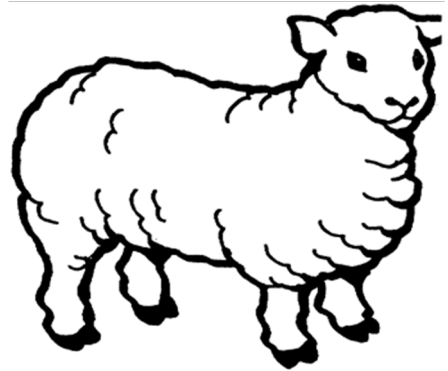
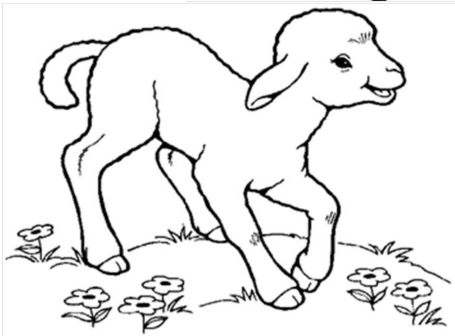
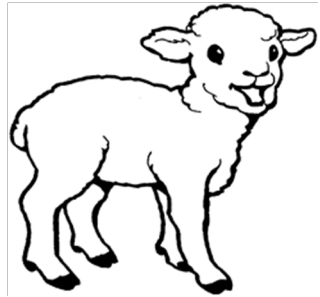
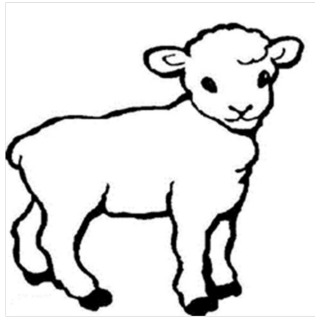


CRATFIELD NEWS

March 2023



WELCOME

A very warm welcome to Rev, Enid Pow who has now joined us as Priest-in-Charge of the Four Rivers Benefice which includes the parishes of Bedfield, Brundish, **Cratfield**, Laxfield, Monk Soham, Tannington, Wilby and Worlingworth. Enid's official institution and induction took place at Wilby Church on February 23rd. Obviously it will take her some while to find her way around all of our villages, but she will be taking services shortly and hopefully we will soon be able to welcome her to other village events. If she ever has a moment to spare!

R.I.P.

Sadly we announce the passing of Mick Chave who died on January 31st. His funeral took place on February 22nd at the Beccles Crematorium.

Mick and Pat lived for many years in Cratfield, at Old Hall, Larters Farm and latterly Lark Cottage. Mick will be well remembered for his artistic talents, for several years he illustrated the front cover of the Cratfield News with drawings of houses in the village. (A folder of these can be seen in the church, on the chest next to the house stitchery.) He had a great fondness for birds and his paintings of them were quite beautiful. Mick was a popular member of the village art group and also the carpet bowls club. Mick and Pat moved to Halesworth in 2018.

Our deepest sympathies go to Pat and family.

SPRING SEASONAL WALK

Advance notice. We hope to hold the first community seasonal walk of 2023 on Sunday 2nd April. We will set off from the church at 14.45 hours and returning around 15.45 hours for tea and cakes. If you haven't joined us before it's all very informal and depending on the ground conditions we head off on the footpaths around Cratfield. There is usually an obvious short cut if you don't want to walk the whole walk and you are more than welcome to join us for the tea and cake if you just want to be sociable. Just turn up or for more information details contact Clive on 01986 798030

VILLAGE HALL

If you've read the Village Hall news round-ups in recent newsletters, you'll have seen us announce several grants from Heveningham Hall. These grants are enabling us to install a new, more efficient heating system, LED lighting in place of the outdated neon strip, to overhaul the gents' loos and to buy a new projector screen. The larger works are on their way and the screen had its first outing in February at the Cratfield talk given by Andy Barringer. The funding adds up to a generous sum, allowing us to maintain our Village Hall so it remains a welcoming, warm and pleasant space for the community. We are enormously grateful to Heveningham Hall Charitable Trust for giving these grants and for the larger impact their funding has on the villages around. Not all villages are as lucky!

