

***BRANDESTON AND KETTLEBURGH
PARISH NEWS
MARCH 2009***

SERVICES DURING MARCH 2009

Date	Brandeston	Kettleburgh	Easton
1 st March <i>1st Sunday in Lent</i>	11.00am Family Service	8.00am Holy Communion (BCP)	9.30am Holy Communion (CW)
8 th March <i>2nd Sunday in Lent</i>	8.00am Holy Communion (BCP)	11.00am Holy Communion (CW)	10.00am Family Service
15 th March <i>3rd Sunday in Lent</i>	11.00am Holy Communion (CW)	6.30pm Evensong (BCP)	9.30am Holy Communion (BCP)
22 nd March <i>Mothering Sunday 4th in Lent</i>	8.00am Holy Communion (BCP)	11.15am Family Service	10.00am Mothering Sunday Service with Baptism.
29 th March Passion Sunday 5 th in Lent	10.00am GREATER BENEFICE UNITED SERVICE OF HOLY COMMUNION at KETTLEBURGH CHURCH (Recommissioning of Valerie Upson)		
5 th April <i>Palm Sunday</i>	11.00am Family Service	8.00am Holy Communion (BCP)	9.30am Holy Communion (CW)

Brandeston

Kettleburgh

CHURCH FLOWERS

LENT – No flowers

CHURCH CLEANING

1 st	Ruth Garratt and Mary Baker	Pat Peck
8 th	Kelly, Megan and Connie Jeffery	Val Butcher
15 th	Marian Hutson and Julia Elson	Margaret Meadows
22 nd	Mary and Richard Mitson-Woods	Sue Scott
29 th	Christine Matthews and Don Evans	Alison Gibson
5 th April	Helen Fletcher and Karren Piper	Persephone
Booth		

THE PARISHES OF BRANDESTON AND KETTLEBURGH

Dear Friends

With the arrival of March we can begin to look forward to Spring. There have been times this winter when it seemed a long time coming. After those cold weeks that we've had and with the barely noticeable incremental lightening of mornings and evenings, I have to admit that, now, I'm really looking forward to Spring.

In saying that, however, I realise that it can be a trap to focus too much on the future. Setting too high a store on what we hope for can allow our sense of anticipation to gloss over the present, and we lose sight of the need to spend time waiting and preparing. We need to cherish each day for what it brings, even the coldest, darkest day of winter. After all, our "hope" for tomorrow needs to be built on our appreciation of today and our experience of living through yesterday.

I think that is what living through Lent is all about. To some Lent is a time of abstinence, perhaps of giving up enjoyable things because of the good it might do one's soul. Others see Lent as a time for adopting new resolutions or for making new commitments in life. For both, Lent is the threshold that enables us to put the things of the past behind and step forward in faith and hope.

Of course, we don't need to be particularly spiritually aware, neither is it morose, to acknowledge that every passing day brings us one more day's worth of memories and leaves us with one less day to look forward to. And of course, there are other thresholds

in our lives; turning points with the birth or death of someone close to us, or profound changes of circumstance that we might have previously taken for granted.

It seems to me that Lent gives us an annual opportunity to use “today” for its proper purpose. To look at our “story so far” and reflect on our circumstances, where and when and how we live, at the dependencies and commitments that shape our days, at what we are attracted and attached to; and to allow ourselves time and space for those feelings of delight, contentment or regret by which we are able to accept it all and accept ourselves. For that acceptance can help us face the future and even help us accept things that we cannot change as we might like.

Of course, Christians look beyond Lent to Easter. We see the New Life in Christ as a fulfilment of all that we are living through, just as we now see the coming of Spring.

