

CRATFIELD NEWS

MARCH 2017



March winds
and *April* showers
bring forth *May* flowers.



illustrations of.com #1120262

Hello and welcome

A very warm welcome to the new family who have moved into The Poacher, Aaron, Symone, Evie and Zak, plus Phoebe and Finn (dogs).

Also to Anne and Nigel who have recently moved into Linstead Farm Cottage.

We hope they will all be very happy here in Cratfield.

Cratfield Village Wall Hanging Project

I did not get any telephone responses to my request in last month's magazine to take photos of period properties, so I started knocking on doors and met with very favourable responses, so thank you to those people on whom I called. There are still some outlying doors to knock on so I *will* be around in the not too distant future!

Sue Eade

Auction of Promises update

Last May 'Rix Petroleum' was approached with a view to helping us out in some way at the Auction of Promises. They very generously came back with the 'promise' of a percentage amount for every litre of oil purchased through the village syndicate. In January the church received a cheque for £276.70. Thank you to everyone who buys their oil from Rix. They have also pledged to carry this on in 2017. So keep yourselves and St. Mary's warm!

Thank you for your support.

EDITOR'S RANT

There is quite a lot of ranting going in Cratfield News this month, so here's my contribution.

It has been brought to my attention that there have been some issues with receiving the magazine.

Whilst I appreciate that it would be good to have it delivered when you want it, there is a lot involved with the production and delivery. If deadlines are not met (this is the 20th of the month, has been for years, and is stated on the back page of the magazine) then obviously this leads to delay, the copy has to be gathered, created, collated, edited, proofed, printed (990 double sided pages), stapled, folded, bagged and finally delivered. The area of Cratfield is not small, there are several far-flung homes which involve a good drive around.

The loyal band of voluntary helpers, who have been doing this for years have lives to lead, some of them are working people with families to consider so the magazine has to be fitted in 'as and when'.

Please be grateful for your free monthly magazine which does not mysteriously appear on your doormat or in your mail-box, as if out of the ether!

Rant over!
Sue (Editor)

DOG FOULING IN AND NEAR SILVERLEYS GREEN

In the past few months there has been a big increase in the amount of dog excrement left around Silverleys Green, especially along the northern part of Tongs Lane, along the roadside going towards Swan Green, and also towards the Common. A lot of this is very obviously the same dog.

It is not only disgusting, but a health hazard. I am fed up with dodging it, stepping in it, and removing it myself. If you do not want to bag your dog's faeces, then please either kick or flick them well off the path and the side of the path/road – to somewhere where no-one is likely to tread in them.

(Name and address supplied)

WHAT DO YOU THINK?

I was appalled and saddened to see, in the vicinity of Four Winds cottage, the total destruction of all trees, including an oak, and the partial removal of the spinney also on that corner.

Already much of the hedgerow and a good number of trees further on have been hacked down adding to the desolate feel growing in that area.



Gone, or considerably reduced, are the wildlife habitats and corridors for birds, small mammals and insects. Bird numbers are, for some species, on the decline and this loss of habitat just exasperates the already delicate balance. Even if these areas were to be replanted, which they will not, it would take, at the very minimum, 30 or so years for any sort of healthy balance to return.

The rosy image of farming and countryside management perpetuated by the likes of Country-file may well have some truth in many parts of the country where conservation is considered important, but it seems that here in this area of Suffolk the pursuance of the American plains system of agriculture creating landscapes devoid of all but crops appears to be taking hold.

Even hedges which are lucky to survive are cut so painfully thin that they can hardly be described as a hedge.



Whilst on the subject, I suppose we should be grateful not to have lost the trees bordering Manse Lane although one has been chopped down.

I have no doubt that there are those who care little for what is happening, but our countryside is under threat, not only from farming methods, but also from a government which views all green spaces as potential building plots.

Once it has gone, that's it, it's gone.

