

ST MARY & ST PETER
NEWSLETTER

September 2021



CHURCH SERVICES

5th September

9.30am at St Mary's - All-age worship
10.00am Village parishes Holy
Communion on 'Zoom'

12th September

9.30am at St Peter's - the Eucharist

19th September

9.30am at St Mary's - the Eucharist
11.15am Village parishes Holy
Communion on 'Zoom' 2.00pm at St
Peter's - service of Baptism

25th September (Saturday)

12-noon at St Peter's - service of Baptism

26th September

9.30am at St Peter's - Harvest
Thanksgiving Eucharist

and advance notice of

3rd October

9.30am at St Peter's - All-age worship - a
'Back to Church' celebration



Email Jo Russell, Church Administrator,
for the Zoom link

(wb.wb.gb.parishes@gmail.com)

A recording of each service will be on
the website on Sunday afternoon:

<https://lb-churches.co.uk/streamed-services/>



All services are subject to change depending
on relaxation of Covid measures. In addition,
there is Morning Prayer via Zoom at 9.00 am
each Tuesday



Both St Mary's Langham and St Peter's
Boxted are now open for private
prayer.



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Deadline for submissions for the October edition: 15th September

Contact the editor via email: lwbnewsletter@gmail.com

Welcome to the September Newsletter.

The old country saying has it that you can be sure high summer is with us when the shops are full of 'Back to School' signs, PE kit and stationery.

As I write these words in mid-August, the rain has barely let up in three weeks, the lawn is knee-high and too damp to cut without farm machinery.

On the plus side, we can now choose whether to wear face-masks or not when shopping, and can get out to see friends at long last. Make the most of whatever good weather comes your way....

Steve Pollington, Editor

Announcement

We are pleased to be able to formally announce the good news that, subject to appropriate DBS clearance, the **Revd Heather Wilcox** has been appointed as **Priest in Charge** of the West Bergholt with Great Horkesley, Langham with Boxted, Wormingford & Mount Bures with Little Horkesley.

Heather is currently the Team Rector for the Long Stratton and Pilgrim Team Ministry and Rural Dean of the Depwade Deanery in the Diocese of Norwich. She worked in nursing for 15 years prior to her ordination in 2008. Married to Geraint and with two grown up children, Megan and Luke and a dog, Benji, Heather enjoys spending time with the family, taking walks and being creative.

We hope that Bishop Roger will be able to license Heather to her new responsibilities in November and we will confirm this in due course.

Heather says:

I am passionate about rural ministry and particularly love the breadth of traditions and diversity rural parishes embrace. I am looking forward to serving in these parishes and getting to know everyone and to seeing where God is leading. I have served in the Long Stratton and Pilgrim Team for 10 very happy years, and will miss being part of the community and my many friends, but I know that God is calling me and the Long Stratton and Pilgrim Team to something new.

We look forward to welcoming Heather and ask for your prayers for her and for her family as they prepare to move and as she prepares to take up her new ministry.

We also pray for the Long Stratton and Pilgrim Team Ministry, where Heather currently ministers, as they prepare to say goodbye to her and her family and as they enter a period of vacancy.

Bishop Roger and Archdeacon Ruth

Colchester Councillor Lewis Barber is proposing an inter-Parish collaboration between Boxted, Langham, Horkesley and Dedham parishes, in order that all can work together to form a more holistic overview of **transport issues, specifically relating to road use**, in our ward. It is hoped that by working together the parishes can implement more effective schemes more efficiently across the region, without the need for multiple similar but discontinuous schemes. Working together the parishes will have more power, greater access to resources

and will be able to avoid pushing traffic problems from one parish to the next.

A meeting was held on Tuesday 22nd of June with representatives of all four parishes, chaired by Cllr Barber and also with Councillor Nigel Chapman in attendance. Those present at the meeting expressed a strong interest in establishing a regional **transport management group** to tackle what are perceived to be key issues for the parishes. Cllr Barber was thanked for proposing the scheme and will report back as ideas progress on how best it will be taken forward.

