

ST MARY & ST PETER NEWSLETTER

July 2024



CHURCH SERVICES

7th July Sixth Sunday after Trinity

9.30am at St Peter's – Holy
Communion (said)

10.30am at St Peter's – Morning
Worship

*Refreshments are served at 10.15
between the services*

14th July Seventh Sunday after Trinity

9.30am at St Peter's – Holy
Communion

21st July Eighth Sunday after Trinity

9.30am at St Mary's – Holy
Communion (said)

10.30am at St Mary's – Morning
Worship

*Refreshments are served at 10.15
between the services*

28th July Ninth Sunday after Trinity

9.30am at St Mary's – Holy
Communion

4th August Tenth Sunday after Trinity

9.30am at St Peter's – Holy
Communion (said)

10.30am at St Peter's – Morning
Worship

*Refreshments are served at 10.15
between the services*

To check for other services and any
alterations email Revd Heather Wilcox -
RevHWilcox@outlook.com

(lwb.wb.gh.parishes@gmail.com)



Deadline for submissions for the September edition: 15th July

Contact the editor via email: lwbnewsletter@gmail.com

Welcome to the July Newsletter.

The cover image this issue was taken by Andrew Stacey in 2005—two decades ago! - when the Shepherd pub was covered in greenery and hanging baskets were festooned about it. The slightly harsh quality of the light suggests that the photo was framed in spring, but the flowers provide an amazing splash of colour to what was then an unremarkable frontage. The

picture shows how little has really changed in the intervening years—to the exterior at least.

This 'timeless' quality is one of the more attractive features of living in this part of the world—things are always in a state of flux, but a lot of our daily experience is still quite familiar and comforting. Long may that last!

Steve Pollington,
Editor



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Boxted 10K Event 2024

Boxted Runners held their sell out Boxted 10K on Sunday June 9th. The well-attended event, based at St Peters School, was a resounding success, with a total of 700 runners competing across the 2K, 5K and 10K races.

Much to the relief of the runners and spectators alike the weather remained dry throughout. As well as the competitors, their families, friends and visiting villagers soaked up the wonderful atmosphere and enjoyed the additional attractions and refreshments.

It was great to see the main event sponsor, Fenn Wright, had a team running as did KAT Marketing, a Boxted based business, who sponsored the water for the event.

Designed by Sports [DBS] another of the sponsors, not only conducted the warm up for all races but also had a runner in the 10K race and donated running clothing to the winners of the 5 and 10K events.

Hill Farm Flooring, another Boxted business added to the sponsors and were at the event adding support to the organisers and competitors alike. Providing relief to tired legs, Fiona Wallis, a sports physio



BOXTED RUNNERS

from the Manor Health and Wellness Centre in Colchester was on hand to attend to any running related aches and pains.

The youngsters were able to rid themselves of any excess energy on a bouncy castle

and then along with friends and family, enjoy a nice cooling ice cream.



Boxted
School Association

[BSA] provided the ever-popular barbeque and Colchester City Ladies Football Club provided a bar, hot drinks and served cakes made by the football club and Boxted Runners volunteers. A successful and enjoyable day all round, raising additional funding for St Peters School.

From Boxted Runners – a huge thank you to all those who volunteered and contributed.

Next year's event will be on Sunday 8th June 2025.

SESAW NEWS

So that cheeky Chihuahua thinks I've mellowed, does he? Ken should look in the mirror, he has a middle aged spread, grey whiskers and barks for no reason at all! My black coat is as sleek as ever and my waist is still trim. Admittedly I prefer to stay indoors when it's cold and wet nowadays but went outside to visit some of our animals awaiting new, loving homes.

Feline brothers Jack and Jacob were rather downcast. They are two stunningly pretty white and black cats, neutered, vaccinated, microchipped and ready to go. They are a little nervous, having been in a run far too long, nevertheless I find it unbelievable they have not yet been chosen.

Of course we have many dogs including Pebbles and Lola, two friendly, middle aged pugs in need of a new home together. They love their walks and plenty of cuddles. Please come along to meet any of the animals between 10am to 1pm, Thursday to Sunday.



We said farewell to longtime resident, Henry the peacock and his three wives last month. The beautiful boy displayed resplendently in his new quarters at Kentwell Hall whilst his demure peahens investigated their new surroundings. His plaintive call is much missed here but we know he and his harem will enjoy the grounds of that historic house, once they have settled in.

I dare say they would like a superior cat such as me but our volunteers would miss sharing their lunchtime sandwiches with me,

Ollie(the Black) Cat

Suffolk & Essex Small Animal Welfare, Registered Charity No.1124029, Stoke Road, Leavenheath, CO6 4PP. Tel: 01787 210888, email: info@sesaw.co.uk
website: www.sesaw.co.uk

BOXTED WI

This year Boxted WI had the responsibility of sending a delegate to the WI national annual meeting. Our delegate represented us, Great and Little Horkesley and Mile End groups. This meeting sees WI representatives from across country gather to address any constitutional matters, hear from speakers on current issues relevant to the membership and vote on our resolution and subsequent campaign for the year. This year's meeting was held at the Albert Hall with over 4000 women in attendance. The atmosphere was amazing. Hearing the organ at the hall belt out *Jerusalem*

and being able to sing out in itself was a treat.