Rod Dix

FRESSINGFIELD STORES

YOUR FRESH AND LOCAL VILLAGE STORE

NEW
'INDEPENDENT'
RANGE OF
OWN BRAND
SPECIAL
VALUE
GOODS



- ★ 3 Weekly Special Offers
- ★ Off-Licence, Dry Cleaning, Gas & Coal
- ★ Open 7 Days a Week until 8pm (Sunday 6pm)

01379 588188



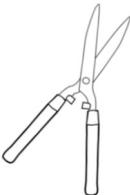
Brian Cole

7, The Street, Cratfield,
Halesworth, Suffolk IP19 0BS

Tel: 01986 798503 Mobile:
07770768209

Garden machinery repairs

Shears sharpened



**AFFORDABLE
HANDYMAN
HOME + GARDEN**



**RELIABLE, TRUSTWORTHY
EXCELLENT REFERENCES
CALL PETER
01379 668436**

Pete's Computer Services

Reliable, helpful, honest and local!
Assistance, maintenance and repairs.
PC, laptops, tablets and phones.
NO FIX NO FEE.

Tel: 07758076177

pete@petescomputerservices.co.uk

WEB: petescomputerservices.co.uk

MICHAEL OLIVER

FENCING AND GATES

ALL ASPECTS SUPPLIED ERECTED REPAIRED
ADAPTABLE to your individual requirements

GARDEN FEATURES CONSTRUCTED AND INSTALLED
Arches pergolas trellis paving paths footbridges raised beds log stores

GRAVEL DRIVEWAYS CONSTRUCTED AND REFURBISHED
Including drainage and all types of edging

MINI DIGGER TO: CLEAN SMALL DITCHES TRENCHES DRAINAGE
HOLES AUGERED CONCRETE BREAKING AREAS LEVELLED AND CLEARED

*PUBLIC LIABILITY INSURANCE
FREE WRITTEN ESTIMATES AND SENSIBLE ADVICE*

HOME: 01986 798129 MOBILE: 07946 714291
EMAIL:michael700oliver@btinternet.com



Linstead Farm & Garden

For all your gardening equipment and machinery needs

Lawn mowers, ride-ons, chainsaws, hedge trimmers etc

STIHL VIKING MOUNTFIELD COUNTAX STIGA

Sales and service, spares and repairs. Contact Bob or Simon on 01986
785272 or email linsteadfarm@btconnect.com

Christmas Lane
Metfield, Harleston
Suffolk IP20 0JZ

**METFIELD
GARAGE**
& Service Station

Tel: 01379 586219

Michael Glaysher



Would you like
an attractive
garden, or a productive
vegetable patch, but lack the
time, energy or experience?

Then call Gary Kimpton Garden
Services for expert advice and
practical help in your garden.
Please telephone 07913814176 for
a prompt response.

Gates Lodge Self Catering

- ***Luxury Grade 2 Listed Accommodation***
- ***Fully Equiped***
- ***4 star Detached Cart-Lodge & Stable***

Farmland views

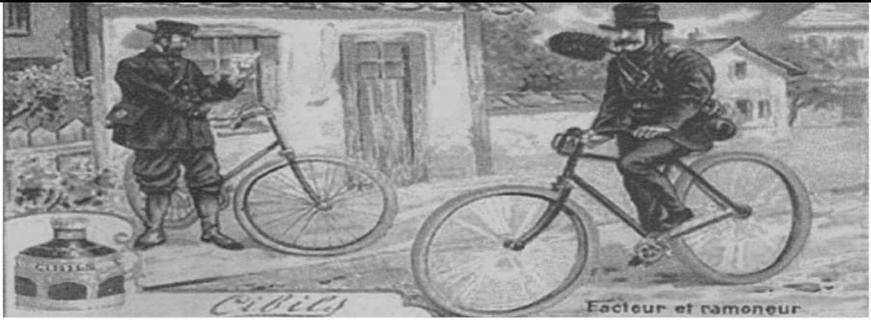
Chippenhall Green, Fressingfield, IP21 5SJ

01379-586166

www.jolly-farmers-suffolk.com

www.gateslodge.co.uk





CHIMNEY SWEEP

STRADBROKE 01379 388908

FULLY CERTIFIED

INSURANCE APPROVED

TONY HALES

BUMBLE COTTAGE, WILBY RD, STRADBROKE



Don't forget to book your lucky sweep for weddings.