With best wishes
Robin Alderson

Assistant Priest: Reverend Robin Alderson	688255 Mob. 07790 242002
<u>Brandeston</u>	
Elders: Mrs Mary Baker	685807
Miss Eileen Leach MBE	685298
Churchwardens: Miss Eileen Leach MBE	685298
Mrs Alison Molyneux	685244
<u>Kettleburgh</u>	
Elders: Mrs Jackie Clark	723623
Mrs Valerie Upson	723078
Churchwardens: Mr John Bater	723532
Mrs Valerie Upson	723078

DIARY FOR MARCH 2009		
Wednesday 4 th	10.30am & 7.30pm	<u>Lent Groups</u> – see below.
Thursday 5 th	10.00am	<u>Brandeston Coffee Morning</u> at Village Hall
Friday 6 th	10am – 12 noon	<u>Coffee Morning</u> at Kettleburgh Village Hall
Wednesday 11 th	10.30am & 7.30pm	<u>Lent Groups</u> – see below.
Friday 13 th	7.30pm	<u>Brandeston Film Club</u> – “Ray” at village hall – see below.
Saturday 14 th	10am – 6pm	<u>Art & Craft Exhibition</u> at Brandeston Village Hall – see below.
Monday 16 th	7.30pm	<u>Mardle</u> at Easton Village Hall – see below.
Wednesday 18 th	10.30am & 7.30pm	<u>Lent Groups</u> – see below.
Friday 20 th	7.30pm	<u>Gardeners Question Time</u> at Brandeston Village Hall
Wednesday 25 th	10.30am & 7.30pm	<u>Lent Groups</u> – see below.
Friday 27 th	7pm for 7.30 start	<u>Whist Drive</u> at Brandeston Village Hall – see below.

Saturday 28 th	7pm	<u>Concert in Letheringham Church.</u> A group of local singers performing madrigals, etc.
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BRANDESTON VILLAGE ART & CRAFT EXHIBITION

On Saturday, 14 March we will be holding an exhibition in Brandeston Village Hall to celebrate the creative and artistic talents of Brandeston & Friends of Brandeston residents. Exhibits will include paintings & etchings; photographs; pottery; wood – turning; calligraphy; lace-making; knitting; hand-made cards; needlework and flower arrangements. There will be demonstrations of the making of floral table decorations and also lace-making with the option of having a go at lace-making yourselves. Some exhibits will be for sale, refreshments will be available and admission is free so why not come along? The doors will be open from 10.00am until 6.00pm.

Jackie Hounsell

BRANDESTON FILM CLUB

Here is the programme for the next 3 months. The film club is always held on the second Friday of the month in the village hall. New members are always welcome – membership is £10 for the whole season. Once you have become a member all films are free.

13th March – Ray – depicts the life of the legendary singer Ray Charles starring James Fox, Kerry Washington and Regina King.

10th April – Boy in Striped Pyjamas – Set during World War II, a story seen through the innocent eyes of Bruno, the 8 year old son of the commandant at a concentration camp. His forbidden friendship with a Jewish boy on the other side of the camp fence has startling and unexpected consequences.

8th May – Bridge to Terabithia - A magical tale for the young at heart of children who create a fantasy world to help them cope with life's difficulties.

GARDENERS QUESTION TIME

Come and have your garden problems solved by an expert team:-

Gardeners Question Time on Friday 20th March at Brandeston Village Hall, at 7.30pm.

Tickets £7 (to include refreshments) on the door.

Proceeds to Brandeston Church Fabric Fund.

Alison Molyneux

BE A MARCH MAD HARE - BRANDESTON WHIST DRIVE. FRIDAY 27TH MARCH 2009

Be a Mad March Hare this month!! Just Hare down to Brandeston Village Hall on Friday 27th March (Doors open from 7.00 pm) and join a number of Mad Hatters who assemble monthly for an evening of fun at the Brandeston Whist Drive. The cost is a mere £2.50 for a full evening's entertainment with excellent refreshments provided. Please note that Cards are dealt at 7.30 pm sharp.

Newcomers and Novices are always welcome because the emphasis is on pure enjoyment rather than professionalism. Once you have tried it you'll be hooked. If you are at all interested or you wish to know more then please ring Rick or Pam Reade on 685920.

Rick and Pam Reade

LENT GROUPS IN 2009

You would be welcome to join this year's Lent Course.

It offers an opportunity to consider what the Christian gospel means to us living in 21st century Suffolk. Our lives are as full of comings and goings, of joys and sorrows, of people and of loneliness as were the lives of people living in Galilee and Judea 2,000 years ago.