Natalie Lloyd-Evans

Village Hall Chairperson

SOUP LUNCH Turkish/Syrian Earthquake Crisis

As you carried your hearts to the people of Turkey and Syria I could almost hear them beating above the chatter and clatter of cutlery at the Soup Lunch. So many people to thank. Firstly the Village Hall for donating the space, next the soup makers, Wendy Thomas, Judith Klingells, Chrissie Kitchen Maisie Lister and Andy Barringer. Thank you to Helen and Elliott for donating the bread, Helen also washed all the tablecloths. Chrissie put together a raffle from her own cupboards. Linzi manned the help yourself tables while Dan and Elliott helped set up and did ALL the washing up. Yes, all of it.....leaving Ian as the soup ladler. Everyone played their part and it was a wonderful community event.

Drum roll....we will be sending a staggering £ 1,100 to Médecin Sans Frontières. They have been responding on the ground since the first hours of the quake. At the time of writing they had treated 7,600 people in mobile clinics. People with no homes. Individually we can only do a little ...together we can make a HUGE difference. Thank you for caring.

Margaret Thompson

And of course many thanks to Margaret, the instigator, without her behind the scenes organising and promoting, none of this would have been achieved.
Sue

RHS Chelsea Flower Show

On Saturday evening we were treated to a wonderful talk at the Village Hall which took us behind the scenes at Chelsea. It was explained how designing and building a Show Garden on Main Avenue starts many months before with a concept/design presented to the RHS. We were then taken through all the stages which need to be worked on before the concept comes to fruition in Chelsea week. Time lapse photography gave an amazing insight into what goes on when actually building the garden, and then how the final result is judged. Our thanks go to Andy Barringer and his 'glamorous assistant' Richard Turberville, who navigated us through all the incredible details which go together to achieve a Gold Medal winning Show Garden at the Chelsea Flower Show.

Carolyn White

More on page 10!

The Utmost Ends of the Earth (Part 2)

After four days in Port Stanley, getting used to a very different pace and style of life in this far-flung outpost of Britain, we were due to visit Fox Bay on East Falkland, the much less populated half of the Falkland Islands. I was also taking the Governor and his wife (for whom I had to get special MoD permission to sleep on board!) to visit what was a very remote settlement. Leaving Stanley was not simple; the weather there was both changeable and unforecastable. It was very windy, making unmooring and turning very difficult with our single propeller, but we suddenly got a brief window of calm, and sailed. We had to negotiate an overnight passage round the south of the islands using charts made from a survey a century previously, and with very sparse information about underwater hazards. We crept round the coast, watching the echo sounder carefully and slowing down or stopping before edging forward very slowly whenever the depth started to reduce.¹ I still remember the beautiful southern night sky with no extraneous light dimming it.

It was a long night, but morning found us at anchor off Fox Bay, where there were two farming settlements, one either side of the entrance, with a combined population of about 60 people, making it the largest settlement on West Falkland. It was an isolated place; trips to Port Stanley were only very occasional and some people never went there. The farms mainly ran sheep; there were about 750,000 sheep in some 65 separate farming settlements - over 400 for each human being, kept principally for their wool which was exported. The meat wasn't, despite attempts to do so!² They did some trout fishing but little else, despite lying in the richest untapped fishery in the world, with an incredible density of krill, providing vital food for all kinds of fish. They shot a few teal (of which there were many thousands) for the pot. Meals, however, were somewhat "samey" - chiefly mutton. Many of the potentially vast resources of the area were either undiscovered or simply unexploited. But they were most hospitable and were clearly pleased to see outsiders and show us their farms.

We sailed next morning, a Sunday, with special admiration for those settlers who had recently come to the islands. We planned to steam north through the Falkland Sound, between the main islands - a passage of around 5 hours at 15 knots. We had been asked to broadcast our position on the islands' communal radio service as we progressed, so that those people who wished could see us. As we neared San Carlos Bay, which was to become famous three years later during the Falklands' War, we saw a small boat coming out towards us, rocking alarmingly from side to side.