THE GUILD OF MASTER SWEEPERS

Pike's Paws

Home Boarding for Dogs



- Safe family environment
- 3 Acre organic small-holding
- From holiday stays to day care
- Fully insured and Licensed

Oak Tree Cottage, Cratfield Road
Huntingfield, Suffolk, IP19 0QB

Pikespaws@yahoo.co.uk

01986 798310

Find us on:
 [facebook.PikesPaws](https://www.facebook.com/PikesPaws)

Ruby and the Fairy Tale

A little girl called Ruby, woke up in a field all alone.

"Where am I?" She said to herself. "Am I in a field? I think I am."

She gets up and explores all around the field. Ruby trips on something, looking down she sees a megaphone and a stool.

"I wonder if I can use these?" She thought to herself. "Yes, I can!"

Picking up the megaphone and standing on the stool she Shouts "Help! I need someone to play with?"

No one came. So, she shouted again. Then two children about the same age as Ruby came, they were best friends. "Hello my name is Harriette and this is Isla. What's your name?"

"I'm Ruby, would you like to play with me?"

"Yes!" Harriette and Isla said together.

So, the three girls went off to play hide and seek.

Ruby runs off to hide behind a small tree, she touches the very top leaf, suddenly something amazing happened, the field had turned into a forest.

"It must be magical!" They all said.

They see a tree covered in glittery, glimmering, sparkling dust.

Running to the tree they pick up some of the glittery, glimmering, sparkling dust and touch the tree. Magically the tree changes into a fairy house, going up the steps they knock on the door.

The fairy says "Yes, come in!" so the girls scramble in because they are so scared as they have never heard such a beautiful voice.

They see a small beautiful person with glittery, shimmery wings. "You can have anything you like, just ask!" It says.

"Can we have some lunch?" and so they have the most amazing lunch!

They leave the house to explore further. They find a tree with black, shiny dust circling the tree.

Curious, they touched the tree, just like before the tree changed into a fairy, so they knocked on the door. "You may come in." A voice called.

Going into the house they trip over an invisible wire. Suddenly a net rises up from the floor and traps them!

"Help, help!" They cry to the fairies, "We wish we were free!" Just as the net started to break the magic power was gone. Ruby, looking around, sees a magic sword. She can only just reach and grab it, so grabbing it she cuts the three of them free. "Run," shouted Ruby. "Before the evil fairies catch us again!"

So, the girls left the house and ran back to the small tree and found the megaphone and stool again, Ruby climbed onto the stool and shouted through the megaphone "Mum, Dad, Help us!" As loudly as she could.

The forest disappears and becomes a field again, in the distance Ruby saw her parents running towards her as fast as they possibly can.

Scooping Ruby up in their arms they hug her tightly.

"What happened, Ruby?"

"You'll never, ever believe me, even if I told you!" Ruby said, and laughed in relief now that she was safe again.

By Niamh Sparrow (age 7) for BBC R2 500 Words Competition

2017 MOBILE LIBRARY DATES

Silverleys Green 14.15-14.35

The Poacher 14.45-15.00

Calling every four weeks on Tuesdays:

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

Broadbad again

(yes, the spelling is per the Shappe's report)

Over the last few months many of you will have been having problems with your phone line and/or broadband or even numbers swapped with someone else. I don't know how many, I only know for certain from those of you have spoken to me or those who have spoken to the people who have then spoken to me.

If you take a walk down the hill past the church you can see the reason why. Near the little drainage channel bridge, on the right hand side is a big coil of telecom cable and on the left hand side a new pole.

Back in Aug/Sept 2016 the two cables that run from the bottom of the hill to half way up were damaged by continuous rubbing against tree branches (look up and you will see). This caused numerous faults and the instruction by

BT Openreach to their contractors was to replace the two damaged cables with a single new one (more wires inside so it could be a single cable) across a span of three poles. But at least one of the poles was rotten - a very common problem in rural areas because BT don't maintain them - so that pole had to be replaced.

That was the first road closure. They put the new pole in but they didn't replace the cable, just left the new one lying on the ground. Apparently because the trees hadn't been cut back.

The second road closure was the same, but again, nothing had been done to the trees so they didn't hang the new cable.

