - longer lasting than many larger varieties. Lilies also like good drainage so plant with some sharp sand. Plant up a container for winter/spring, with bulbs, an evergreen (to plant out later) and winter bedding of pansies, bellis or forget-me-nots.

It's the best time to plant trees, shrubs and hedges, as they make new roots while soil is warm, and are less likely to dry out. There are many trees to suit small gardens eg crab apple, acer, amelanchier, sorbus. A mixed hedge of native species supports wildlife - keep clipped to encourage bushy growth for nesting birds. Plant bare root roses - cheaper than container grown and establish well. Work in plenty of rotted manure or garden compost and feed in spring. New roses die if planted where old ones have been removed, so find a new spot. Rose cuttings take well now. I fear my box hedges have succumbed to box blight and need replacing - yew is evergreen and slow growing, or several euonymus varieties are suitable.

Move tender plants indoors and take in dahlia tubers to dry, once the first frost turns leaves black. Or try leaving tubers in the ground with an insulating mulch. Protect late crops from frost with cloches or fleece. Plant peas or broad beans under cloches in late autumn for an early spring harvest. Plant garlic now. Put grease bands round apple and pear trees to trap winter moth grubs. Build a fruit cage to protect fruits that birds love. Traditionally, it is time to start digging but no-dig methods preserve soil structure, while mulching feeds the soil and encourages earthworms. Clear aquatic plants as they die back, and remove leaves from ponds. Make leaf mould from fallen leaves - oak and chestnut are excellent. Run the mower over them on the lawn and pack in a netting container or spiked bags. Leave them at least a year to break down. Lay turf while the soil is warm and ensure it stays moist till established. Enjoy the last warm days of autumn!

Plants for Oct & Nov: Japanese anemone, aster, colchicum, cyclamen hederifolium, viburnum tinus, acer, sumach, sorbus, Virginia creeper, pampas grass, chrysanthemum

OCTOBER & NOVEMBER 2024

Club News: The Garden Club Celebration evening was well supported by members who voted for their favourite entries and then enjoyed wine and cheese. Sandra Harbord and Carroll Reeve were joint winners of the Cyrina Howlett cup, with the most 'firsts'. Christopher and Sarah Hardingham were runners up.

Our talk in September was by Ade Sellars 'The Good Life Gardener', who built his kitchen garden in Suffolk in 2018 and grows his own food.

9th Oct Visit to Hyde Hall by coach - places available, cost for coach only, members' guests welcome, details Sandra Harbord 01787 311707

30th Oct Matt Tanton-Brown talk 'Autumn Colour & Winter Interest'

18th Nov Quiz at Thorpe Morieux

New members always welcome. Annual subscription £20, which includes all meetings.

Details on website <https://lavenhamgardeningclub.co.uk>

Carolyn Jenkins

MONKS ELEIGH POST OFFICE

Opening Hours

May be subject to alterations dependent on volunteer availability (Check our social pages)

Monday	9.00am – 4.00pm
Tuesday	9.00am – 1.00pm
Wednesday	Closed
Thursday	9.00am – 1.00pm
Friday	9.00am – 1.00pm
Saturday	Closed
Sunday	Closed

The Community Shop is open 9.00am – 5.00pm Monday to Friday and 9.00am – 12.30pm Saturday and Sunday

Many local shops and particularly Post Offices are closing in these tough times. We are fortunate to have a local amenity such as this.



Image credit: Ben Hall



Suffolk Wildlife Trust

Suffolk Wildlife Trust is the county's nature charity, inspiring and connecting people to the wildlife on their doorstep, as well as playing a monumental role in caring and safeguarding Suffolk's wildlife and countryside. We have led local nature conservation efforts in Suffolk for six decades and have saved some of the county's most important wildlife sites by securing them as nature reserves.

Working with communities, local landowners and partner organisations, Suffolk Wildlife Trust has helped animals and plants to thrive across Suffolk, reviving and cherishing crucial habitats. These habitats act as corridors, allowing wildlife to move safely through the landscape, and create a connected network of nature. Our vision is to create a wilder living landscape where wildlife can flourish and encourage others to become part of a wilder Suffolk.