We stopped and called it alongside. It was packed with hardy looking men, farm workers all, and rather the worse for wear on their free Sunday. We invited them on board - a somewhat hazardous exercise as

they stumbled up our ladder – and offered them a tot (or two) of naval rum,³ which they accepted with alacrity. It seems that in those days in the remote parts of the Falklands, drinking was almost the only recreation for those working on the farms. And these men were practiced drinkers, friendly and grateful. Just as in Tristan da Cunha conversation was limited – there it had been mainly about fish and potatoes; here it was sheep. I watched them re-embark in their boat with some trepidation, wondering if I had made a bad mistake. The boat set off back to San Carlos, still rocking and rolling. We hung about until they were safely ashore.

Then we resumed our passage northwards, enroute to Montevideo to refuel again. But the Falkland Islands had the last laugh. We suddenly came to a grinding halt! So dense was the krill that it had completely clogged up our condenser sea water inlets.⁴ We weren't going anywhere until we had opened them and cleaned them thoroughly. So, we spent a few quiet hours drifting off the north of the Falklands pondering all we had seen in this outpost of humanity – a beautiful, peaceful but also bleak and challenging place, and certainly not one we wanted to retire to! Today the population has doubled to over 3,700 and it even has a tourist trade – all rather different.

Jeremy Blackham

1. Very similar to my visit to Dukhan in Qatar in 1969, when commanding HMS Beachampton (cf “By Leadline to Dukhan” Cratmag August 2021)
2. A meat packing factory had been built at Ajax Bay on San Carlos Water but was never used until 1982 when it became a wartime hospital.
3. Navy Rum (no longer issued) was around 60% alcohol, a tot was three pub measures. It was not for the faint hearted and could be dangerous to the uninitiated, as I knew from personal experience.
4. The condensers used sea water to cool down into water the superheated steam after it had passed through the turbines, allowing it to be re-circulated through the boiler.

100 CLUB

This month's Cratfield Village Hall 100 Club winners (drawn by E Rae) are: 1st prize (£15) number 28 - Frank Cousin / 2nd prize (£10) number 46 - Sue Seabon; and 3rd prize (£5) number 94 - Dennis Rockall. Congratulations to all the winners!

MICHAEL OLIVER

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Cllr Richard Chivers Tel: 07900 187350 - Silverleys Green collection



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ICS

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Exploring the Scottish Islands – with a collapsible bike! Eigg (Pop. today: 100) – Part 2

Recap: In 1975, when Keith Schellenberg bought the island of Eigg, the 39 residents were initially buoyed up with promises of refurbished housing and improvements to the island's economy through tourism initiatives. As the new laird prepared a vast array of activities, from bike hire to pony trekking, the population of the island swelled; but, as promises turned out to be mostly fantasy, with residents' damp & draughty housing remaining in a parlous state, resentment amongst the islanders was growing – fuelled by seeing him swanning around the island in his 1927 Rolls-Royce and off-hand behaviour from his rich friends. The island, to him, was just a playground and Scotland's feudal landlord system gave him power over virtually all aspects of the islanders' lives, including employment, housing, maintenance, transport and the island's community buildings.

...And then, Schellenberg started to dish out eviction notices. One was served against Colin & Marie Carr and their 5 children. Why? Because Schellenberg wanted their farmhouse as a bolthole for him and his family. John Chester, a warden with the Scottish Wildlife Trust and who had lived on Eigg since 1986, was also served with a notice to quit. But Schellenberg had little regard for the pain and anxiety he was causing. A few months after the eviction orders were served, he sent out Christmas cards inscribed with 'Isle of Eigg Bailiffs Plc' on the front, accompanied by a picture of him positioned between two burly men wearing Father Christmas costumes and wielding croquet mallets. Inside the card was the message: 'We specialise in recalcitrant tenants, squatters, junkies, weirdos, hippies, new age travellers and reds.'

Meanwhile, Schellenberg's marriage had fallen apart and by May 1992, his ex-wife, demanding her share, had forced him to put Eigg on the market. The Isle of Eigg Trust was formed and an appeal launched, so that the islanders could buy Eigg for themselves, and end the days of uncertainty. However, the highest bidder turned out to be a certain..... Keith Schellenberg. He announced that there would be 'unpopular changes' and these started to happen, affecting livelihoods and living conditions. Something had to crack: in January, 1994, Schellenberg's 1927 Rolls-Royce Phantom 'mysteriously' burnt to the ground. When the police quizzed the islanders, the response was unanimous: "Even if we knew who it was, we wouldn't tell you!" The laird was furious and, in a number of interviews with journalists, he called the islanders 'barmy revolutionaries.'