On the third occasion - and maybe there were more in between that I don't know about - BT Openreach still didn't replace the cable but, because of so many fault reports, started swapping the wires around in the damaged cables to try and get a better set for whoever was complaining most. This is common practice by an organisation who likes to squander taxpayers money given away by the part of Suffolk County Council called "better broadband for Suffolk" overseas instead, and it's called "re-routing" (somewhat easier and cheaper than replacing the damaged cable or putting a new fibre cable in that we have paid for through our taxes). The knock-on effects are that, because the contractors doing it are pretty incompetent, they get the wires all muddled up and some people get



VILLAGE HALL NEWS

The winners of the February 100 club draw were:-

1 st Andrew Barringer	no.58	£15.00
2 nd Chrissie Kitchen	no. 1	£10.00
3 rd Carolyn White	no 32	£5.00

Congratulations to the winners

Karaoke Night

Simon and I are having a karaoke night in **Syleham Village Hall** to raise money for the **East Anglian Air Ambulance**.

Those of you who were at the Auction of Promises last year may remember Juke-box Jon very kindly offered to do a gig and Simon won the promise. So, everyone, there is no charge to get in, just come along on March 24th from 20.00. Please bring **either** a **small** plate of food for a bring and share buffet **or** a raffle prize, make a donation to the Air Ambulance and have a good time!!



Any questions please call 01379 668361
or text/call 07876487294

Hope to see as many of you there as possible,
Love - Donna & Simon

Recipe for March – Turkish Chicken Pilaf

Ingredients (serves 4)

4 chicken breasts (skinned & boned)	1 large onion
2 clove of garlic	225g/8oz tomatoes
1 small aubergine	1 courgette
1 red pepper	3 tbsp vegetable oil
½ tsp saffron powder	150ml/¼ptl chicken stock
1 dried chilli	40g 1½oz currants
225g/8oz long grain rice	salt & pepper
½ tsp ground cumin	

To garnish

fresh parsley

1. Cut the chicken into 2.5cm/1in cubes. Peel and chop the onion and garlic. Slit the tomato skins, cover with boiling water, leave for a few minutes then peel and dice. Cut the aubergine and courgette into small pieces, De-seed and chop the pepper.
2. Heat the oil in a pan, add the chicken, onion, garlic, aubergine, courgette and pepper and fry over a high heat for about 4 minutes, stirring all the time. Stir the saffron into the stock with 450ml/¾pt of water then pour into the pan. Bring to the boil.
3. Crumble the dried chilli, add to the pan and stir in the currants, rice and tomatoes. Season with salt, pepper and cumin. Reduce the heat to low, cover the pan and simmer for about 20-25 minutes, stirring now and again and adding more water if necessary.
4. Finely chop the parsley – you will need about 2 tablespoons. Spoon the pilaf into a serving dish and sprinkle with the chopped parsley

In our rural community we have no easy access to hospital.

The East Anglian Air ambulance is, literally, our life saver, but they rely completely on the very communities they serve



A representative is coming to give us some insight into their passion to save life.

Please come along and support this yourselves, because none of us know when we may need this invaluable service.

CRATFIELD VILLAGE HALL
30TH MARCH 2017
7.30PM

So are you thinking of going to the Passover Seder in Cratfield this year?

Wonderful! Here are some things to know before you go.

What's a Seder?

The Seder is a festive holiday meal, it actually means 'order'. It is called this because the meal is done in a certain order which takes us from slavery to freedom. The Haggadah – which means 'the telling'- is the book used at the Passover Seder. The Haggadah explains the foods on the seder plate, recounts the highlights of the Exodus, and includes prayers, questions and vignettes.

How serious is this?

Seders are meant to be low-key and fun. Questions are welcome and a light-hearted spirit is in order. After all, we are celebrating that we are not slaves any more. At the seder we can rejoice, take our time, and ponder the questions of freedom and service to God. Many people recline at the seder to celebrate being free.

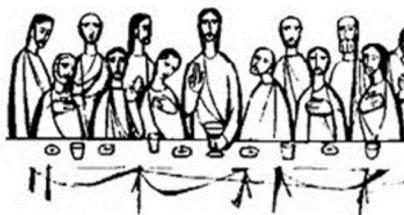
Why is the Exodus from Egypt so important for the Jews?

