

PRESTON PARISH PAPER

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

Dates for your Diary

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

Saturday 7th February – Have a Go at Carpet Bowls in the Village Hall – 2.00-4.00pm

Saturday 21st February – Duck Racing at 7.30pm in the Village Hall

Monday 23rd February - Neighbourhood Development Plan consultation at 8.00pm in Village Hall

Sunday 1st March – St David's Day - Preston Praise at 11.30am for 12 noon in the Church

Monday 2nd March - Neighbourhood Development Plan consultation at 8.00pm in Village Hall

Monday 9th March – Ladies' Club at 7.30pm in the Village Hall TBC

Saturday 28th/Sunday 29th March – Clocks go forward one hour

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.

HAPPY NEW YEAR?

LOCAL GOVERNANCE

This is our first edition of 2026, and as we contemplate the future there are many disturbing local, national and international issues which we will hope to see resolved this year.

Closest to home is the forthcoming Local Government Reorganisation, described on Page 13. The Government tells us that "this new mayoral role follows agreements between local leaders and central government to devolve decision-making closer to communities". Agreed at the higher level – and it will be interesting to see how removing a lower tier and introducing a higher one will bring matters closer to our communities.

The Leader of Labour-run Ipswich Borough Council made representations to the Government to say elections would be an additional pressure. "I am pleased that the minister has understood the need to prioritise the capacity required for local government reorganisation," he said. The reorganisation task is a top priority for our local councils. We can only hope they still can find time to fill potholes and empty dustbins. RLH

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.

FEBRUARY & MARCH 2026

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 revsimon63@gmail.com
CHURCHWARDEN Keith Davis 247112 keithhdavis@btinternet.com

Friends of Preston St Mary Church

CHAIR Glynis Huggett 01449 741389 glynishuggett@gmail.com

Village Hall

CHAIRMAN Annie Mason 07740 820100 ranniemason@btinternet.com
SEC./BOOKINGS Sue Diggins 247626 sdiggins2rda-east.org.uk

Art Group

Monday mornings, 3 terms of 10 weeks
CO-ORDINATOR Sarah Williams sarahwilliams74@gmail.com

Ladies' Group

Informal gatherings arranged for most months of the year, usually on Mondays
CO-ORDINATOR Anne Springall 247156 annespringall@gmail.com

Table Tennis

Thursday Evenings at 7.30 in the Village Hall
CO-ORDINATOR Dave Williams williams.jackdaws@btinternet.com

Carpet Bowls

Friday Afternoons at 2.30 in the Village Hall
CO-ORDINATOR Maggie Bardzinski maggiemossbar@aol.com

Preston Pop-up Choir

MUSICAL DIRECTOR Lyn Davis 247112 divalynx@aol.com

The Six Bells Pub 247440 reservations@thesixbellspreston.com

Tree Warden Sarah Williams sarahwilliams74@gmail.com

Preston St Mary Parish Paper

News of events & village life, distributed free to every household, bi-monthly
EDITORIAL BOARD Robyn Lloyd Hughes, Jack Tasker, Caroline Gove editorpstmppaper@gmail.com

Doctors' Surgeries

Bildeston 01449 740254 Lavenham 378226
Member of Parliament James Cartlidge MP (Conservative) james.cartlidge.mp@parliament.uk

Local Councillors

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

Babergh District Council Deborah Saw (Green Party) deborah.saw@babergh.gov.uk

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

Police - Non-emergency number 101

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

Our Ward is North West Cosford

FEBRUARY & MARCH 2026

A PASTORAL LETTER FROM ELKE CATTERMOLLE, ASSOCIATE PRIEST

Dear Friends

February is often seen as a month still firmly in winter's grip. The days can be cold, the skies grey, and the weather unpredictable. Yet February is also a month that quietly carries hope within it. Beneath the frosted ground, nature is already stirring. Snowdrops push their way through the soil, buds begin to swell on bare branches, and the promise of spring is gently, faithfully unfolding. As we journey through 2026 together, February reminds us that even in seasons that feel difficult or uncertain, new life is already at work.

This sense of light and hope is beautifully reflected in the Church's calendar. At the beginning of the month, we celebrate Candlemas, the Feast of the Presentation of Christ in the Temple. This day marks the ending of the Christmas season, as we remember Simeon and Anna recognising Jesus as the Light of the world. As candles are lit, we are reminded that Christ's light shines in the darkness, and the darkness cannot overcome it. Candlemas invites us to carry that light with us into the weeks ahead, trusting that God is present and active in our lives.

Midway through the month, Valentine's Day offers an opportunity to reflect on love and relationships. While often associated with romance, this day can also prompt us to think more deeply about Christian love, a love rooted in kindness, faithfulness, forgiveness, and self-giving. Above all, Valentine's Day points us towards God's unconditional love for humanity, a love that does not depend on our perfection but meets us where we are. In our families, friendships, marriages, and communities, may we seek to reflect something of that generous and enduring love.

February also leads us into a new and important season in the Church's life. With Shrove Tuesday and Ash Wednesday, we begin the journey of Lent. Shrove Tuesday reminds us of the need to reflect, repent, and prepare our hearts, while Ash Wednesday marks the solemn yet hopeful beginning of a season of spiritual discipline. Lent invites us to slow down, to pray more deeply, to give generously, and to reflect honestly on our relationship with God. It is not a season of gloom, but one of renewal—preparing us to encounter the joy of Easter.

As a parish and benefice community, February is a busy and significant month. It is also a time when we are called to look outward as well as inward. We are reminded of the importance of community and hope, of welcoming newcomers and offering hospitality to those who join us, whether for worship, events, or simply a moment of quiet prayer. Each person who comes through our doors is a gift, and together we are called to be a living sign of God's love in this place.

As we move through February and further into 2026, may we take heart from the small signs of new life around us, the light of Christ celebrated at Candlemas, the love reflected at Valentine's Day, and the call to renewal as Lent begins. May this month strengthen our faith, deepen our relationships, and renew our hope in God's abiding presence.