Schellenberg's eventual departure from the island was equally unfriendly: it became known that he wanted to take a valuable 1805 map of the island with him. (It had traditionally been passed from owner to owner, but Schellenberg wanted to give it to a close friend.) The islanders barricaded the map inside the craft shop using a derelict bus and he left the island empty handed, as the locals jeered at him. This was enough to convince him to sell the island, but he was determined not to sell to a trust run by the islanders: he thwarted their bid for ownership one more time, when he instead sold it to a German 'artist' in Easter 1995 for £1.6m. He was called 'Maruma' and, upon investigation, his 'professorships' were non-existent and he was unknown to the artworld. By October 1995, his financial affairs had caught up with him - and he had only visited the island twice. In July, 1996, Eigg was put on the market again – this time, for £2m.

The islanders were ready: their bid for a community buy-out was heavily publicised and it caught the imagination of 1,000s of people: the donations came rolling in and opening the daily post became a feat in itself. They offered £1.2m: it was refused. After much suspense, a revised offer of £1.5m was accepted and they finally owned the island! The debate on Eigg, and associated land ownership issues, had reached parliament and the islanders' victory reached the front pages - as far afield as Australia! To celebrate, a piper in full regalia marched a jubilant crowd to a marquee. The island's children sang a traditional Gaelic song from Eigg, handed down from previous generations. They also chose a very special site for these celebrations: Schellenberg's former tennis court! Someone announced, "Game, set and match to the islanders!"

Next month: My visit to the island – and maybe solving the mystery of the Rolls-Royce blaze!

Andrew Weight

Cratfield Quiz Advertising Slogans
Can you identify the company from these slogans?

- | | |
|--|-----------------------------------|
| 1. Every little helps | 2. Just do it |
| 3. Because you're worth it. | 4. I'm lovin' it |
| 5. Gives you wings. | 6. Finger lickin' good |
| 7. The Ultimate Driving Machine. | 8. It's everywhere you want to be |
| 9. The power of dreams. | 10. Think Different |
| 11. You either love it or hate it | 12. Taste the rainbow |
| 13. The best a man can get. | 14. They're GR-RR-reat |
| 15. The world's local bank | 16. Should've gone to |
| 17. Good things come to those who wait | 18. Once you pop you can't stop |
| 19. We try harder | 20. Have a break, have a ... |
-

RHS Chelsea Flower Show

Andy's opening told us he was not a gardener, plantsman or horticulturalist, so don't ask. He couldn't tell a Hollyhock from a Hydrangea, my words not his, of course he could! But what he does do, in spades, is meet lots of people, source lots of things, arrange lots of meetings/events and fill in lots of forms, lots and lots of forms! He has been involved with Chelsea for about 10 years, so, as Carolyn has already mentioned, we had a full breakdown of how the event all works from the planting of seeds years in advance in order to achieve fully grown specimens, to the final day when the visitors leave laden with plants; one lady telling her husband he would have to take the train home as the passenger seat in their two-seater open-top car contained a fully grown tree! And Andy madly calling Richard telling him to get digging, lots of plants to plant.

We were all astounded by the costs of the event, but when we saw the amount of machinery and people (hundreds) involved it was not so surprising. We were told how the lawns at the Chelsea Hospital are rolled up to accommodate piping for the water features and electric cables, how one particular 'Garden', the quarry garden included a 30ft tower of rock. Imagine the cranes and lifting equipment. This garden was designed to show nature reclaiming its position after man-made interference and was based on a Maltese quarry. The walkways between the rocks were walked continuously by the planters to create its well-worn look and many of the cracks and crevices were filled with appropriate plants. The gardens are rigorously inspected during the build to make sure that holes of sufficient depth are dug in order that trees remain standing and don't topple onto unsuspecting members of the public, not to mention 30ft towers of rock!

The talk was not without humour, from the beguiling little opening photo (ask Andy) to my image of him strolling around trying to appear nonchalant, weighed down by heavy bags of Champagne masquerading as crisps!

Many thanks Andy (and G.A. Richard) it was an excellent, interesting and informative presentation.