Because of the Exodus, the idea of enslavement formed a permanent impression on the Jewish collective consciousness. This, coupled with admonitions in the Bible to take care of the less fortunate, has led them to be a people perennially concerned with world's injustices and disenfranchisement.

The Exodus is the archetypal story of God as the Deliverer and Redeemer. Here you learn that injustices can be fought and that you can draw strength from God. With this expulsion from Egypt the Jews became a people (no longer just a family group) on a symbolic as well as a physical journey. At the seder we start our journey to Sinai where we will receive the Ten Commandments. We leave Egypt to serve God and to head towards the Promised Land.

But I am a Christian, why do I want to celebrate a Jewish Feast?

On the night that he was betrayed Jesus sat at supper with friends. That supper was the Passover or Seder Feast. It is the same supper that Jesus and his disciples enjoyed that we will enjoy too. It is a good meal consisting of roast lamb, rice, flat-bread and a fruit based dessert called Harosheth.



The feast will take place in the church on April 11th at 7.00pm. Tickets are £5.00 each, book early to avoid disappointment.

Book with David Burrell on 01986 798136

**T.W. Tree and Gardening
Services**

All aspects of tree surgery

Hedges trimmed, rough areas
strimmed, garden rubbish cleared

Tel: 01986 798928

Mob: 07787 753525

Fiona Patrick's Therapies

Relax & Unwind

Holistic Massage - Back Massage

Hot Stone Massage - Indian Head Massage

Body Scrubs - Body Wraps

www.fp-therapies.co.uk

Fully Qualified & Insured

Give me a call - I am only in BRUNDISH

01379 388458 or e-mail

Fiona@fp-therapies.co.uk

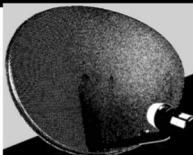
**BOOTY BUILDERS
LAXFIELD**

**For all types of
building work**

Contact Terry

01986 798753

Or 07889 116448



CHARLES GLENNON

**TV, VIDEO/DVD
WALL BRACKETS &
SURROUND SOUND SYSTEMS
DIGITAL AERIAL & SATELLITE
INSTALLATION & REPAIRS**

Tel: 01728 603376

D.C. PATRICK

26 Market Plkace, Halesworth

YOUR LOCAL NEWSAGENT

NEWSPAPERS AND MAGAZINES

DELIVERED TO YOUR HOME 7 DAYS A

WEEK

TELEPHONE 01986 875229



Do you hate ironing?

Then let me do it! Reasonable rates, I can
collect and deliver.

Existing customers in Cratfield.

Contact Sue on 07789 041793 or

01986 873 729

D. M. BULLOCK
GENERAL BUILDER

All building work undertaken



Extensions

New Build Renovations

Patios Brickwork

Plastering

Carpentry

Ceramic Tiling

Mobile: 07766 063601

R. Gritton

Professional Decorators

**High Quality, reliable
service for all your
interior and exterior
requirements**

Telephone: 01379

586768

Mobile: 07766 982600

Cratfield Beef



Quality Home Produced Beef

A large selection of fresh & frozen beef
readily available

Come and visit the Cratfield beef stand
at Halesworth produce market every
second Saturday of each month

A full price list is available on request.

Further details from Lotty 01986

798099

orders@cratfieldbeef.co.uk



HILLCREST
VEHICLE SOLUTIONS

- MOT
- Servicing
- Repairs
- Diagnostics
- All makes welcome
- Land Rover Specialists

**All mechanical work guaranteed for 12
months or 12,000 miles**

Hillcrest Garage, Cratfield Road

Huntingfield Tel: 01986 798668



Paul's fish supplies
 Mobile fishmonger
 Door to Door sales
 07881 686282
 Email : pmg@griffleet7177.plus.com

♈ ♉ ♊ ♋

Astrologer Elizabeth Hills

Astrology is an ancient self-diagnostic tool; one's unique birth chart provides personal direction, timings & insight

Clients are seen at the Harmony Centre, Walpole

Mobile: 07765 861871
 Website: www.awayintwoworlds.co.uk




Laxfield Pre-School Group
 (Framlingham Road, Laxfield IP13 8HD)