BOXTED HISTORY GROUP

With the latest Lockdown easing and outdoor activities permitted once more, the Group's Committee decided to run, as a first step back to normality, a social event which had originally been planned for last year. Programme Secretary Derek Kirby waved his magic wand once again and during a period of almost continuous rain a large party of BHG members enjoyed a sunny afternoon cruising down the River Orwell from Ipswich to Felixstowe Docks and back. It's a lovely part of East Anglia, especially when viewed from the river, and I would recommend anyone seeking a relaxing afternoon to try it.

Moving forward (and providing the Government doesn't do another U-turn), the BH Group intends to resume its monthly meetings on **Wednesday 15th September** in Boxted Village Hall at 7.30 for 8.00pm. There will be a talk entitled "*You'll Make a Lovely Sergeant Major, Flora Sandes*" by Janet Robinson, followed by the usual social time with complementary refreshments.

The evening will give us all the opportunity to chat again with friends old and new, so members or anyone else who may be interested—please come along.

Keith Middleton, Chairman

Boxted Evergreens

In July the Evergreens were finally able to meet up after a very long break due to Covid. We had a lovely cream tea with fresh strawberries, everyone thoroughly enjoyed the tea and just being able to see each other and to have a good old chat face to face with other members. To finish off the afternoon we had a raffle with three lucky ladies winning various plants.

At the moment our next scheduled meeting is on the 14th October at 2.30pm and we look forward to seeing you all then.

A very good wet afternoon in August was had for a very special member of Boxted Evergreens Club — **Betty Blundell** — who celebrated her 90th Birthday.

Boxted Silver Band gave her a surprise visit and played lots of music which she very much enjoyed also at her request she had a steel band from Ipswich who were very entertaining. It was lovely to see her enjoying the music and best

of all when she joined in singing Happy Birthday to herself.

It was good to see another special member -

Doris Graves - who now has gone to live with her son: she is looking good and the same old Doris, ready for a laugh.

Here's hoping we can get to meeting up with our Members once again very soon.

Elaine

Boxted Evergreens



How wonderful it is that, after so many restrictions and lockdowns, life is gradually returning to near-normal and we can enjoy again the company and hugs of friends and family. We can meet and share meals together, go to theatres, cinemas, swimming pools etc.; outings that have been denied for so many months, but which we used to take for granted before. Our Churches are open for worship again and village activities are starting up again.

After so many months of isolation and separation, we thought it would be lovely to have a get-together for our villages to celebrate and give thanks that we can meet each other again - and sing!! So, there will be a Praise Service on Sunday, 5th September at 3pm on Boxted playing field to which everyone is invited. There will be well-known hymns, led by Boxted Methodist Silver Band, interspersed with sketches and short readings, and followed by free tea and cake. We hope to see you there!

The **Open Door Cafe**, which is open every Friday during term time between

8.45 and 10.15am in Boxted Village Hall, will re-start on **Friday, 10th September**. We welcome everyone, but especially parents and carers who take their children to school and pre-school. We serve tea, coffee, soft drinks, pastries, toasted teacakes and other goodies, and we have a children's corner with a wide selection of toys and books to keep the little ones amused. We have really missed seeing all our regular friends—hope to see you again soon!



At the start of the pandemic, we put pictures of rainbows in our windows to give us hope. Recently, there have been spectacular rainbows in the sky to remind us of that hope. As the apostle Paul wrote to the Romans:- “May the God of hope fill you with all joy and peace in believing, so that, by the power of the Holy Spirit, you may abound in hope.”

Carola Markham

Include part of **your** story in St Helena Hospice's time capsule

St Helena Hospice is inviting you to share your memories with future generations by including part of your story in its time capsule.

On **Saturday 2nd October**, the local charity will be hosting a time capsule event in **Castle Park, Colchester, from 10am – 3.30pm**.