Sue Eade

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VILLAGE HALL UPDATE – MARCH

Improving the facilities at the Village Hall **With huge thanks to Heveningham Hall Country Fair Trust**

At the time of writing, we are booking in electricians and other trades to complete the latest series of upgrades and improvements to the Village Hall – all of which have been funded by the Heveningham Hall Country Fair Trust, to whom we are extremely grateful. Recently we were successful in our application for two separate grants from them. The first is to update our antiquated 'napalm-or-off' heating system – which used to see visitors to the hall shivering while the hall warmed up and then within a few minutes having to avoid being under the heaters as they were so hot. This work is also being combined with updating all the fluorescent strip lights throughout with LED replacements and both of these improvements will improve the experience of using the hall and help reduce it's running costs. The second grant is being used to replace and upgrade some equipment in the hall and finally resolve an issue with the Gents toilets which has been ongoing for many years. If you see the local appeals for help for the Heveningham Hall Country Fair Trust events such as the fair and the fireworks then please do consider volunteering as these events raise much needed funds in the form of grants for local villages like ours.

Committee update

At the last AGM in November Rebecca Sannick stood down as Vice Chair (but continues to remain on the committee) and was replaced by Andy Barringer. This led to the appeal for more members to join us as there are several key roles that need dividing between the committee. We were thrilled to receive such a great response and welcome the following; Helen Jerry as minutes secretary, Robert King who will be taking over as booking secretary from Jo Nunn and Graham Nixey who will take over as treasurer from Carolyn White following a transition and hand over period. Clive Mobbs and Andrew Webster also stepped forward to join the committee and Caroline Marfleet joins us to take over from Amy Pritchard as our Parish Council liaison.

Pop Up Pub – with food by Cratfield Kitchen from 6 – 10pm **Friday 3rd March / Friday 7th April**

Don't forget the Pop-Up Pub on the first Friday of every month! Pop along for a drink and some supper (delicious, home-made and locally sourced ingredients!) – saves cooking and no washing up too. Please note for April / June / July / August and September the catering will be done by the 'not-so-Cratfield Kitchen' with a range of locally sourced food, alternatives and a BBQ. Bar takes cash and card payments, kitchen takes cash only. If you are on the rota to help behind the bar please do keep an eye on your e-mail in the week beforehand.

Indoor Bowls – Tuesday 21st February / 7th and 21st March - 7pm

Fortnightly, do come along and have a go – no experience required! Tea & Coffee available and there is a suggested donation of £2 to play. Any queries please contact Nigel 07445351861 or Elliott 07963676207.

French Bistro Night Saturday 11 March 2023 7 for 7.30 – BAR OPEN TOO!

With only 3 weeks to go (at time of writing we are more than half sold in terms of tickets – so book ASAP if you would like to join us for a 3 course French Bistro style

meal. Book your places and menu choices cratfieldvillagehall@gmail.com – places limited to 50. Bring your own drinks or the bar will be open too - £15 per head payable on the door on the night. Starter – Paté with crusty bread (vegetarian option - mushroom paté) / Main Course - Coq au vin or Boeuf bourguignon (vegetarian option – vegetable cassoulet) / Desert – tarte au pomme / tarte au citron with cream (Large servings promised!)

Acoustic Night - Saturday 15th April 2023 – doors open 7.15

We are thrilled to announce the main act is 'Loose Change' - more details to follow on the supporting acts shortly. Keep an eye on the village facebook page and posters around the village for more information. Small door charge and BAR OPEN TOO!

Coronation Weekend – The Coronation Pop Up Pub Friday 5th May

To mark the coronation on Saturday 6th May, the Pop-Up-Pub will be slightly different, with (hopefully) themed food and live music later on in the evening – watch this space and the village facebook page for updates. Why not kick start the coronation weekend with a drink and a dance!

Cratfield Dog Show – Sunday 7th May

Now a firm favourite in the diary and extremely well attended – with a range of classes for everyone, including 'best sausage catcher' and 'Waggiest tail' – pop the date in your diary and watch out for more information coming soon.

Photographic Competition 2023 Saturday 14th October - The categories for 2023 are

My Cratfield – what does Cratfield mean to you? The first signs of spring, the last frosts, getting out in the garden after winter, early morning views on a dog walk or arriving back in the village after a day at work.