Rewarded 'Outstanding' for the third consecutive time.
 Sessions available between 8.30am -3.30pm for children aged 2-5yrs. Funding is available subject to criteria.
 Please call Lizzie on 01986 798091 or email at manager.laxfieldpreschool@outlook.com

Cratfield Cattery For cats on holiday in a rural retreat



- Spacious chalets
- Vaccinated cats only
- Utmost care and attention given
- 10% discount to Cratfield residents

Call Rebecca 01986 799006/07879 400113

ACORN FOOT HEALTH

Roger C. Griffiths, BSc (Econ), Dip Soc Sci,
PGCE, MCFHP, MAFHP

FOOT HEALTH CONSULTANT

HOME VISITS, CARE HOMES & PRIVATE CLINIC

Verruca treatments, ingrown toenails, calluses,
fungal infection, corns, nail cutting, bunions
and Foot Care for diabetics.

Foot health checks and all nail conditions.

For an appointment

Tel. 01379 384873 Mob. 07724 073328

Email: griffithstwo@aol.com

Some evening appointments available

**HORSE & GARDEN
SUPPLIES**

The Thoroughfare, Halesworth

01986 873484 open 9 – 1.00, 2
– 5.00 pm Mon – Sat

Everything for horse and rider.
Garden supplies, seasonal bulbs,
wellingtons, workwear, country
clothing, gift tokens

MAN & MACHINE



LOCAL PLANT & DRIVER HIRE – REASONABLE RATES.

SITE WORKS, DRIVES, AGRICULTURAL, DITCHING, DRAINAGE, HARDCORE
SUPPLIED AND REMOVED, INCLUDING CONCRETE CRUSH.

ALL JOBS UNDERTAKEN. TRACTOR, TRAILER, SITE WASTE REMOVED.

CALL DAVID ABELL FOR QUOTATION; 01986 785132 MOBILE 07966
725001

Four Star Rated
Whipple Tree Cottage
Bell Green, Cratfield

This carefully restored timbered former stable and hayloft includes 1 x double, 1 x twin bedroom (1 cot on request). 1 single bed downstairs.

Wet room, dining room, lounge and large kitchen. All level ground floor for easy wheelchair access. Pretty cottage garden, summerhouse plus off road parking for two cars.

For bookings apply to:

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

METFIELD STORES

run by the community for the community

THE STREET, METFIELD, HARLESTON, NORFOLK IP20 0LB
www.metfield.org.uk telephone 01379 586204

LOCAL - bread, dairy, meat, cakes & pastries.
Groceries, wine & beer, tobacco, newspapers, cards, confectionery.

Open: Monday - Friday, 8.00am - 5pm
Saturday, 8.30am - 2pm, Sunday, 10am - 12.30pm

GOT A DRIP?

Need a plumber?

40 years experience.

Water filters and softeners

Heating and plumbing

NO JOB TOO SMALL

Locally based

Call Derek 07971 007846

email:

Dcknight67@yahoo.co.uk

**OLIVER AND SALLY-ANNE
GARDENS**

Experienced greensman/gardener
RHS qualified gardener
catering for all your gardening
needs.

Based in Cratfield
and offering special local rates
07510 406259
sallyannegardens@gmail.com

Mother's Union

Christian care for families

Many of you will have heard of Mothers' Union but may not know who we are or what we do.

Mothers' Union is a worldwide Christian organisation supporting family life in over 80 countries with more than 4 million members. We share a vision to bring about a world where God's love is shown in loving, respectful and flourishing relationships. So we campaign to protect children within society, to promote gender equality, to facilitate good parenting and strong marriages. We work within marginalised communities in the world to bring health education, to develop literacy skills and to eradicate poverty. Through prayer, giving, volunteering and campaigning we support family life wherever there is a need – locally, within this country and throughout the world.

In this Diocese there are members helping with a wide variety of projects, for example running parenting groups, assisting in marriage preparation courses, supporting chaplaincy teams in local prisons, making Books of Comfort for the use of patients, families and staff at Hospices and hospitals, funding and organising holidays for families in stress, visiting schools to share Bible stories with children and making a wide range of items from clothes and quilts for premature babies, to woollen hats for seafarers and fiddle muffs for those with dementia. These are just a few of the things going on close to home in the name of Mothers' Union.