With every blessing,

Yours in Christ
Amen

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.

THE COCKTAIL HOUR

Harvey Wallbanger

Ingredients 3 parts vodka
1 part Galliano
6 parts fresh orange juice



Method: Stir vodka and orange juice with ice in a highball glass, then float the Galliano on top. Garnish with orange slice and maraschino cherry
Serves one

PRESTON ST MARY CHURCH

REVISED SERVICE TIMES

The new regular service schedule for our Parish Church began on the first Sunday after Christmas. Holy Communion services now begin at 11.30am and are followed by wine and nibbles. Evensong has been brought forward from 6.00pm to 4.00pm, to avoid congregation members travelling in the dark on winter evenings. The new times are detailed in the service lists at the end of this Paper.

The Rector, PCC members and your Editor would welcome your views on the new arrangement.

PRESTON ST MARY CHURCH

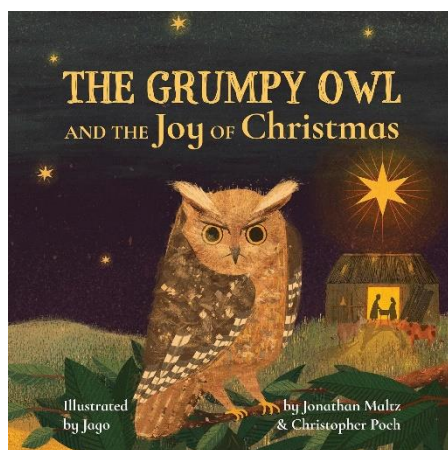
Preston Praise

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. Keith Davis will be leading the February service celebrating Candlemas, the end of the Christmas/Epiphany season. Robyn Lloyd Hughes will lead the one on 1st March, St David's Day – so come and join us to sing some glorious Welsh hymns.

**11.30AM REFRESHMENTS BEFORE
12.00 NOON ON SUNDAY 1ST FEBRUARY AND
SUNDAY 1ST MARCH**

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

A PACKED CHURCH AGAIN FOR CHRISTMAS EVE



On Christmas Eve at 5.00pm Preston once again celebrated with our annual Carol Service. The congregation was a little down on last year's but was still around 100 strong.

In addition to the readings and carols, sung by the congregation, the Pop-up Choir and soloists, we heard the Christmas story of the Grumpy Owl.

Something wonderful is about to happen in the old, lonely, empty barn. A very special baby is going to be born. But the grumpy owl who lives there just wants to be left alone. Can any of the other animals help him change his mind? Or will he miss out on the amazing joy of the first Christmas? The Grumpy Owl and the Joy of Christmas tells the story of Jesus' birth through the eyes of an owl who seems determined to miss all the excitement, but who in the end sees the light and embraces the Joy of Christmas which we all share.

FEBRUARY & MARCH 2026

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

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

**DON'T FORGET TO PUT THE CLOCKS
FORWARD ON MARCH 28th/29th FOR THE
START OF BRITISH SUMMER TIME!**

FEBRUARY & MARCH 2026

PRESTON ST MARY POP-UP CHOIR

I am pleased to report that the New Year has brought new members to our Pop-Up Choir and they are very welcome. If you would like to join us or simply want to know more, then please contact our musical director, Lyn Davis, or our pianist, Sara Whymark. We meet in the village hall on Tuesdays at 2pm.

We are currently focusing upon songs about places. Some are new and some are old favourites. Both are giving us challenges and a lot of enjoyment. The one that is going around in my head this week is "From Russia With Love" from the 1963 James Bond film and sung by Matt Monro. As with many of the iconic pieces of film music, it was orchestrated by John Barry. "From Russia With Love" was composed by Lionel Bart who could not read or write music! He would hum or la-lah the melodies, sometimes with his lyrics, as musical arrangers transcribed them onto paper. He is probably most famous for "Oliver", but also composed "Living Doll" for Cliff Richard, "Fings Ain't Wot they used T'Be", "Little White Bull" and many more.

Our Spring concert is getting closer so please look out for details and dates in the next PPP. Until then, keeeeeeep singing!

Sally Taggart.

Come and Sing Fauré's Requiem – Good Friday 3 April 7.00pm

On Good Friday, 3 April, at 7.00pm the Lavenham (and Preston) church choirs, together with the Tudor Rose Singers and Horringer Singers will sing Fauré's Requiem in Lavenham Church.

If you enjoy singing and would like to join the choir for this event please contact our Director of Music, Kevin Slingsby, on kevin.slingsby@lavenham.church.

There will be a number of choir rehearsals to prepare for the event, and Kevin will provide the details. In particular, there will be an afternoon workshop on Palm Sunday, 29 March, at St Mary's Church Woolpit (2.30–5.00pm) followed by tea and a performance at 7.00pm, and a second performance at St Leonard's Church Horringer on Wednesday 1 April at 7.00pm. The Wednesday and Friday performances will be preceded by a short rehearsal at 6.00pm. Please email Kevin or visit the website for more details or to register.

I sing because I'm happy, and I'm happy because I sing Anon

My Wonderful Kangal Dog - Gentle Giant Brutus

In Memoriam



On Monday 19th January 2026 I had to take the heart wrenching decision to say goodbye to my dear and loyal dog Brutus (almost 12 years old) after his serious illness diagnosis.

When I moved to Preston St Mary in October 2020 I resolved I would rescue a dog (something I had done four times previously). A friend recommended me to rescue from "Animal Friends of Turkey" (AFOT) as she viewed them as professional, caring and efficient, having rescued her own dog from this source. The plan was delayed due to the protracted Covid pandemic and rescues from Turkey were further held back as Turkey was then categorised as a "red" zone. Brutus eventually arrived early one July morning in 2021 when he was aged around 7, having been driven by road in a truck over 2000 miles through 8 countries with another 7 dogs all in small cages (well, Brutus's cage was a larger one of course!!). This was my first and only time we had met.