Anyone is welcome to come along and step back in time to enjoy a variety of activities including visiting the St Helena vintage pop-up shop; or treating yourself to

something delicious from Darcy's Sweet Shop or Sip and Tuck, or enjoy a cream tea.

There will also be a short celebration service at 3pm to celebrate your treasured memories spent with loved ones.

Lizzie Deed, supporter engagement fundraiser at St Helena Hospice, said: "Over the last year and a half, many of us have felt the impact of being unable to spend time together with loved ones or to create precious memories to look back on, giving us a deeper appreciation for the memories we do hold.

"That's why, to mark our history as a hospice and to celebrate the memories

we have been part of in our local community, we will be burying a time capsule in the hospice grounds to share your story with future generations.

"We'd love as many people as possible to be part of the history of the hospice and celebrate your memories, by including something personal to you in our time capsule."



People can include a physical item such as a photo, newspaper clipping, a piece of jewellery, a letter, some art etc, or they can record an audio or video message, in

return for a suggested donation to St Helena Hospice, with all proceeds going towards supporting local people facing dying, death and bereavement.

As space in the time capsule is limited, you are asked to reserve your space in advance. You can then bring along your item for inclusion in the capsule to the event in Castle Park, where you can also record your message in a video booth.

To find out more about the time capsule and to reserve your space, please visit www.sthelena.org.uk/timecapsule

999 – what's your medical emergency?

Langham, Dedham, Stratford St Mary and the surrounding villages have several systems in place to help in the case of medical emergencies.

The very first thing that should be done is call 999, this should be done as a priority in all cases where help is needed. Once the call has been made, several things will happen. In this area we are covered by a number of Community First Responders (CFR). These are trained volunteers who live in our area and can normally get to an incident prior to an ambulance arriving. The call centre will contact these volunteers (if they are on call at that at that time) and give them details of the incident. The CFR will then go and provide care and support until a crew arrive. These volunteers are not always on call and are not sent to all incidents as certain criteria apply. Once on scene the volunteers can contact the call centre to update the status of the incident if things change and will remain there until they are stood down or a crew arrives. If the emergency is a suspected

cardiac **arrest**, the call centre should give the caller a code to access the nearest defibrillator. We are lucky to have these in Langham, Dedham and Stratford St Mary which can be accessed 24 hours a day. These are located at the Langham Community Centre, Hall Farm and the Craft Centre. The call centre will also contact the on duty CFR who will attend, they carry a defibrillator as part of their equipment and have been extensively trained in CPR and Life Support. The CFR will give CPR and life saving treatment until an Ambulance arrives.

If you are with a person who is suffering from a **cardiac arrest** and you have called 999, you will be given instructions on how to give CPR by the call centre and the location of the nearest defibrillator. They will have alerted the CFR's in the area.

You may be in a position where another person with you can go and collect the nearest defibrillator or you may be in the position where this is not possible.

Langham and Stratford St Mary also have another system in place. This is the Village Emergency Telephone System (VETS).

The VETS is a group of volunteers in Langham and Stratford st Mary who have had training in CPR and using the defibrillator. The system has a unique telephone number in each village, which when called goes through to all the volunteers at the same time.

If a volunteer answers, you will be able to give them your location and details of the incident, they will then pick up the defibrillator and head to your location. They will give CPR and deploy the defibrillator until either a CFR or Ambulance crew arrives. This system is for cardiac arrests only.

Finally, there is one other system in operation. This is the GoodSam application, another automated system activated by the ambulance call centre. This again is volunteers who are trained in CPR and using defibrillators.

This system actually tracks where each volunteer is and if there is a cardiac arrest an alarm goes to the nearest volunteer.

The above systems depend on volunteers and whilst efforts are made to cover as many hours as possible there may be times when volunteers are not on call.

HELP US TO HELP YOU..