Suffolk Patterns – both man-made or natural. Frost on shed or garage windows, tyre tracks on hard gravel or mud, bark on a tree or stem, tiles on a roof – wherever there is a pattern.

Abandoned Suffolk – is there a dilapidated building, shed or car you regularly pass, dusty boxes in the attic or rusting tins of paint in your shed?

Committee Meetings for 2023 – 7pm

Thursday 18th May / Thursday 17th Aug / Thursday 9th Nov (and AGM)

Village Hall for hire!

Don't forget our hall is available for hire for a very reasonable price! For any future booking enquiries please contact us on cratfieldvillagehall@gmail.com or Robert King on 01986 798975

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Benefice Services for March 2023

March 2023	5th	12th	19th	26th
Bedfield	10.30am Holy Communion		10.30am Family Service	10.30am Morning Praise
Brundish	9.00am Holy Communion	10.00am Village Worship	10.00am Mothering S'day	10.30am Holy Communion
Cratfield		6.00pm Evening Prayer	9.00am Village Worship	9.00am Holy Communion
Laxfield	10.30am Celtic Morning Service	10.30am Holy Communion	10.30am Mothering Sunday	10.30am Fourth Sunday Worship
Monk Soham	11.00am Family Service	11.00am Morning Prayer	11.00am Mothering S'day	11.00am Morning Prayer
Tannington				
Wilby	10.30am Village Worship	10.30am Holy Communion	10.30am Mothering S'day	10.30am Morning Prayer
Worlingworth	11.00am Holy Communion	11.00am Let's Celebrate	11.00am Mothering S'day	11.00am Morning Prayer

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Inspirational & Motivational Quotes

Stop being afraid of what could go wrong and think of what can go right.

IF IT DOESN'T CHALLENGE YOU, IT WON'T CHANGE YOU.

Be strong, but not rude. Be kind, but not weak. Be bold, but don't bully. Be humble, but not shy.

Life is a series of tiny miracles, notice them.

Be **bold** or *italic*, but never normal.

It doesn't matter how slowly you go as long as you don't stop.

Two steps forward and one step back, beats no steps forward at all.

You can't go back and change the beginning, but you can start where you are and change the ending.

Don't count the days, make the days count.

Stop wishing, start doing.

Answers to Slogan Quiz

1 Tesco 2 Nike 3 L'Oreal 4 McDonalds 5 Red Bull 6 KFC 7 BMW

8 Visa 9 Honda 10 Apple 11 Marmite 12 Skittles 13 Gillette 14 Frosties 15
HSBC 16 Specsavers 17 Guinness 18 Pringles 19 Avis 20 Kit-Kat

Broccoli and Kale Green Soup

Ingredients

500ml vegetable stock
1tsp oil
2 garlic cloves, sliced
thumb sized piece of ginger, sliced
½ tsp ground coriander
½ tsp ground turmeric
pinch of salt
200g courgettes, roughly sliced
85g broccoli, broken into florets
100g kale, chopped
1 lime, zested and juiced
Small pack of parsley, roughly chopped, reserving a few whole leaves to serve.



Method

1. Put the oil in a deep pan, add the garlic, ginger, coriander, turmeric and salt, fry on a medium heat for 2 mins, then add 3 tbsp water to give a bit more moisture to the spices.
2. Add the courgettes, making sure you mix well to coat the slices in all the spices, and continue cooking for 3 mins. Add 400ml stock and leave to simmer for 3 mins.
3. Add the broccoli, kale and lime juice with the rest of the stock. Leave to cook again for another 3-4 mins until all the vegetables are soft.
4. Take off the heat and add the chopped parsley. Pour everything into a blender and blend on high speed until smooth. It will be a beautiful green with bits of dark speckling through (which is the kale). Garnish with lime zest and parsley

Cratfield Parish Council
Meeting Dates 2023
Cratfield Village Hall

Tuesday 10th January 2023 at 7.30pm
Tuesday 14th March 2023 at 7.30pm
Tuesday 9th May 2023 at 7.30pm
Tuesday 11th July 2023 at 7.30pm
Tuesday 12th September 2023 at 7.30pm
Tuesday 14th November 2023 at 7.30pm

~ Planning meetings are arranged when required ~
All Parishioners Welcome!

