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Local officers:

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'The Vicarage, Noyes Avenue, Laxfield
theparsnips@googlemail.com

Church Wardens:

Andy Edmunds 01986 798523

Lay Elder for Cratfield - Margaret Thompson 07906 509302

Parish Council - Lotty Barbour 01986 798099

PC Clerk Sally Chapman 01379 855486

PC Website www.cratfield.onesuffolk.net

Neighbourhood Watch co-ordinator—Bob Stratford 01986 798143

Village Hall:

Chair Person - Rebecca Sannick 01986 799006

Vice Chair - Richard Turberville 01986 798346

Bookings - Jo Nunn 01986 799181

Painting Club - Mick Chave 01986 798771

Laxfield School Act. Head Teacher - Mrs Hammond 01986 798344

Nova Group - Heather Hargood 01986 798180

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peter-sparrow@outlook.com

All information must arrive by 20th of the month.

Advertising rates p/a: Full page £60; half page £30; quarter £20; eighth £10; directory £8; flyer £10.

Please contact Sue, Geoff, Molly or Peter for more information

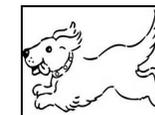
CRATFIELD NEWS

JANUARY 2017

Happy New Year
to all our readers

Why not start the new year with a pleasant stroll around the village
with family, friends and neighbours?

See page 3 for details



Wait for me!

DO YOU LIVE IN CRATFIELD?

Could you benefit with some financial assistance towards educational costs?

Cratfield Town Estates is a village based charity which can provide a financial contribution to the people of Cratfield to help with additional educational and training related expenses. If you think the Cratfield Town Estates Charity could help you, then please write to the Chairman stating the reason for the money, the total amount required, how it will benefit your education/training along with any other relevant information to assist your request.

Apply to the Chairman David Sillett, School Farm, Cratfield

Jamie Perkins

A memorial service was held in St Mary's Church on 15th December for Jamie Perkins, a recent arrival in Cratfield. Jamie was a successful London-based curator and art expert who had been with us for less than two years. During that short time he made many friends in and around the village and will be sadly missed by those of us who looked forward to knowing him better. Jamie died in a tragic swimming accident in the River Waveney. As well as local friends, his memorial service was attended by friends and family from London and the West Country.

RESULTS FROM FIREWORKS AND COUNTRY FAIR 2015/6

The following donations have been made in your village community from the above two events.

£9,000 to the Parochial Church Council towards the cost of replacing the stolen lead on the church roof and funding for the Parish Council for work on the village noticeboards. In addition to the funding received in your community smaller amounts are often given to various clubs and good works. The Trustees will in future give an annual report on where the money that the volunteers work hard to make is allocated.

Anne Clark, on behalf of the Heveningham Hall Country Fair Trust

ST. MARY'S CHURCH - JANUARY SERVICES

SUNDAY 8TH	SUNDAY 22ND
6.30pm Evensong DB	8.00am Holy Communion DB
Sidesperson A. Edmunds	Sidesperson D. Peacock
Reader R. Harrison	Reader E. Cook
Isaiah 42: 1-9 Acts 10: 34-43 Matthew 3: 13-17	Isaiah 9: 1-4 1 Cor 1: 10-18 Matthew 4: 12-23

If you cannot fulfill these requirements please contact Margaret Thompson

News from St. Mary's

Don't forget to join St. Mary's Community Walk on Sunday January 8th, starting at 2.45pm, leaving from the church.

Crane Lodge, Bickers Hill, Laxfield, IP13 8DP

Telephone: 01986-798901

January 2017

Dear Friends,

Happy New Year!

I can imagine that many of us will be wondering what 2017 will bring. Some will be viewing the coming year with anticipation, some with apprehension and perhaps some even with fear. A new year invariably heralds change of some sort; as somebody once said to me, nothing stays the same forever, in this world, change is inevitable. The question arises: should we regard all change as inevitable? Indeed, perhaps we should be involved, support or even instigate some changes, after all, we don't live in a perfect world and some changes would be for the better. I am reminded of a well-known prayer:

God, grant me the serenity to accept the things I cannot change;
The courage to change the things I can;
And the wisdom to know the difference.