Brutus had clearly had a tortuous life as a working dog in the Turkish mountains guarding flocks of sheep and goats against bears and wolf packs but without proper nutrition, shelter and medical care. Aged around 6 he was deemed to have reached retirement and his thanks for all his loyal service was a very long trip to the far eastern side of Turkey, thousands of miles from his home, where he was simply "dumped" in a town famous for its street dogs. There he had to fend for himself and when he arrived in Preston he was all skin and bone. The rest of his history has been far more positive to him

I had the most wonderful life with this exceptionally loyal, intelligent and sensitive dog who used his innate guarding characteristics to guard and protect my family and me (his pack) during these years. He was unfailingly friendly towards all people he met but sometimes not so well disposed towards other dogs who showed aggression towards him. These he viewed as potential "predators".

The vet at Linkswood Vets near Halstead understood the severity of the condition and nevertheless wanted to try to treat Brutus with medication, acknowledging this may be a difficult battle to win. After a reasonable period on the medication, Brutus's symptoms only worsened so hence my agonising decision. His symptoms were undoubtedly causing him much distress as well as presenting me with deepening concern.

Brutus was universally popular in his locale and is sadly missed. I would like to pay some tributes to those who helped Brutus and me over my time with him and in particular over the past weeks:

FEBRUARY & MARCH 2026

To the front desk ladies at Linkswood vets for their care, love and sensitivity shown to Brutus , especially during these recent difficult days.

To vet George Lightfoot for his guidance, professionalism and huge sensitivity shown whilst treating my dogs and especially during Brutus's final moments. Thank you George, you were excellent.

To my neighbour Janet who consistently welcomed Brutus and allowed us full access to her land and gardens at Preston Hall during our daily walks.

To Lyn Davis and the members of the Preston St. Mary Pop-up Choir who unquestioningly welcomed Brutus as a quiet observer during our weekly practise sessions.

To all of my family for unfailingly welcoming and supporting Brutus, especially in his early days with me during his settling in period and afterwards.

You were all exceptionally and consistently kind to him and it was clear he viewed you all as his friends.

To others too numerous to list for your love and support of Brutus. He was a truly exceptional dog.

R I P Brutus.

Richard Graylen



POETS' CORNER

A Winter Walk with Grumpy Children

They walked, unwilling sullen sloth
That morning, crisp and bright.
They bickered, whined and moaned at us.
Dawdled, grumbled, groaned at us.
The hoar frost blinding white.

We persevered along the track,
The grassy valley floor.
The sun grew warm now at our back.
They trudged all slovenly and slack.
We chivvied them some more.

The frozen clay beneath our feet
Began to thaw, grow slick.
We climbed the field towards the ridge,
High above the wooden bridge,
Where trees and thorn grew thick.

And as we climbed, the grizzling gripes
Subsided and were still.
A faerie magic, chill and faint,
Subdued the dirge of dull complaint.
Enchantment from the hill.

A sacred grove removed from time,
Bedewed with diamond ice.
Old leafless trees arrayed in rime,
A fleeting raiment, frosted, fine.
A beauty beyond price.

We stood entranced there with the sun
On every surface gleaming,
Stock-still upon the iron ground.
Mesmerised in glorious sound
And wonder, dread and dreaming.

Diamonds on the branches twinkling,
We held our breath in reverent awe.
The sunlight in the crystals winking
Heard a fey, unearthly tinkling,
As ice dropped to the hilltop's floor.

Never had we heard such music
As those eerie bell-notes sounded.
Fractious children silent, still now.
Lost in wonder, rapt and thrilled now.
Mute, transported, stunned, astounded ...

Soothed by balm of ancient magic
Spells which mother nature wove,
In reverie we homeward wandered,
Deeper matters, myths, we pondered.
Ancient, sacred, hilltop grove.

Years now passed since last we stood the
Fractious children grown and gone.
Yet still recall those precious fragments
Of some ancient, older magic
That on that winter morning shone.

© Tim Bridges January 2026





Megan is a beauty and skincare therapist
with over 20 years' experience.
Your treatments are at my rural retreat in Hitcham
Appointment only with reserved parking

A variety of treatments include:

Dermalogica expert skincare
Spray tanning/Waxing/Eye treatments
Manicure & Pedicure/Gel Nails
LVL Eyelash perming/Reflexology

Please contact me for any enquiries or for a full price list.

Megan Pryke VTCT, BABTAC 07876 717 008

megz_pryke@hotmail.com

Facebook: Beauty by Megan Hitcham (look for my logo)

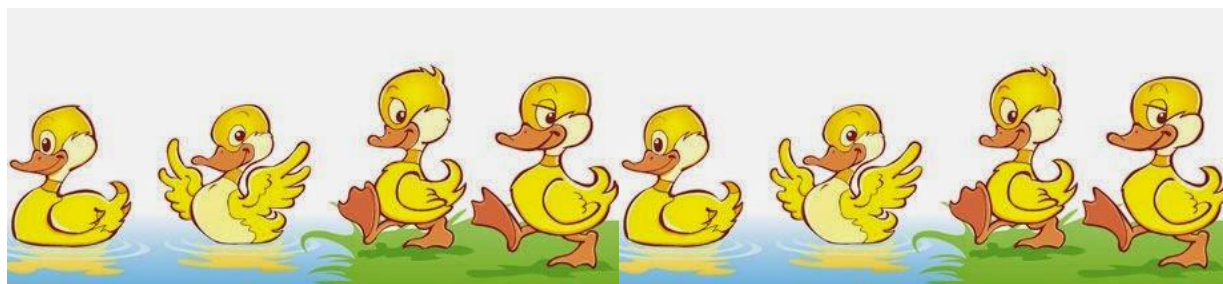
Instagram: @beautybymegan_suffolk

Or log onto Fresha and book online at your convenience. 11

FEBRUARY & MARCH 2026

Preston St Mary Village Hall Committee presents an evening of

DUCK RACING



Yes - Dave's Ducks are back!

Saturday, 21st February 2026

In Preston St Mary Village Hall

First race at 7.30pm

Plenty of chances for you to pick a winner

Traditional format, with a twist - no technology involved.