Now you might wonder why are we telling you this in the Parish news? Well the WI provides an important community and social function for women in our villages. Nonetheless it really is not just about cakes, canapes, tea and wine either! Nationally the WI has a history of campaigning on important issues for women with success by campaigning vociferously and lobbying the government. This year's motion was 'Dental Health Matters'. We heard speakers in favour of the motion from the group who proposed and it, Eddie Crouch (Chair of the British Dental Association) and from the floor.



Indeed a member of our own community spoke eloquently about their own work in the field and why the motion should be supported. The motion was carried and a year of grassroots campaigning will begin across the country by WI

groups. If you would like to know more about the motion or have ideas on what we could do in Boxted to promote please contact the committee.

The other parts of the day were devoted to speaker on the topic of 'Ending Violence Against Women'

WI_ActionPack_NoMoreViolenceAgainstWomen.pdf(thewi.org.uk). We were privileged to hear from Nazir Afzal OBE (Former Public Prosecutor) who spoke about his work and how he advocates for women and victims of abuse. He was followed by Melanie Brown MBE (Spice Girl) who was interviewed by Victoria Derbyshire. She bravely spoke about her own experiences and her work with Women's Aid Sign Melanie Brown MBE's Family Courts Petition | Campaign with Women's Aid (womensaid.org.uk). The



final session was led by Teresa Parker (Womens Aid) and Timothy Watson (Rob in The Archers) who discussed the domestic violence storyline in *The Archers*. They had worked very closely together on the storyline to raise awareness of the issue. Whilst the subject matter was at times hard to hear all of the speakers highlighted that there is still work to do and indeed the important of the collective voice of women in organisations like the WI.

We hope that this has provided some food for thought about the group and what we do and stand for both locally and nationally. ***Please do come along and join us at one of our meetings.***

A BIT OF A DO!

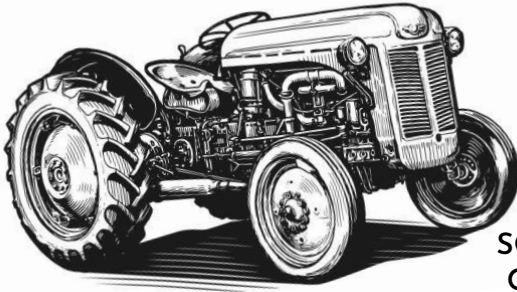
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| 92 | John Faulkner | £25 |
| 74 | Karen Jones | £15 |
| 30 | Gill Woodman | £10 |

We have some spare numbers if anyone would like to join.



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BOXTED HISTORY GROUP

Lady Alice de Bryene is a little-known figure. She was born in about 1386 and lived until she was roughly 75 years old – a good age for those times. She was a wealthy land owner who lived at the long demolished Acton Hall near Sudbury. She owned land in different parts of the country, including 3,000 acres in Suffolk.

She was born in turbulent times and lived through the reign of four kings, the plague, the peasants' revolt and the battle of Agincourt. Since the Norman Conquest French had been the language of the upper classes but now English came into its own.

Girls were married off very young usually to a much older man for status and security and Alice was no exception. She married well. Because husbands were so much older than their wives they tended to die first. The women then normally remarried presumably someone more suited to them. Alice never remarried because she had such strong family connections of great wealth and status that she needed no protection.

The house that Alice lived in probably consisted of one large hall with a kitchen attached. The hall was where everyone (including servants and visitors) ate and slept. It was used for living in, social gatherings and business purposes. Hospitality was very important at this

time and the family entertained many guests.

In most cases paperwork from medieval families has not survived, but in Alice's case it has. Documents are kept in the British Library and, surprisingly, at the University of Chicago. Among them is a household book that records expenditure for Acton Hall. It was probably kept by a literate and numerate member of the house or by a priest who was in attendance. The book gives a good insight into the food that was served. Fish was consumed in abundance, much of it smoked or salted to preserve it.

A prodigious quantity of bread was eaten, corn being ground in the windmill on the estate. Grit from the millstones frequently got into the flour and caused numerous digestive problems. Two types of loaves were made: white and black. The white bread would have been more like our brown bread while the black consisted of sweepings from the granary floor. Meat was eaten but supplies tended to run short in the Autumn and Winter. Shortages were supplemented by pigeons and doves. There is no mention of venison being on the menu – it was illegal to kill deer. Vegetables and fruit were rarely used except for soup or stock. There

being no sugar, honey was used for sweetening.

Alice was a very devout lady, making generous donations to monastic orders. At her death she left money for chants to be sung in church to ease the passage of her soul through purgatory. There is a brass commemorating her on the floor of Acton church.

Pip Wright talked to the History Group about Lady Alice de Bryene. For information about future meetings phone 01206 272250.