We probably have as many questions, uncertainties and needs as the people did who rubbed shoulders with Jesus. If you are interested in finding out how life in contemporary Suffolk is touched by Jesus' life, come and see what answers you can find. Two groups will meet each Wednesday, for about 1½ hours, one based in Easton starting at 10.30 am and the other in Kettleburgh or Brandeston starting at 7.30 pm. It would be helpful if you would let Robin Alderson (688255) know that you might like to come along. The meetings in March will take place as follows:

Date	10.30am	7.30pm
4 th March	Easton House, Easton	Windy Ridge, Kettleburgh
11 th March	Bickley, Harriers Walk, Easton	Brandeston Priory
18 th March	Donnington, School Lane, Easton	The Forge, Brandeston
25 th March	Bickley, Harriers Walk, Easton	Brandeston Priory
1 st April	To be confirmed	To be confirmed
8 th April	To be confirmed	To be confirmed

ADVANCED NOTICES

Sat. 4 th April	7pm	Illustrated Talk by Mark Sargeantson – “46 days on the GR10 Trail Through the Pyrenees”
Sat. 4 th April	7.30pm	Phoenix Singers Concert at St Michael’s Church, Framlingham – see below
Tues. 12 th May	7.30pm	Eastern Angles “Return to Akenfield” at Brandeston Village Hall – see below.
Sat. 16 th May		Easton May Fair
Sat. 13 th June	4pm	Kettleburgh Fete
Thurs. 16 th July	10.30am - noon	Coffee Morning in aid of Cats Protection at Manly, Kettleburgh. Guest: Private Secretary to the Rt. Hon. Ann Widdecombe M.P. Last years guest Innis Cloete, Esq, BVSc, MRCVS hopes to pop in.

ILLUSTRATED TALK BY MARK SARGEANTSON - 46 days on the GR10 Trail through the Pyrenees

7 pm - Saturday 4 April, Kettleburgh Village Hall

Mark Sargeantson from Kettleburgh is going to give an illustrated talk about a very long walk which he completed last summer. Over 46 days he walked the entire GR10 Trail through the Pyrenees from the Atlantic to the Mediterranean . This is a distance of about 560 miles and involves climbing and descending the equivalent of Mount Snowdon every day or five times the height of Everest !

Mark raised nearly £17,000 for Cancer Campaign in Suffolk and dedicated his walk to the late Dr John LeVay from Charsfield who founded this charity.

Phoenixsingers **MOZART: Solemn Vespers, Exsultate Jubilate** **SCHUBERT: Mass in G** **St Michael’s Church Framlingham.** **Saturday 4 April 7.30pm**

Tickets £12, £6 (*children under 12 half price*)

from Aldeburgh Music Box Office, Framlingham Stationers, choir members or at door.

EASTERN ANGLES RETURN TO BRANDESTON

On Tuesday 12th May 7.30pm, Eastern Angles will be bringing their Spring Tour to Brandeston. 'Return to Akenfield' is based on Craig Taylor's recent book - a portrait of Akenfield 40 years after Ronald Blythe's original masterpiece. It promises to be a memorable evening.

Tickets will be on sale from 1st March - £7.50/£6.50 concs. from Thursday Coffee Mornings or Jacky O'Brien 685266. We are limited again to just 80 seats and we have had quite a few 'reserved' already so book your seat early!

KETTLEBURGH FETE – 13th June at 4.00pm

Yes its that time again and we are asking for you to think as you spring clean this month.

Once again this year we are having the 'Smashing Time' stall and the 'Fashion Accessories' stall. So if you have any china, plates, saucers, cups etc, and any handbags, scarves, jewellery etc hold on to them for the Fete.

We are also looking for marquees and gazebos to borrow for the day so if you have one you can let us borrow could you let John Bater know on 01728 723532 as soon as possible we would be very grateful.

Valerie Compton

PAST EVENTS

CINDERELLA

The Kettleburgh Village Hall Committee would like to thank everyone who contributed to the success of our recent production of Cinderella and that includes all those of you who supported us by coming to the performances.

We hope you enjoyed it as much as we did in putting it on and we hear, by popular demand, that we do it all again next year - or at least that is the request from the Cast!

We are pleased to report that the Panto made a profit of £1,300 which will go towards the next stage in the Hall improvements.