As we live in a rural area, a lot of houses do not have numbers, just names. These can be difficult to locate at times. Leave lights on, a car with hazard lights or a person standing by a gateway. This is especially important at night. Make sure your house name is visible and if possible lit. CFR or VETS volunteers do not use blue lights so are not always highly visible but a car driving slowly could be a clue. The sooner we get to you, the greater chances of early treatment is possible.

From the above information you can see that our villages are covered by numerous systems and volunteers, so that help can be provided in medical emergencies prior to an Ambulance arriving.

If you would like to find out more about either the CFR roll or the VETS phone system, please contact peterdaw50n@hotmail.com or on 07775 667753.

The important thing to remember is: call 999 and stay calm, as help will be on its way.

The number for Langham VETS is 01206 700990.

The number for Stratford St Mary VETS is 01206 700919.

2nd Langham Scout Group

Planning is now in progress for next term as **Langham Beavers, Cubs and Scouts** will be restarting after the summer holidays on the **8th September**. If things remain on track we will return to having our normal weekly meetings on Wednesday evenings at Langham Community Centre.

Last term our Beaver colony was busy completing lots of outside activities, learning to ride our bikes safely, growing vegetables, taking part in the Essex Wildlife Trusts 30 days wild and singing around the campfire in Hobday woods as well as toasting the all-important marshmallows, we also

walked around the community centre field litter picking which we hope to do again this term as part of our community impact badge.

Scouts ended last term with various meetings including visits to the woods for shelter building, fire lighting and backwoods cooking; an orienteering evening at Highwoods Country Park; trip to McDonalds. Cubs have been on hikes in the woods and a water fight at Langham Community Centre

If your son or daughter are interested in joining please contact our Group Scout Leader, Denise Hobday on gsl.2ndlanghamscouts@gmail.com

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Tired of dull weekdays? Want to try something new, learn new skills and meet a whole new group of friends?

2nd Langham Scouts have been providing Scouting in the local area on a Wednesday evening for over 60 years and we have recently restarted our meetings face-to-face.

We currently have space In Beavers, Cubs and Scouts and would also welcome any adults who would love to get involved!

For more information, or to book a space, please either email enquiries@2ndlanghamscouts.org or contact us via our website.

www.2ndlanghamscouts.org

Scouts 
2nd Langham

*Get on Your Bike for
Ride and Stride 2021
Saturday 11th September 2021*

This annual fundraiser, organised in our area by **Friends of Essex Churches Trust**, is a good day out with some exercise, for friends and families. Cyclists and walkers get sponsored on their journey from church to church. You can choose your own route and make it as long or short as you like.

Half the money you raise goes to the Trust and half goes to the cyclist/ walker's chosen church. St Peter's Boxted and St Mary's Langham always participate and welcome visitors.

Sponsor forms and full details are available on the Trust's website
friendsofesssexchurches.org.uk

For further information or guidance please contact Annette Whybrow on 01206 272773 or email
annettejwhybrow@gmail.com



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THE ZONE AND THE EDGE
YOUTH GROUPS

We would like to invite any young people from the villages of Boxted and Langham to join our **youth groups** which are now up and running again following Covid restrictions.

The Zone for 6-11 year olds and The Edge for 11-18 year olds meet at **St. Peter's Church, Church Street, Boxted.**

The Zone is held from 5.30pm to 7.00pm

The Edge is held from 7.30pm to 9.00pm

It is held every two weeks on Friday evenings during term time, starting on Friday 10th September. The evenings involve games, a Bible Story and other activities including music and crafts.

Please bring along £1.00 to buy snacks from our Tuck Shop.

Looking forward to seeing all our members plus anyone else who is interested in September.

We're Back!



Our Next Screenings

Sat 18th September - "23 Walks" (12A)

Sat 16th October - "Dream Horse" (PG)

Sat 20th November - "Love Sarah" (12A)

Doors Open 7pm; Films Start 7.45pm

It's been a long time since our last village cinema evening but we are finally back following an enforced 18 month break.