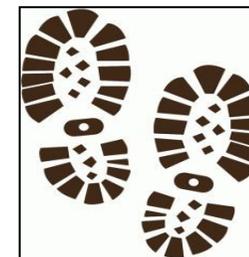
Jesus Christ certainly brought about quite a few changes and his ministry goes on changing the world for the better. Even so, the future can be unsettling for us all, but of course something that we can cling to is the timelessness of God, and that he will be the same tomorrow as He is today and was yesterday. St Paul makes this point in 2 Corinthians 4:16-18: even though our outer nature is wasting away, our inner nature is being renewed day by day. No matter what happens to us in the world in which we live, that part of us which lives in Christ, remains the same and is as timeless and unchanging as God. Jesus Christ is the same yesterday and today and forever (Hebrews 13:8).

If all seems bewildering and chaotic, remember that wonderful old hymn by Arthur Ainger: God is working His purpose out. There is purpose to the world in which we live, though it is sometimes hard to see and understand.

With my prayers and best wishes,

Walking in a Winter Wonderland – St Mary's Community Walk

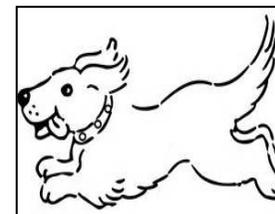
Come and join us for a community walk on Sunday 8 January starting at 2.45pm. We will walk for about 45 minutes and on level ground – probably round the little globe. For children and the young at heart there will be a Star trail activity with a small reward at the end.



We will start and end up at the church with tea and teacakes and weather permitting a bonfire (with marshmallows to toast if that is your thing!). Join at the start or join us en-route.

If you would like to join us but are not up for a gentle walk then come along for the tea and cakes from 3.30pm onwards.

No Charge – welcome.



Sociable dogs
Everyone welcome.

What about the Weather? –

Except for exceptionally bad conditions we will be going ahead with the walk – Hopefully it will be crisp and dry and we will be treated to the beginnings of a magnificent winter sunset.

SING IN THE WINTER WITH YOXVOX!

Come and give singing a go with YoxVox's Monday evening sessions. These open, accessible, singing sessions are led by Tracy and Jennie fortnightly in Yoxford Village Hall.

We teach everything by ear so you do not need to be able to read music, or be experienced as a singer. You just have to love singing! Join us and discover songs from across the globe in this friendly group. Try it; it might be just what you've been looking for. Come on your own, or with a family member or friend. You will be sure of a welcome and discover just how singing with others can lift the spirits.

YoxVox meets fortnightly on Monday evenings, 7.30-9.30. It's just £5 - £8 per session.

Winter term dates :

January 9th, 23rd February 6th, 20th March 6th and 20th

To find out more just phone Tracy Sharpe on 014730405625 or Jennie on 07853397215

or email tracy.sharp43@ntlworld.com or jenniesings@hotmail.co.uk

Twelfth Night

5th January. This was always the third of the three big feasts during the Christmas season and was therefore a time of celebration, before all the decorations were removed on January 6th, which is properly called Twelfth Day. For centuries a rich fruit-cake, called a Twelfth Cake, was always served. It contained a pea or a coin and whoever found this in his or her slice would be the lord of the household for the evening. Later, in Victorian times, the practice changed and silver trinkets were baked in a cake. The nature of the trinket prophesied the sort of year the recipient could enjoy: a ring indicated marriage, a coin was for wealth and so on. Today, these trinkets are more likely to be found in the Christmas pudding than a Twelfth Cake.

From *'Life's Little Instruction Book'* by H. Jackson Brown Jr.

Maybe a few things to aim for in 2017 rather than the usual impractical, unachievable, soon forgotten New Year Resolutions.

Watch a sunrise.

Look people in the eye.

Say 'thank you' a lot.

Plant flowers in the spring.

Drink champagne for no reason at all.

Return all things you borrow.

Never mention being on a diet.

Admit your mistakes.

Don't take good health for granted.