Donations bar and tote available

Prize Draw

Tickets £12 in advance or £15 on the door

Price includes hot supper (with vegetarian option)

during the interval

Please telephone 01787 247626 to reserve your place and let us know your supper preference.

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Proceeds in aid of Village Hall Funds

Registered Charity No: 304934

LOCAL ELECTIONS 2026

The government has postponed the planned May 2026 local elections for Suffolk County Council and Ipswich Borough Council for one year.

Both councils responded to a request from the government to say they would struggle to deliver **local government reorganisation** if the elections went ahead.

Local government reorganisation is a process where the structure of local councils is changed, often involving the creation of new unitary authorities or combined authorities. It is Government policy to make such changes.

Suffolk is part of the priority programme and detailed business plans have been submitted to government by District, Borough and County councils. A final decision is expected towards the end of March 2026 on whether the current two tier system that sits above the Town and Parish council/Parish meetings tier will be replaced by one or three unitary authorities.

The Government postponed the 2025 County Council elections and on 22nd January 2026 issued a statement which explains they have decided to bring forward legislation to postpone 29 elections in 2026, including Suffolk CC and Ipswich BC. Babergh DC elections were held in 2023 and would be due in 2027 if reorganisation were not taking place

At the top of the new structure a directly elected Mayor of Norfolk and Suffolk will be “a key figure in shaping the future of the region”. The Combined County Authority brings together Norfolk County Council and Suffolk County Council, each represented by two elected members, with the elected Mayor serving as Chair. The first mayoral election will be in 2028.

Preston St Mary Neighbourhood Development Plan

SAVE THE DATE(S)

Please come along to the village hall on either Monday 23rd February or Monday 2nd March @ 20.00

We will outline what is involved in producing a Neighbourhood Plan, the potential benefits, and involvement required by the Parish.

Look forward to seeing you at one of the dates!

FEBRUARY & MARCH 2026

LAVENHAM
FLOWER
FARM



From Spring 2026 I am delighted to be offering cut flowers and foliage for sale, grown here in Preston St Mary

- ◇ **Regular deliveries of a hand-picked selection of seasonal flower and foliage stems for you to arrange for your home**
- ◇ **Hand-tied gift bouquets personally delivered in the local area**
- ◇ **One-off bespoke orders for cut flowers and foliage for your special event**

Contact Lucy Attwood on 07941 251880 to enquire about any of the above services or to arrange a visit to the farm

Jordans Farm, Rookwood Lane, Preston St Mary CO10 9LY

Instagram:: @Lavenhamflowerfarm
Website: www.lavenhamflowerfarm.co.uk
e mail: lucy@lavenhamflowerfarm.co.uk
Tel/Whats App: 07941 251880

FEBRUARY & MARCH 2026

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 £3 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.

2026 PROGRAMME

Hello Ladies

I do hope you all had a good Christmas and New Year. I apologise for not organising the Ladies Christmas lunch, and to let you know that I hope to arrange a Spring lunch for us when the weather improves.

I also intend to begin our meetings for 2026 in March when we might expect lighter evenings. The second Monday in March is the 9th - a date I will confirm when I am able. I also hope to arrange an interesting programme for you this year with a variety of talks. I will of course email all members nearer the time to confirm dates.

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. I am always glad to hear from you.

AGRICULTURAL NOTES

Newborn Lambs at Hill House Farm



The first of our new season's lambs were born in January (earlier than intended!). We now have five – and counting.

They are snug and warm in a barn under an infrared lamp but will soon be running around in the fields. RLH

FEBRUARY & MARCH 2026

NEWS FROM THE NEIGHBOURS



MONKS ELEIGH'S GOT TALENT!

FRIDAY 20th FEBRUARY 2026

DOORS OPEN 7.00 PM PERFORMANCE BEGINS 7.30 PM

BAR AND RAFFLE

**Monks Eleigh Village Hall
Church Hill. IP7 7JL**

A CABARET EVENING OF MUSIC & ENTERTAINMENT

**SEE VILLAGE PEOPLE LIKE
YOU'VE NEVER SEEN THEM BEFORE!!**

**ALL PROCEEDS TO ST PETER'S CHURCH,
MONKS ELEIGH**



**TICKETS £10
FROM MONKS ELEIGH
COMMUNITY SHOP OR
CONTACT FIONA HASKELL:
fionahaskell4@gmail.com
M: 07592 607466**



FEBRUARY & MARCH 2026

QUIZ TIME – How is your knowledge of World Geography?

There are no prizes – answers are on Page 30

1. What is the capital of Greenland?
2. The Gold Coast is the old name for which country?
3. Verulamium is the Roman name for what?
4. Which country owns Easter Island?
5. Where is the Topkapi Palace?
6. Which river forms a border between Devon and Cornwall?
7. Where is the Bridge of Sighs?
8. What was the former name of the Republic of Vanuatu?
9. Where is the Orange River?
10. What is the capital of Afghanistan?
11. The chrysanthemum is the emblem of which country?
12. On which island is the active volcano of Santorini?



Iconic Paintings of Suffolk

Some of our most well-known and loved paintings and where to see them.

By Kate Hanlon

The Frozen River, Flatford, Suffolk by Sir Alfred Munnings



This painting depicts a snowy winter scene at Flatford, Suffolk, with a figure near the frozen River Stour, a common subject for Munnings.

It showcases his love for landscapes and capturing the light and movement on ice, with perhaps the iconic Mill visible in the background?

Alfred Munnings was apprenticed to a printer in Norwich at the age of 14 and attended the Norwich School of Art in his free time. When his apprenticeship ended, he became a full time painter. Munnings is known as having been one of England's finest painters of horses and, as an outspoken critic of Modernism, his appointment as President of the Royal Academy in 1944 turned out to be very controversial. In a drunken after-dinner speech, which was being broadcast live, he berated the art establishment and ranted against modern art, including '*those foolish daubers, Cézanne, Matisse and Picasso*' whose influence had defiled the British tradition. While he received considerable public support, he was ostracised from the art world and resigned the presidency to make '*a joyous return to painting*'.