Robert Marzetti

MARDLE

Our January Mardle was well attended and much enjoyed – Peter Driver's talk about lesser known places in Suffolk was illustrated by some superb slides which included beautiful and unusual church carvings and very amusing tombstones.

The next Mardle, on Monday 16th March will be at Letheringham and Easton Village Hall at 7.30pm as usual, when Richard Newman, a local archaeologist of renown, will be describing his work on an area of Aldeburgh which has proven to be a very important Saxon site. An exciting story will unfold.... Tickets £6 at the door, which includes a drink and tasty morsels.

The Mardle on April 20th will be Lawrence Edwards, the well-known local sculptor, of which more next month.

Sylvia Keene

BRANDESTON 100+ CLUB

winners for February 2009:-

First – Keith Goodchild

Second – Sophie Piper-Williams

March draw at the village hall on 05 March 2009

The Brandeston Village Hall management committee will shortly be distributing membership forms throughout the village for the next club year commencing on 01 April 2009.

Your prompt return will be much appreciated. Those members currently paying by standing order (obviously !!) should ignore the forms.

Mark Hounsell

KETTLEBURGH GREEN TRUST LOTTERY

Winners from February draw:

FIRST Peter Dring

SECOND John Young

Gwenda Weeks

NOTICES

THANK YOU

A very big Thank You to the lady who collects litter around Kettleburgh whilst walking her dog.

CHRISTMAS DECORATIONS

Thank you to all the kind people who left their Christmas wreaths, flower baskets etc on my doorstep. The next Christmas Fayre should be resplendent.

Nancy Demetriadi

BRANDESTON VILLAGE HALL COMPUTERS

Some time ago Brandeston Village Hall acquired 2 computers which have had little or no use for some time. The committee are trying to ascertain the interest locally before taking further steps. So 3 questions:

- Is there anyone interested in using these?
- Would anyone like help in mastering computer skills?
- Would anyone like to volunteer to run classes?

If you are interested please contact either Darryl Morgan (685378) or Sue Thurlow (685673).

KETTLEBURGH GREEN TRUST LOTTERY CLUB

Licence No: L & A 1179

1st April 2009 – 31st March 2010

Your membership of £12 will entitle you to enter 12 draws with the chance of winning.....

1st Prize: £25

2nd Prize: £10

each month

In December there will be a

BONUS CHRISTMAS DRAW

(based on achieving 100 members)

1st Prize: £100

2nd Prize: £50

3rd Prize: £25

Draw takes place on the 1st Friday of each month

11 am Kettleburgh Village Hall

Cheques payable to: Kettleburgh Green Trust

Call: 01728 723703 if you wish us to collect or

Deliver: Corner Cottage, Kettleburgh

All full entries need to be received by 31st March 2009 to be accepted, although late entries will be taken for part of the year.

Thank you for your support



IPSWICH
**St Elizabeth
Hospice**

Registered Charity No. 289154

Ladies, join St Elizabeth Hospice for the Midnight Walk

St Elizabeth Hospice is inviting women of all ages and fitness levels to join together to help raise funds for their local Hospice by taking part in the Midnight Walk on Saturday 23rd May.

The eight mile circular route leaves Copleston Centre on Foxhall Road in Ipswich at midnight, walking around Ipswich town centre, returning approximately two - three hours later depending on how quickly you walk! There will be attractions along the route to keep you smiling and entertained.

Most women will know of a family member or friend who has been touched by St Elizabeth Hospice. There is something very special about a group of women joining together for a common cause. The Hospice is looking for 800 ladies to take part so invite your friends, family and colleagues to come along, support your local Hospice and join us for a night to remember.

To take part, please contact us for a registration form or download one from our website www.stelizabethhospice.org.uk. There is a £10 registration fee which includes your Midnight Walk t-shirt and goody bag which will be available to collect on the night. Once we have received your registration form, we will send you further information about the Midnight Walk and a sponsorship form. There is no minimum sponsorship; however we ask that you aim to raise as much money as possible. Visit our website www.stelizabethhospice.org.uk for fundraising tips, information for volunteers, training tips and advice and photos from last year's walk.