Don't scrimp in order to leave money to your children.

Be kinder than is necessary.

Measure people by the size of their hearts, not the size of their bank accounts.

Become the most positive and enthusiastic person you know.

Use less salt.

Show respect for all living things.

Observe the speed limit.

Learn to show cheerfulness even when you don't feel like it.

Remember that overnight success usually takes about fifteen years.

Never eat the last piece of cake.

Just see how it feels for 24 hours to refrain from criticising anybody or anything.

Don't flaunt your success, but don't apologize for it either.

Be enthusiastic about the success of others.

Don't procrastinate. Do what needs doing when it needs to be done.

Be especially courteous and patient with older people.

Never buy something you don't need just because it's in a sale.

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Chris Kitchen tel. no. 01986 798 764 or write to Bell Green Cottage, Cratfield, Halesworth, Suffolk, IP19 0BI

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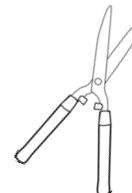
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Michael Glaysher

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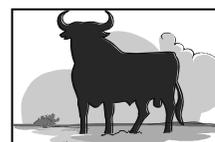
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Some Thoughts for the New Year

"We are the authors of our destinies. No one can see the vision any clearer, believe in and work any harder to make it a reality more than the visionary." – **Nike Campbell -Fatoki**

"You can get excited about the future. The past won't mind." – **Hillary DePiano**

"Same mind with same old ideas enters the same old year; only the new mind with new ideas enters the New Year!" – **Mehmet Murat Ildan**

"You can be clumsy yet clever. You can be classy yet poor. It's not tearing a leaf off a calendar which will make you a better or a worse man but the attitude that you have from dusk till dawn every day." – **Indeewara Jayawardane**

From <http://www.123newyear.com/>

POACHER EVENTS FOR JANUARY

No Quiz and no Men's Group

Tuesday 10th Ladies' Group

Wednesday 11th Book Club

Wednesday 18th Acoustic Music Night

2017 MOBILE LIBRARY DATES

Silverleys Green 14.15-14.35

The Poacher 14.45-15.00

Calling every four weeks on Tuesdays:

3rd January, 31st January, 28th February, 28th March, 25th April, 23rd May, 20th June, 18th July, 15th August, 12th September, 10th October, 7th November, 5th December

SUFFOLK QUIZ

William Hoare RA, appropriately first 'saw' beauty when he lived in this town.

This Southwold in is reported to have flashed its lights to warn smugglers at sea.... despite its connection with an illustrious admiral. Name him and the inn.

What was the chief occupation of Adrian Bell, author of *Apple Acre*, *Corduroy*, *Silver Ley* and *The Cherry Tree*?

Leiston's Museum, one of the first production line-engineering halls in the world, is more like an extended store.... so what is it called?

King Edmund of East Anglia was said to have been hiding from the Danes under a hedge at Hoxne, before he was slain in 870. But what gave him away?

Who seized King Edmund, bound him fast with chains, lacerated him with whips before their arrows slew him and they cut off his head?

A young soldier called Jack the Smiter is a popular figure in Southwold. Where can you find him and what does he do?

Which animals form the Suffolk Trinity, the basis of the county's agricultural history?

What does a Suffolk long house lack, which might suggest faulty design?

What destroyed most of Southwold in 1659?

Answers next month.

Unfortunately there were no entries for the children's quiz last month. So, sadly, Nick and I have been having to plough our way through the chocolate prize. I'm already planning next year's Children's Christmas Quiz!

departing. It was tough. One day in the Jura the rain swept the mountain path away, necessitating a long retracing of steps.

One of the high points (literally) was the Great St Bernard Pass at over 8000 feet. In mid-June it is still under snow, but I managed all but the last two kilometers on the path, before taking to the newly re-opened road. But what joy to reach the Hospice which has welcomed pilgrims for more than 1000 years, and know I was halfway to Rome!

The descent from the Alps, and the beautiful Aosta Valley, was strenuous, and once more the knee started to become not only painful, but uncertain in strength. At Vercelli (Piedmont) I made the reluctant decision that if I tried to continue I would not get to Rome. I flew home, miserably, with my tail between my legs.