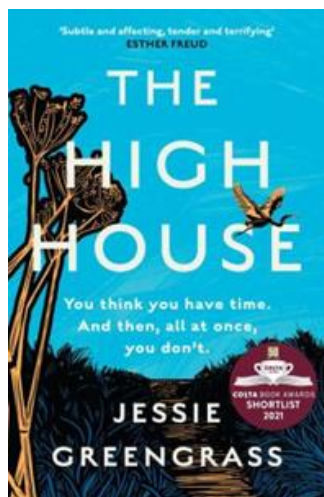
This beautiful and atmospheric painting can be seen in the [Russell-Cotes Art Gallery & Museum](#) in Bournemouth.

If you'd like to see a wonderful collection of Munnings paintings, a visit to the Munnings museum in Dedham is a lovely day out, I really recommend it!

BOOK REVIEW

My Top Three Favourite Books of the Last Decade

The High House by Jessie Greengrass



This book is written against the backdrop of an end of the world disaster – the threat of extinction due to unknown climate changes and rapidly rising sea levels. Young Caro and Pauly get a call from their overseas scientist parents. They urge them to flee London immediately, before the call is cut dramatically short. Caro and Pauly head for the High House, the family summer house. There the children discover that the house has been prepped for the end of the world by their parents. A barn is full of everything they might need for their lifetime, multiples of clothes, tools, medicines, seeds etc. Brilliant writing and very exciting.

The Stranding by Kate Sawyer



Essentially this is another book about the end of the world and the unlikely and miraculous survival of a woman and a man on a remote beach in New Zealand. As a wall of fire (presumably from a comet hitting the Earth) races towards them they hide inside the mouth of an enormous beached whale. Burnt and blistered, they emerge into a destroyed Earth. They begin as strangers and come to love and build a life together. The writing is amazing – insightful and so provoking and magical. A real fairy tale of a book.

The Whistling by Rebecca Netley

An old fashioned ghost story and murder mystery in one. Set on a remote Scottish island in the nineteenth century a nanny arrives. There are murders and creepy children a plenty. Superbly written and very scary. Better than Susan Hill's *The Woman in Black*!

KLH





My toes are freezing, Mum – I wish I was a little ‘otter

The Benefice of Lavenham with Preston St Mary Holy Week (29 March-4 April 2026)

On **Palm Sunday** with traditional palm crosses we recall the entry of Jesus into Jerusalem, riding on a donkey to the shouts of *Hosanna* from his many followers. In Preston St Mary Parish Church we have Evensong at 6.00pm.

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

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

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

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

Easter Day (5 April 2026)

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

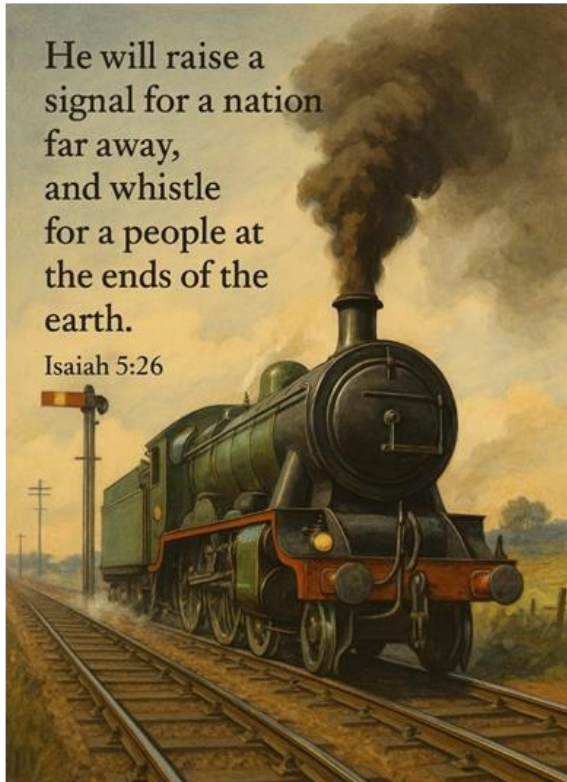
Preston St Mary's 6.30am short Easter Communion begins outside with the lighting of the Easter Fire from which is lit the Paschal Candle symbolising the unquenchable light of Christ for the whole world. Join us for an early breakfast of bacon butties and Bucks Fizz afterwards!

At Lavenham there will be Easter Communion services at 8am (Book of Common Prayer) and at 10.00am a sung Eucharist.

FEBRUARY & MARCH 2026

PARISH CHURCH OF ST PETER AND ST PAUL

LAVENHAM SUFFOLK



2026

MODEL RAILWAY

SHOW

IN THE CHURCH

Saturday 16th May 2026

10.00am – 4.00pm

In the setting of one of the finest and largest parish churches in England, with layouts of all kinds, in a range of scales, regions and countries (with special focus on East Anglia), together with trade stalls.

Refreshments available

Adult admission £7.00, family tickets £12.00
(purchased in advance to guarantee entry)

Further details and tickets will be available at
www.lavenham.church/mre *(or scan the QR code)*
where you can also register to receive updates





PRESTON ST MARY'S FAVOURITE AGONY AUNT

Dear Mary St Preston

For my birthday last month, a friend gifted (or should I say re-gifted) me an expensive scented candle. Obvious signs that it had been circulating for a while included dog hairs under the cellophane, multiple greasy fingerprints and a general air of scuffed pre ownership. I am not a snob

- I'm a big fan of circular, sustainable shopping - but I don't like the smell of this candle and have put it up for sale on Vinted. It turns out that my friend recently set up her own Vinted account and has seen the photo of her gift on my page. She has made it very clear to me that she is deeply offended, even though the candle was clearly re-gifted by her in the first instance. What is the etiquette here?

Yours, Mrs Slowburn, Little Wick, Suffolk.