For more information, please contact the fundraising team on 01473 723600, email fundraising@stelizabethhospice.org.uk or visit our website www.stelizabethhospice.org.uk

St Elizabeth Hospice's Zip Slide – fast, furious and frightening!

Following on from the success of our 2008 Zip Slide at Ipswich Town Football Club, the Zip Slide is back by popular demand. This time you have a once in a lifetime opportunity to zip off the Suffolk New College building in Ipswich. The

famous tall building in the Ipswich skyline is due to be knocked down later this year so our Zip Slide really is unique. Whether you are a former student, a current student or just fancy doing something exhilarating, this Zip Slide will be fast, furious and frightening!

If you're not sure what a Zip Slide is, in simple terms it is a diagonally rigged rope that a person slides down at speed. No experience is necessary and all equipment and instruction on the day is provided by Adventure Challenge Events.

For more information, please contact the fundraising team on 01473 723600, email fundraising@stelizabethhospice.org.uk or visit our website www.stelizabethhospice.org.uk to download a registration form.

Jewellery amnesty at your local Hospice shop

Do you have any unwanted or broken jewellery and accessories? St Elizabeth Hospice is holding a jewellery amnesty from Monday 23rd March – Saturday 28th March.

Take all your old, odd, broken or scrap jewellery during the week in March to your local shop on The Thoroughfare in Woodbridge or to any of the ten Hospice shops across East Suffolk.

Sue Goodchild, retail manager at the Hospice, said "We are appealing for new or old, costume or fine jewellery – it does not have to be of great worth or a family heirloom. You may have unwanted gifts, items that no longer fit, or pieces that you have fallen out of love with. They can even be broken or incomplete, maybe an odd earring, a broken bracelet or a watch that doesn't tick anymore. All jewellery items can be recycled and turned into donations. It is the support of the local community that enables St Elizabeth Hospice to continue providing the highest standard of care to our patients and their families, friends and carers. In total it costs £5.2 million each year to run the Hospice, of which 77% is raised by our supporters."

If you would like more information about the jewellery amnesty, please contact the Woodbridge shop on The Thoroughfare on 01394 386388 or visit www.stelizabethhospice.org.uk

Service of Remembrance

St Elizabeth Hospice and Churches Together in Woodbridge and Melton are also inviting people to join them for a service of remembrance in Woodbridge on Sunday 29th March. The service, on Passion Sunday, will be held at St Mary's Parish Church in Woodbridge, starting at 6.30pm.

For further information, please contact the Hospice on 01473 723600 or email enquiries@stelizabethhospice.org.uk

HOSTS SOUGHT FOR FOOD 'N' FRIENDS CLUBS

Small is beautiful for Age Concern's mini lunch clubs

Age Concern Suffolk is in the process of introducing a new concept – Food 'n' Friends Clubs – around the county and these are aimed at older people who may find big gatherings a little bit intimidating. Food 'n' Friends Clubs may well appeal to older people who live alone and rarely get out of the house.

So how does it work? Age Concern Suffolk's Food & Friends Officer Gavin Hodge explains that each club is effectively a miniature lunch club or coffee morning for between four and eight older people. Ideally a club would be held in a host's private home at least once a month.

Each club is run by its host accompanied by at least one local volunteer and refreshments are provided on a non-profit-making basis. The guests pay a small sum to the host to cover the cost of food and drink provided. If more than one host could be found in this community then a club could meet at different homes on a rota basis, and the role of hosting could be shared around.

Clubs could also be held in a church hall or other small public building if it is more convenient, but the cost of hiring the building would need to be built into the charge for guests, which might make it too expensive.

There is quite a bit of flexibility in how a club is run. The host could provide just coffee and biscuits if that suits people best, or soup and a sandwich, or a light three-course lunch at a cost of around £3.50 per head. It is up to the host what type of refreshments would be offered as the host effectively takes ownership of the club under Age Concern Suffolk's umbrella. Once a host has registered their Food 'n' Friends Club, Age Concern automatically provides Public Liability insurance, plus advice and support, and suitable recipes if required.

Age Concern Suffolk sees Food 'n' Friends Clubs as a way of enabling older people to socialise regularly, and a club can also act as a conduit for information on Age Concern services and other services provided to older people locally.