After the dark times of COVID, we have opted for some light and uplifting fare for our first three screenings. First up in September is a story of two 60-something dog walkers and the romance that slowly blossoms between them. The lead actors are Alison Steadman and Dave Johns, with excellent canine support performances from 'Tilly' and 'Henry'.

We look forward to a really enjoyable evening and a chance to catch up with old friends. All the usual facilities will also be back in place: a licensed bar, tea/coffee with biscuits, and of course the interval ice-creams!

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100 Club Draw

The 100 club **June** draw was made on the Random Number generator again and the lucky winners are:

1. The Langham Bridge Club (89)
2. Judith Allinson (21)
3. Freda Doyle (46)
4. Patchwork Pals (75)

The lucky **July** winners are:

1. Rosie Helliwell (86)
2. Lynne Dingemans (45)
3. Crafty Ladies (3)
4. Jutta Brawn (27)

Some numbers available.

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Gill Flack
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There is the option of working a regular shift or to fill gaps in the rota when they occur and when suits you.

A small commitment from you could make a big difference to the continuation of our Shop.

For more information, please contact our Volunteer Co-ordinator

Cath Hine

07825 952560

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Enquiries may be phoned to 01255 201763 or emailed to wheelchairloan@gmail.com

DAILY HOPE - A FREE PHONE LINE OF HYMNS, REFLECTIONS AND PRAYERS.

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Contact Details

Website www.lb-churches.co.uk

Rector Heather Wilcox

Please contact the Church Office with any enquiries

Church Office available by appointment
Mon: 9am - 12pm; Tue - Fri: 9am-1pm

Assistant Curate Revd Anne Mason

01206 851792 / 07895 970834

revdannemason@gmail.com

Lay Minister Denise Hobday 230918

Church Administrator (for the parishes of
Langham with Boxted, West Bergholt and Great
Horkesley) Jo Russell 243683

Email: lwb.wb.gh.parishes@gmail.com

Churchwardens

St Mary's Langham

Stephen Garner 272599

Sgarner.22@btinternet.com

Denise Hobday 230918

bobdaylangham@hotmail.com

St Peter's Boxted

Dominic Shiel 273324

Zone Youth Group

Dominic & Linda Shiel 273324

The Edge Youth Group

Dominic & Linda Shiel 273324

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St Mary & St Peter Newsletter

Editor Stephen Pollington 683670

Email: lwbnewsletter@gmail.com

Advertising Paul Armstrong 616604

Email: boxlangads@gmail.com

Distribution

Elaine Mott (Boxted) 273183

Linda Tralau (Boxted) 272710

Andrew Stacey (Langham) 272806

BOXTED VILLAGE HALL

Cage Lane, Boxted, CO4 5RE

Contact

Debbie Eley

Telephone:- 01206 870266

Email:- boxted@community-centre.org.uk

Home to a number of local clubs and regular activities, it is also available for hire for parties and functions, with a capacity of 120 seated in rows or 100 seated at tables.

If you have any new clubs or events planned in the future, please consider using the village hall as your venue.

**Deadline for submissions for the
October edition:
15th September
Contact the editor via email:
lwbnewsletter@gmail.com**

NEED TO TALK TO SOMEONE?

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**We can give you a lift to your Covid Vaccination Appointment!
Call so that we can help you, Monday to Friday, 8am to 7pm**

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Tuesday.....273804 or 271079

Wednesday....272755 or 272774

Thursday.....07842 034489

or 07765 037892

Friday..... 271813 or 619907

or 07598 133413

Please telephone the number(s) shown for the DAY ON WHICH YOU MAKE YOUR CALL (not the day of your appointment). If there is no reply, please do not leave a message but RING ANY OTHER NUMBER.

Revised 13/04/2021. Organizer Arabella Brentnall, 01206 272013