Dear Mrs Slowburn

A very happy scented New Year to you! I was waiting for this very knotty problem to surface after the festive gift giving season. A thorny issue indeed and one that needs gentle handling so as not to lose your eco-tastic friend. I congratulate you on your very modern solution; it is incumbent on us all to look at ways in which we can re-purpose our unused or unwanted household items. Mr St Preston was skating on very thin ice a few years ago when his Christmas gift to me was a turkey baster. A turkey baster! It had, like yours, signs of shall we say 'wear & tear'. Returning to you though poor lamb, I have no idea what Vinted is but imagine a very up to date retail solution on the wide world interwebbing? If so, could you not explain to your friend that you've been *checks notes* *hacked*? My understanding is that this is when someone else pretends to be you for nefarious ends. Anyhoo, let her know that your life is in utter turmoil! Turned upside down & sideways! Are you good at weeping to command? If not, peel an onion, rush round to hers, fall to your knees on her threshold and plead for her understanding. That should do the trick. And when you've achieved a good price for the offending candle, skip off to your favourite shop and buy something glorious. And give your friend a very wide berth next time you see her on The Street, the Village Hall or the Six Bells.

Yours fragrantly Mary SP

FEBRUARY & MARCH 2026

Dear Mary

I have just read Mrs Slowburn's letter and I have to say it made me feel much lighter. I thought I was the only one who re-gifted unwanted presents. My mother used to do it and had a drawer for such things for which I was appalled but now see the sense. I am impressed with this recycling initiative. Indeed, I have 5,321 scented candles, 145 soaps, 15 writing sets and an impressive item with a battery (unused and still tagged) should you want them for the next village raffle?

*Mrs Very de Lonely,
Candle Cottage, Soap St.*

Oh Mrs de L!

I never fail to be amazed at the generosity of this village! May I suggest that instead of using noisy bird scarers in the fields surrounding our beautiful village (does anyone else have to include added protection on their daily constitutional?), we can instead place all your lighted candles amongst the emerging crops to keep our fine feathered, pesky hungry friends away from emerging shoots! My eagle eye has spied that the village signs need a jolly good post winter scrub - the soaps would be the perfect solution to a collective clean up. And the writing sets are just about enough to give each household one apiece as a way of communicating to me all their problems. My motto for 2026 is: don't be a hoarder, be a re-user! Embrace the year of the de-clutterer V and thank you again for your generosity and community spirit!

Yours re-userly

Mary St P

PS Not sure about the battery item but could you perhaps send me a photo privately?



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NATURE NOTES

Dormice are Thriving in Suffolk Wildlife Trust Reserves



To help dormice, it's important to know where they are. By recording any sightings or evidence of these legally protected mammals you can help keep folk a dormouse stronghold.

Dormice can easily be recognised by their thick furry tail, bright golden-brown colour and large black eyes. They are about 70mm long with a tail of similar length. Their weight varies from 17g (about the weight of two £1 coins) up to 40g at the start of hibernation. Juveniles are about half adult weight.

As the dormouse is rare, strictly nocturnal and usually forages for food high in the treetops or in hazel thickets, rarely coming to the ground, you're not likely to be lucky enough to see one. The best indication of its presence is characteristically chewed hazelnuts on the woodland floor. The dormouse opens the nut by making a small round neat hole on one side and leaves tooth marks on the nut surface but not on the cut edge.

They also feed on flowers, pollen, fruit and insects. These are available in turn as the summer progresses, so the dormouse needs a habitat containing a good variety of shrubs and tree species to ensure a continuous supply of food. Hazel, honeysuckle, bramble and oak are particularly important food sources.

They are found in deciduous woodland and thick hedgerows mainly in southern counties from Cornwall to Kent and northwards to Herefordshire and Northamptonshire.

In Suffolk, most of the records come from the south of the county, within the Stour Valley. We know dormice are thriving at Bradfield Woods, and at Arger Fen, Groton Wood and close to Bull's Wood.

They sleep during the day in a nest, often in a hollow tree branch or dense shrubs such as holly or honeysuckle. Dormice construct their own nests from shredded honeysuckle bark woven into a ball, which they often surround with layers of leaves. An old English name for the dormouse is 'the sleeper'. They usually hibernate from the first frosts and are not active again until April or May. When hibernating their body temperature drops to that of the surroundings and their heart and breathing rates are often reduced by 90% or more.

Dormice are strictly protected by law and may not be collected, sold or disturbed in any way. To help them, we need to know where they are. One of the best ways of finding out if dormice use a wood or hedgerow is to look for marks on hazel nut shells that they have opened to get at the nut inside. Those marks are quite distinctive. Looking for hazelnuts is something anyone can do and if you think you have found some nuts opened by dormice, the Suffolk Wildlife Trust would love to hear from you.

With acknowledgements to the Suffolk Wildlife Trust. Details at: [Home | Suffolk Wildlife Trust](#)

COOKS' CORNER

Joy Lloyd Hughes, who died ten years ago in January 2016, was a professional Home Economist who developed recipes and contributed to cookery books. This was her take on an old favourite. She wrote this down in 1965, so it uses traditional Imperial measurements. A gill is a quarter of a pint (142ml in newspeak). RLH

Crème Caramel

½ pint milk
1 teaspoon custard powder
2 ounces sugar

¼ ounce gelatine
½ gill water

Place sugar in pan and cook to make caramel
Cool and add milk
Make custard with the caramelised milk
Dissolve the gelatine in ½ gill water
Add to the mixture and sweeten to taste if necessary
Cool and pour into glass dishes or ramekins

Decorate with cream or nuts if you wish

THE BENEFICE OF LAVENHAM WITH PRESTON – UPCOMING EVENTS

Pancake Party

On Shrove Tuesday 17th February you are invited to a Lent lunch / Pancake lunch in Lavenham church. There will be a first course of soup, bread and cheese followed by sweet pancakes. All money raised will go to support our Lent charity the Sudbury Foodbank. All welcome.

There will be a sign up sheet in church if you would like to come, or please tell Rev Simon on revsimon63@gmail.com

Lent Study Groups

During Lent there will be a series of study groups which you are invited to attend.