A potential host may well know older people they would like to invite to their club, and Age Concern Suffolk can help find other potential guests if required.

Gavin Hodge would be very happy to visit a potential host to talk through what is involved in setting up a Food 'n' Friends Club.

For further information about Food 'n' Friends Clubs please contact

**Gavin Hodge at Age Concern Suffolk (normally on a Thursday or Friday).
Telephone 01473 298686 or email to gavin.hodge@ageconcernsuffolk.org.uk**

**Age Concern Suffolk, 14 Hillview Business Park,
Old Ipswich Road, Claydon, Ipswich, IP6 OAJ**

NHS SUFFOLK CONSULTATION – HAVE YOUR SAY!

On Monday 23 February NHS Suffolk, the county's primary care trust, launched a consultation to invite everyone in Suffolk to have their say about GP and dentist services available outside normal surgery times – or 'out of hours'. The out of hours consultation – will run for 12 weeks until 22 May 2009 – and will give people across Suffolk the chance to give their views of the current service and what improvements they think could be made.

The contract for the current service has been extended for one year throughout 2009, so that a newly tendered service can begin in 2010. NHS Suffolk assures patients that during this changeover period, if they require attention from a doctor or dentist outside normal surgery times, they will continue to receive a high quality and consistent service. The consultation and questionnaire is now online at www.suffolk.nhs.uk and in print from the NHS Suffolk communications team, telephone 01473 770014 or by e-mail to comms@suffolkpct.nhs.uk.

*Issued by NHS Suffolk Communications Team on 01473 770014
For more information about NHS Suffolk visit www.suffolk.nhs.uk*

DRAWING COMPETITION

Your opportunity to have a go at a design for our magazine cover.

Designs to be in pencil or black ink please, with no colour, and produced on A5 paper or card (or a sheet of A4 folded in half).

Everyone welcome to enter – not just children!

Your entry can be of any subject appropriate for different times of the year – we need covers for all months.

Please send entries to Val Butcher, Woodlands, Church Rd, Kettleburgh by **Thursday 19th March to be eligible for a prize**. Entries received after this date may still be used as magazine covers, and will be very welcome.

Val Butcher

VILLAGE WEBSITES

For up-to-date information about your village, visit these websites:

www.brandeston.net

www.kettleburgh.suffolk.gov.uk

MAGAZINE ARTICLES

Please send, deliver or e-mail any contributions for the magazine by 15th of each month

to: Mrs Val Butcher, Woodlands, Church Road, Kettleburgh,

or e-mail valerie.butcher@talk21.com, tel: 724777. Covers are always welcome too!

TIMES PAST

Parish Churches often have memorial slabs or ledger stones inserted into the floor where we walk. Often they are ignored or unnoticed, particularly if they are inscribed in Latin. Brandeston is particularly rich in these records. The ones in the nave, nearest to the chancel of All Saints is a fine example. At its head is the Stebbing coat of arms. Heraldically it would be described thus:-

‘Quarterly Or and Gules on a bend Sable, five bezants.’

The gold, red and black of this shield are of course not shown as the whole memorial is cut in stone. Below the shield Henry Stebbing is commemorated. He lived at the Priory, now the home of Colin and Alison Molyneux. Pat Morgan translated the Latin:-

‘What remains of

That most longed for man, Henry of the Stebbing family,

About whom, it is equally as difficult to say nothing

As it is to speak worthily enough.

The extraordinary strength of his character,

The reputation of his, by no means insignificant, knowledge,

The outstanding sweetness of his manners,

The remarkable honesty, generosity and dignity of his spirit

Do together bring honour to the man;

This name should still be praised;

Because he preferred to be truly good or wise

Rather than just seeming to be so.

It is not remarkable that everyone recognised him as the best

No one envied this same man his good fortune?

Go, Reader and follow his example in whatever way you can:

It is enough that you congratulate yourself

If you touch on a few of these qualities

Which no other human but he

Ever succeeded in them all.

And you,

The beloved of the human race! Farewell

He died on March 24 1721

Aged 54’

What more could anyone wish?

WMW