Today, Suffolk Wildlife Trust cares for 50 nature reserves. But we have not done this alone; gifts in Wills over the decades have enormously contributed to the buying, expanding and protecting of our reserves for generations to come.

Seizing opportunities to buy or enlarge our nature reserves is one of the most powerful ways in which we secure a better future for Suffolk's wildlife. Legacy gifts have in fact been instrumental in every reserve purchase in recent years, enabling us to act quickly and with confidence when opportunities arise. Knowing they represent a lifetime of saving, we always try to increase the impact of bequests by using them to inspire more support through local fundraising. The unstinting response to these from members and supporters is inspiring.

The stories of our amazing legacy donors will forever be a part of Suffolk Wildlife Trust's history and will inspire others to consider leaving a gift in their Will, so that we may continue our fundamental work. Our approach of saving legacy gifts for landmark projects like these means a gift in your Will of any size will directly help to buy land for wildlife, safeguard a threatened species, or support a special piece of work with lasting impact.

For more information please contact us on 01473 890089
or visit www.suffolkwildlifetrust.org/will



OCTOBER & NOVEMBER 2024



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Instagram: beautybymegan_suffolk

**DON'T FORGET TO PUT YOUR CLOCKS BACK ONE HOUR ON
SUNDAY OCTOBER 27TH**

OCTOBER & NOVEMBER 2024



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



LAVENHAM LITERARY FESTIVAL – Authors will be signing their books in our lovely library, after speaking at the festival on 2nd & 3rd of November. For more information about the festival visit their website: www.lavenhamliteraryfestival.co.uk
Why not take the opportunity to come in and find out more about our facilities and regular events throughout the year?

Christmas Wreath Making: Tuesday 3rd December 1.30pm – 4.00pm

Come along and make your own Christmas wreath!



Cost £10.00 with all materials provided.
Limited spaces so booking essential.

Please phone: 01787 247729
Or email: lavenham.library@suffolklibraries.co.uk
Or pop into the library and speak to a member of staff.

Christmas Charity Cards available



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

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 2024

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

Rector: The Revd. Simon Pitcher

The Rectory, Church Street, Lavenham, Sudbury, CO10 9SA Tel: 01787 827691

Associate Priest: The Revd. Graham Naylor

Tel: 07768 283636

Associate Priest: The Revd. Elke Cattermole

Tel: 07957 419055

Reader: Mr Pete Postle

Tel: 01787 248564

CALENDAR OF BENEFICE SERVICES FOR OCTOBER 2024

SUNDAY 6th OCTOBER TRINITY 19	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HARVEST FESTIVAL followed by Harvest Lunch
	PRESTON	6.00PM	BENEFICE EVENSONG
SUNDAY 13th OCTOBER TRINITY 20	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	12 NOON	HARVEST FESTIVAL followed by Harvest Lunch in Village Hall
SUNDAY 20th OCTOBER TRINITY 21	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	MORNING WORSHIP
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 27th OCTOBER TRINITY 22 BIBLE SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	6.00PM	EVENSONG

THE FOLLOWING MID-WEEK SERVICES ARE HELD EVERY WEEK

WEDNESDAY LAVENHAM 10.00AM HOLY COMMUNION

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

OCTOBER & NOVEMBER 2024

UNITED BENEFICE OF LAVENHAM WITH PRESTON ST MARY

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Tel: 07957 419055

Reader: Mr Pete Postle

Tel: 01787 248564

CALENDAR OF BENEFICE SERVICES FOR NOVEMBER 2024

SUNDAY 3rd NOVEMBER ALL SAINTS and ALL SOULS	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
SUNDAY 10th NOVEMBER REMEMBRANCE SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	9.30am Parade in Market Place before REMEMBRANCE SERVICE
	PRESTON	6.00PM	EVENSONG
MONDAY 11th November ARMISTICE DAY	PRESTON	10.30AM	REMEMBRANCE SERVICE
SUNDAY 17th NOVEMBER TRINITY 25 2 BEFORE ADVENT	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	MORNING WORSHIP
	PRESTON	6.00PM	HOLY COMMUNION (BCP)
SUNDAY 24th NOVEMBER CHRIST THE KING	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	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)