Starting in week commencing Monday 23rd February they will be at
Lavenham Rectory 7.00pm on Tuesdays

Tenterpiece Jubilee Room 11.30am on Wednesdays

1 The Glebe 2.00pm on Thursdays

Hill House Farm Preston 2.00pm on Thursdays (first session 26th February at 7.00pm)
We shall be studying a book by Tom Wright "Lent and Easter for Everyone". Sign up sheets in church or please contact Rev Simon if you would like to join a group. Places will be limited.

VILLAGE HALL NEWS

100 CLUB

The 100 Club is a vital source of funds for us and, for just £5 per year, gives subscribers plenty of chance to double their money or more. This year's subscriptions will be sought within the next month or so - please expect a knock on your door some time soon!!

FORTHCOMING EVENTS

Would you like to brighten up a dark February evening? Then come along to the village hall on Saturday 21st February, for the famous Preston Duck Race Night!!!

The event starts at 7.30pm, at half time a hot supper will be served, and a donation bar will be available during the evening. All are welcome for a very enjoyable evening. Tickets are £12 if booked before the night or £15 on the door. Please let us know beforehand if you are coming to help with catering. Look forward to seeing you all then.

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



Are the ICE over-reacting, as some have claimed?

FEBRUARY & MARCH 2026

Have a go!



Would you like to join in an afternoon of fun and have a go at playing carpet bowls?

From 2-4pm on Saturday 7th February 2026

There will be refreshments and cakes to enjoy whilst finding out about how we play carpet bowls here in Preston St Mary.

We play on a Friday afternoon, no one takes it too seriously and we don't enter into competitions with other clubs.

If you would like to come along please let Maggie know on 07506 683907 - either call, send a text or WhatsApp

You can just turn up on the day, but it would be useful to know how many cakes to make!



Lavenham Physiotherapy & Acupuncture Clinic

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Conditions treated include:

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- 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

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Secondhand units available

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QUIZ NEWS

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 4th February.

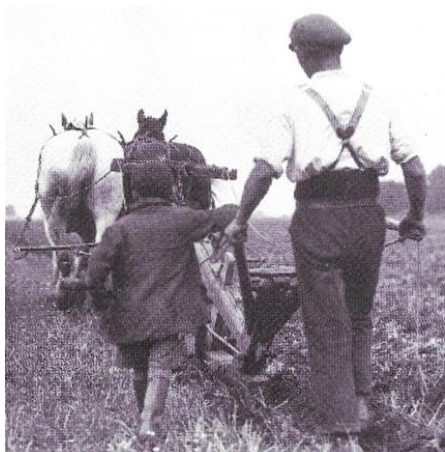
QUIZ TIME ANSWERS from Page 17

1. Nuuk
2. Ghana
3. The City of St Albans
4. Chile
5. Istanbul
6. The River Tamar
7. Venice
8. The New Hebrides
9. South Africa
10. Kabul
11. Japan
12. Crete



Beautiful Downton Nuuk

HISTORY NOTES - CHILDHOOD IN LAVENHAM 100 YEARS AGO



Joe Risby was born in 1911, the son of a Lavenham farm labourer who won the DCM during the Boer War. In the 1990s Joe was interviewed as part of a Channel 4 series called 'Green and Pleasant Land'. The series was an examination of rural life in the first half of the 20th Century, expressed in "the authentic voices of a broad spectrum of our oldest countrymen and women....the aristocrats and their servants, the agricultural labourer and the farmer, the poacher and the gamekeeper".

Joe's elder brother George died aged 24 when he was drowned in the River Stour. Joe took up the story.....

On the day of the funeral the pall-bearers came to the cottage. The custom then was to give each a bottle of beer before they left. When they'd drunk it, Mr Deacon, the man in charge in a big top hat, said, 'Does anybody want a last look?' Then they screwed the lid down and carried him down the steps on to the bier. The pall-bearers and Mr Deacon marched in front to Lavenham church. All the people in the street pulled down their blinds in respect for the person who'd gone. As soon as the cortège was done, the blinds would go up again.

I missed my brother George terribly. It was him who got me into trouble once at school. Sometimes, if you couldn't spell a word, you'd get your ear clipped as much as to say, 'Wake up!' When I told George he said, 'You know what you want to do. When they ask you to read again and you come to a word you can't read, you say "cartwheel".'

I was only a little boy and I thought, He must know, he's eight years older than me.' So when the teacher said to me, 'Risby, stand up and read from page three' and I came to this word I couldn't understand, I said, "cartwheel". The teacher looked at me strangely but didn't say anything. I came to another word. "Cartwheel".

She came along and said, 'Where's this word "cartwheel", Risby?'

I said, 'My brother told me.'

'Brother?!'

She gave me a real smash on my ear. My brother did laugh when I told him. They smacked you for the slightest thing, but it was good for ye. Wonderful discipline. I loved every minute of school.

With acknowledgements to Channel 4 Books

Which artist do you prefer Turner or Constable?

Now is the chance to test your preferences and understand why, if you visit the stunning exhibition of the work of these two artists at Tate Britain, running until 12th April 2026

You may change your mind several times over as you take in the 175 works on show.

Masterpieces from 2 great rival painters who transformed landscape painting in very different ways, will thrill and intrigue.

This 250th anniversary of their births exhibition, (JMW Turner 1775-1851) and (John Constable 1776-1837) relates their background histories and showcases some of their most important landscapes, now hanging abroad, that you may not have seen before and which are rarely sent on loan.

Coming from the USA, one can view Constable's ***The White Horse*** from the Frick and ***Stoke by Nayland*** from the Art Institute of Chicago, the latter being a nearly 6ft oil sketch never realised as a painting because of the artist's death.

Also included is one of Turner's 2 paintings of ***The Burning of the Houses of Lords and Commons, 16th October 1834***, lent by the Cleveland Museum of Art and not seen in the UK since the late 19th century.

Their backgrounds highlight their different approaches to their art

Turner was a barber's son from London while Constable was the son of a fairly wealthy Suffolk merchant.

The former found success in the art world at a young age but the latter not until later in life. Nevertheless, they both had the same aim in mind which was to raise landscape painting's lowly genre to the status of history painting and give it meaning and importance.