Twelve weeks rest and I was back in Vercelli in mid-September. Although painful, the knee held good, and I completed the remaining 520 miles, arriving in St Peter's Square on 21 October. This second part of the Via Francigena was wonderful, though not uneventful – I recall wading through a wide river when the path just stopped; finishing a 20-mile day in a violent thunderstorm on high ground with no shelter...and the many snakes, not to mention a few pilgrim hostels which, shall we say, would have made a doss-house look good.

Each day's walking was determined by the availability of hostels or religious institutions where pilgrims could be accommodated. In cities I looked for cheap hotels. The most I walked in a day was probably around 24 miles, the least 11. I walked through five countries (England, France, Switzerland, Italy and the Vatican) and my actual walking days were 75, plus of course rest days and the 12-week recuperation period.

The rewards were many: the immense and humbling kindness of strangers, the friends made, the beauties of the country, the glories of Lucca and Siena - not to mention the food; the space to be oneself and be happy without pressures or worries or the factors and baggage which define one. One can be in the moment, truly free.

I set up two Just Giving pages, for Shelter (because one gets a tiny glimpse of what it is to not know where one will lay one's head at night) and for Refugee Action (because I was walking south, when so many struggle to

VILLAGE HALL NEWS

100 Club December Winners

The 100 Club draw was held at Nova

1 st Hannah Jones	No. 13	£15.00
2 nd Richard Chivers	No. 43	£10.00
3 rd Jeremy Blackham	No. 98	£5.00

Congratulation to the winners

Dates for your Diary for 2017

Cratfield Dog Show Sunday May 7th

Photographic Competition Saturday October 14th

Categories:

Wildlife, Nooks and Crannies, Shadows & Reflections

May we take this opportunity to thank everyone who supported the Village Hall during 2016, whether you attended an event, donated a raffle prize, helped out at an event, helped us maintain the hall and garden, baked cakes, hired the hall etc. We hope you had a very happy Christmas and we wish you a peaceful 2017

If you would like to hire the hall for an event or hire any equipment (chairs, tables, crockery etc) contact:
Jo Nunn 01986 799181



A neighbour suggested I write something about my 1200-mile walk to Rome in 2016. Left to myself I would fill the whole of *Cratfield News* with this amazing adventure, but I'll try and condense it a bit – and explain where, why, and how.

Where?

The route is known as the Via Francigena, and takes the pilgrim from Canterbury to Dover, across northern France to the Jura, into Switzerland, over the Great St Bernard Pass, and down through Italy – the Aosta Valley, Piedmont, Lombardy, Emilia Romagna, Tuscany and Lazio. It loosely follows that taken by Sigeric the Serious in 990, when he was made Archbishop of Canterbury, and travelled to Rome to collect his *pallium* – his mark of office. Returning, his scribe noted the 79 different stages of the journey.

Why?

Many people will know I had already walked several Camino routes to Santiago de Compostela through Spain and France. I like to use the word “pilgrimage”, not just because those walks were to the alleged tomb of the Apostle St James, but because they are journeys which mirror our path through life, with its ups and downs, joys and sorrows, pains and pleasures; with its turning upside-down of plans; its encounters with the unexpected; with the people who cross one's path, the people with whom one walks a stretch and more, and sometimes the loss of those same companions. As in life, it is how one deals with all of this that brings to light one's true self, and the necessity of transformation.

There is something about the steady daily plod, the rhythm of walk, eat, sleep; walk, eat, sleep, that teaches a type of mindfulness, a living within the moment. There is space to think, or to empty one's head; time to pray; and freedom to just be.

Today pilgrimage has seen a great revival. Millions go to Catholic shrines - Lourdes, Medjugorje, Fatima, Knock, Walsingham. These modern voyages to holy places are often by coach or air, and the pilgrim stays in a hotel. The great medieval pilgrimage to the shrine of St James in Santiago de Compostela has known a huge growth in popularity in the past two decades, with around a quarter of a million making their way there on foot, bicycle or horseback each year.