At present there is no Mothers' Union Branch in the Four Rivers Benefice but there are two branches very close by. The Fressingfield Branch meet in the Sancroft Hall at 2.30pm on the first Thursday of every month and the Hoxne branch meet at 2.15pm on the third Monday of each month. We meet for fellowship and prayer, to listen to a speaker and to raise funds for Mothers' Union projects in this country and abroad. If you have been a member in the past do consider joining us, you can be assured of a warm welcome. We would also be delighted to see new members or visitors whatever their gender, marital or parental status. For more information please contact Anna Vessey (Sancroft Benefice) on 01379 588389 or Cathie McGregor (Hoxne Benefice) on 01379 668434. Copies of our programme for 2017 can be found on all the church noticeboards in the two Benefices and on the Diocesan Mothers' Union website musuffolk.org.uk

Crane Lodge, Bickers Hill, Laxfield, IP13 8DP

Telephone: 01986-798901

March 2017

Dear Friends,

Aside from being St David's day, the first of this month, Ash Wednesday, starts the season of Lent which leads up to Easter. As I am sure you already know, Lent is the 40-day period of abstinence and reflection, marking the 40 days of fasting and temptation of Jesus in the wilderness. This is an aspect of Jesus that is wonderfully human, that he had to face many temptations and keep himself pure before taking up the task of saving us from ourselves. Whether you believe that temptation comes from the devil, or from within ourselves, it is a fact of life that we face every day and it is an unavoidable part of our human vulnerability. Unfortunately, we live in a world which all too often seeks to exploit that vulnerability for its own ends, or as St Peter put it: Your enemy the devil, like a roaring lion, is on the prowl looking for someone to devour! (1 Peter 5:8) Lent finishes on the day before Easter Sunday, and this often results in somebody pointing out to me that 40 days from Ash Wednesday doesn't go all the way to Easter eve – and they are right! It's because we traditionally do not include Sundays as a fasting day.

In recent years, the idea of 'giving up something for Lent' has been extended to taking up something charitable instead – opportunities abound, there are no end of people and charities who could use your help and it doesn't need to finish at Easter, as Jesus once said, you will always have the poor with you.

Another important day this month is Mothering Sunday i.e. March 26th so please check your church's notice board for special services, along with other events your church may be running to mark Lent and/or to support various charities.

Finally, David is running a Lent course on the 9th, 16th, 23rd and 30th March at 2pm in the Rectory. If you can, please do some along – I promise that there will be no 'deep theology'.

With my prayers and best wishes,

Ron

ST. MARY'S CHURCH - MARCH SERVICES

SUNDAY 12TH	SUNDAY 19TH	SUNDAY 26TH
6.30pm Evensong DB	9.30am Holy Com- munion DB	8.00am Holy Communion DB
Sidesperson A. Edmonds	Sidesperson C. Mobbs	Sidesperson D. Peacock
Reader Liz Dix	Reader A. Edmonds	Reader E. Cook
Gen 12:1-49 Rom 4:1-5, 13-17 John 3:1-17	Exodux 17:1-7 Rom 5:1-11 John 4:5-42	1 Sam 16:1-13 Ephes 5:8-14 John 9:1-41

If you cannot fulfill these requirements please contact Margaret Thompson

News from St. Mary's

Save the date:- next Community Walk 9th April

Starting at the church 15.00hrs. This time we will try and find a route which offers people the chance to stay on the level or go cross country. There will be a scavengers hunt for the children and of course, more importantly, tea and cakes back at the church about 15.45hrs. Come for the walk or me for the cakes. Everyone welcome.

DIRECTORY:

Police: PCSO 3195 Julie Hinton phone 101, ask for her by name.

Doctor's Surgery	Fressingfield	01379 586 227
	Stradbroke	01379 384 220

Local officers:

Church Rev. David Burrell		01986 798 136
---------------------------	--	---------------

'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
------------------------------	--	--------------

Magazine Editors:

Sue Eade, Cranes Cottage, Cratfield, IP19 0BN		01986 798725
suecratmag@aol.com		

Treasurer - Geoff Moore		01379 588024
-------------------------	--	--------------

Production Manager -

Peter Sparrow, 2 The Street, Cratfield, IP19 0BS		01986 798472
--	--	--------------

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