Rivals in the latter part of their working life, both artists played tricks to overcome the other's predominance such as Turner applying a brilliant red brushmark to his seascape just before the opening of the Sumer Exhibition at the Royal Academy. Constable compared this act to the firing of a gun, though he himself, the previous year, had placed his painting, ***Salisbury Cathedral from the Meadows*** between 2 Turners in a prominent place giving even more prominence to his own. Not good form but it enabled critics and public to compare the works of two great British artists.

The critic of the Literary Gazette likened it to a clash between fire and water. I expect you can guess who was fire and who water. There was admiration for each other's work too.

I visited the exhibition with my daughter before Christmas. While admiring the work of both artists, she chose Turner as her favourite while I went for Constable. Maybe it was the struggle he had to rise in the art world while Turner's path was relatively easy in comparison or maybe its the glorious depictions of the wonderful Suffolk countryside that he produced which we, who live here, know and love, that influenced my selection.

JM

FEBRUARY & MARCH 2026

LAVENHAM GARDENING CLUB

Belated Happy New Year! What an optimistic time in our gardens, as there are signs of new growth everywhere. Bulbs are pushing through and coming into bloom almost daily. If you planted bulbs of all kinds in the autumn you, like me, may be checking to see what the squirrels have left you after the winter! Buying pots of bulbs 'in the green' is a reliable way of increasing stocks, or divide and replant existing clumps in the garden.

If you left dead stems over winter, begin 'tidying' on bright days, as insects emerge - 'cut and drop' as mulch on beds or put on the compost heap. Weed as you go - a satisfying task on bright days! On a dry day, give the lawn a first mow and tidy the edges. Finish winter pruning of apples, pears and winter flowering shrubs, and cut down buddleias and roses to promote flowering on new growth. I'll leave my cornus this year but they can be cut down for brighter new growth next winter.

I always have a stock of unused seeds but need to sort through them as it is not worth sowing old seeds - they are unlikely to germinate. Tomato, chilli, sweet pea, broad bean and annual flowers can be sown indoors in Feb, as they need a longer growing season. Put seed potatoes to chit and prepare ground for sowing most vegetables outside in March.

I have a few shrubs in pots waiting to be planted and germander to make a low hedge, replacing the box that we had to burn last year. There's still time to plant economical bareroot shrubs and roses. Pot up dahlia tubers and keep moist in a light warm place to start them off. Don't forget to begin early with slug barriers, especially around hostas, and get plant supports in ready.

Plants for Feb-March: snowdrop, hellebore, cyclamen coum, aconite, crocus, erica, camellia, viburnum bodnatense, daphne, narcissi, scilla, wild anemone, fritillary, periwinkle, epimedium, flowering quince, primrose, early tulips, magnolia

Club News:

Thorpe Morieux won the rose bowl at the Quiz in Nov - congratulations to them.. Members always look forward to our New Year party at the end of Jan and, this year, Celtic Mandolin Man came to entertain us.

19th Feb Visit to Easton Lodge

25th Feb AGM

25th March We are delighted to welcome **ALAN GRAY** from the Old Vicarage, East Ruston, Norfolk, to talk about his garden there and bring some unusual plants for sale. Non-members welcome, £10 tel Carolyn 01787 247489

New members always welcome. Annual subscription £20, meetings held on last Weds of month at Lavenham Village Hall 7.30pm

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

Carolyn Jenkins



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

UNDER 5S

Wordplay at Lavenham Lavenham Library

Feb 5, 2026 2:00 PM, and every Thursday



Join us for a fun Wordplay session every Thursday at Lavenham Library! Bring your little ones down from 2.00 PM and enjoy an afternoon of stories, songs and rhymes, suitable for babies and toddlers under 5.

This event takes place during term time only

Top Time Group

Top Time is our sociable drop-in group for all adults held fortnightly on Tuesdays from 2.30-4.00pm.

Lego Club

Held every Saturday between 11.00am – 12noon. A drop-in session for children of all ages.

Contact Details

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

Tel No: 01787 247729

www.suffolklibraries.co.uk

Email: lavenham.library@suffolklibraries.co.uk

Suffolk Libraries HMRC charity number XT34476



FEBRUARY & MARCH 2026

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. Elke Cattermole

Tel: 07957 419055

NOTE NEW SERVICE TIMES AT PRESTON

CALENDAR OF BENEFICE SERVICES FOR FEBRUARY 2026

SUNDAY 1st FEBRUARY CANDLEMAS	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
	LAVENHAM	6.00PM	EVENSONG
SUNDAY 8th FEBRUARY 2 BEFORE LENT	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	4.00PM	EVENSONG
SUNDAY 15th FEBRUARY NEXT BEFORE LENT	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	MORNING WORSHIP
	PRESTON	11.30AM	HOLY COMMUNION (BCP) Followed by Refreshments
SUNDAY 22nd FEBRUARY LENT 1	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	4.00PM	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)

FEBRUARY & MARCH 2026

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. Elke Cattermole

Tel: 07957 419055

CALENDAR OF BENEFICE SERVICES FOR MARCH 2026

SUNDAY 1st MARCH LENT 2	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	12 NOON	11.30am Refreshments before PRESTON PRAISE
SUNDAY 8th MARCH LENT 3	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	PRESTON	4.00PM	EVENSONG
SUNDAY 15th MARCH MOTHERING SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	MORNING WORSHIP
	PRESTON	11.30AM	HOLY COMMUNION (BCP) Followed by Refreshments
SUNDAY 22nd MARCH LENT 5	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
	LAVENHAM	5.00PM	CHORAL EVENSONG With CAIUS CHOIR
SUNDAY 29th MARCH PALM SUNDAY	LAVENHAM	8.00AM	HOLY COMMUNION (BCP)
	LAVENHAM	10.00AM	HOLY COMMUNION (CW)
MONDAY/TUESDAY 30 th /31 st MARCH HOLY WEEK	LAVENHAM	7.00PM	COMPLINE

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)