The agenda is displayed 3 days before the meeting on the noticeboards & website. If you would like to add anything to the agenda please contact the Clerk 7 days before the meeting.

website: www.cratfield.onesuffolk.net

Email: cratfieldpc@gmail.com or Tel: 07774 734411

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Spring Events in the Tipi



Join us for a pop up supper or a spring fire cooking experience in our Giant Tipi in the Barn at Whitehouse Farm, Cratfield. IP19 0QF

Supper and Stargazing with DASH Astro.
Sat. 18th March 2023
 Join us for a delicious spring supper with after supper star gazing led by experienced astronomers £30



CHEF'S TABLE at Fire and Feast with Journal Dining's Michelin Trained Chef Nathan Rackham
Sat. 13th May 2023

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- Cook your own Woodfire Lunch - 30 Apr £35pp
- Woodfire Family Fun - 15 Apr & 3rd June £70/team
- Woodfire Cooking Experience 22 Apr £70pp

For more information and to book a place on any of our events visit our website www.fireandfeastsuffolk.co.uk or telephone 01986 798340 

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Change and Challenge

We are all very different in the way we experience change or life's problems. Some people experience it as exciting and challenging, whereas others are a bit warier, or even plain scared. All these things are normal and even healthy as long as they don't overwhelm us. Coming back to England from Canada has been a very big change for me. I am excited and happy to be here but know that a lot of things have changed in ten years and that I have a lot to learn (or relearn,) so please be patient with me!

Many of us are facing hard times right now with rising bills and all the stresses that brings with it. It can be all too easy to be overwhelmed and to forget how many blessings we have too. For instance, I probably didn't pay much attention to the seasons before I left England, but we do have distinct seasons which is certainly not the case everywhere. Coming to England in the spring has been a real joy for me simply because it is so beautiful with all the signs of new life all around us. Whereas, spring in Canada is really just a continuation of winter with deep snow and deep freeze temperatures! Sometimes blessings are the simple things like having food to eat today and somewhere safe to sleep, or someone you care about. It is not really about money or expensive possessions; In fact, they can be part of what causes us stress.

It is actually a very ancient spiritual discipline to count your blessings every day. It is good for our mental, spiritual and even physical health to remind ourselves of the good things we do have. When we develop the habit of reminding ourselves of how much good is already in our life, we can begin to deal more effectively with challenges, new things and even problems.

May God bless you with many good things.

Reverend Enid

ST. MARY'S CHURCH SERVICES MARCH 2023

Sunday 12th	Sunday 19th	Sunday 26th
6.00pm Evening Prayer A.E.	9.00am Village Worship C.M.	9.00am Holy Communion R.A.
Sidesperson A. Edmunds	Sidesperson C. Marfleet	Sidesperson C. Marfleet
Reader P. Baker	Reader A. Edmunds	Reader D. Peacock
Readings Exodus 17:1-7 Romans 5:1-11 John 4:5-42	Readings T.B.A. by Clive	Readings Ezek 37:1-4 Romans 8:6-11 John 12:1-45

Zoom Services - Celtic Prayer 7.00pm Wednesdays, 9.00am Fridays
To join us email Chrissie Smart – rev.chrissiesmart@gmail.com
and you will be sent details

“Bring flowers of the fairest, bring flower of the rarest,
From garden and woodland and hillside and dale:
Our full hearts are swelling, our glad voices telling
The praise of the loveliest Flower of the Vale!

I know it's not the right month, it is meant for May, but these few lines (I can't remember any more) often spring to mind when I see the first primroses and daffodils around the village. Many, many years ago at my school we used to process around the convent grounds singing this hymn before crowning a statue of Mary. The grounds were quite beautiful, full of grottos and statues, normally kept quite secret from us pupils, which made the event all the more of exciting. To be chosen as the one to place the crown was an honour, once conveyed upon me, but as an extremely shy 7 year-old having to carry the crown on that cushion and then reach up to place it on the statue in front of everyone was all too much and I declined! Much to my mother's chagrin!

S.E.

(I found the hymn on YouTube and it all came flooding back! Nick wasn't impressed!)

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The Vicarage, 15 Noyes Avenue Laxfield IP13 8EB
Assistant Curate Rev. Clive Mobbs 07340 838639
Lay Elder Margaret Thompson 07906 509302

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