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Probus Club of Colchester

Our club met on 22 May 2024 at the very modern club house of Colchester Rugby Club, it was well attended with a good mix of ladies and gentlemen

Our guest speaker, Roy Treloar, gave an enlightened talk describing how Cockney Slang originated and prevailed in the city of London over many decades. This unique descriptive mode of speech is believed to have grown steadily in everyday parlance from around 1362. Although the slang does keep pace with the changing times, these days it seems to

be in the process of being replaced by 'Estuary' English.

The well known spectacle of the Pearly Kings and Queens played a large part in popularising the use of this slang over the decades. To celebrate this we were treated to a transformation in Roy, who early in his talk donned a beautiful dark jacket with many 'pearly' decorations and a jaunty, matching cap to accentuate the subject of his talk. Furthermore, it transpires that Cockneys were not always considered the most upstanding members of society but, over the years, have become famous as the colourful characters

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they are, representing the London boroughs, and are viewed with great affection for their traditions and particularly their innate humour which was evident in our Speaker – a cockney himself!

We have all become familiar with **Cockney Rhyming Slang** in our lifetime, being so close to London, and particularly because many Londoners have moved from the smoke to our green pastures and beaches and spread this mode of speech. Roy gave us many examples of where we use them in descriptive speech but the interest was in the detail: the fact that single, double and triple versions of the slang are used and combined. Also, the

sheer numbers of very talented singers, actors and politicians who can claim membership of this 'club', being born two miles within the sound of Bow Bells, is remarkable. There is also a proviso required to be classified as a true cockney - you need to have been born within the sound of St Mary le Bow Church. Some people missed this opportunity since bomb damage during the war resulted in the Bow Bells being silenced from 1941 to 1961. They missed using enlightening description phrases such as: *Trouble and Strife* (wife), *Butcher's hook* (look), *Barnet fair* (hair) can become 'a double' linked to an *Alf Garnet*, *Pie and mash* (cash) and many, many more that most of us recognise.

The subject and Speaker were popular, shown by the amount of interest and the number of questions posed at the end of his delivery.

Our club is open to retired, semi retired, or those about to retire from the professional and or business community. We meet every fortnight on a Wednesday, but have a break during the month of August. **If you would like to know more about our club then please contact the clubs Secretary James Duffy on T: 01206 514143 or E: jimduffy@aol.co.uk.**



what is your summer vibe?

The wedding season is most definitely in full swing. What a privilege it is as a member of the clergy to walk alongside a couple as they make their preparations to marry and then be front line and centre to witness their big day.

There is so much that makes the service bespoke but for me it all starts literally with the first piece of music. We have had all sorts whether it is super traditional: *The Bridal Chorus* Wagner *the Rossignol Consort* or Stevie Wonder's '*Signed, Sealed, Delivered (I am yours)*' playing on the way out, music sets the mood for the special day.

"The best, most beautiful, and most perfect way that we have of expressing a sweet concord of mind to each other is by music."

-Jonathan Edwards

I am not a technical person but I have recently discovered I can play music from my phone through a speaker in my office. This has now opened up a whole new world of musical possibilities. It has been great fun looking back and rediscovering the music that literally makes me happy.

"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything."

Plato

If you were choosing a song that speaks to you that celebrates you for you and above all makes you happy what would it be? Mine is Katrina and the Waves: "*Walking on sunshine*" aside from the fact this song makes me homesick for those 80's Saturday night discos and my teenage years, her music makes me smile, not just a surface smile but a deep smile. "*I am walking on sunshine and starting to feel good,*" those words just belt out a smile! (By the time you read this I am praying we are seeing more sunshine!!)

Music is an invitation to enjoy life and it can take some of the heavy lifting out of the difficulties we inevitably encounter, as it has the incredible power to draw our hearts and minds into this intimate experience where we can find happiness and peace.

"Music is one of the fairest and most glorious gifts of God, for it removes from the heart the weight of sorrow, and the fascination of evil thoughts."

- Martin Luther

So in this summer month of July, re connect to God's gift of music, find your special summer vibe and let yourself deeply smile and enjoy how it makes you feel.

Rev'd Emma.

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BOXTED HISTORY GROUP

Meeting every third Wednesday of the month at Boxted Village Hall.

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2nd Langham Scout Group

Meetings are held each Wednesday evening at the Community Centre.

Beavers: 5.00 to 6.15 pm. **Cubs:** 6.15 to 7.30 pm. **Scouts:** 7.30 to 9.00 pm.

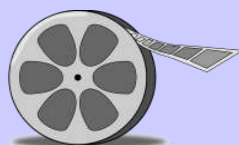
Contact Group Scout Leader, Denise Hobday 01206 230918.

LANGHAM LADIES

Any ladies wishing to join the group or to come along as a guest, please telephone Gill Brown on 01206 273286.

LANGHAM FILM NIGHTS

For details of films and screening times and to book tickets, go to www.langhamcommunitycentre.org.uk/next-cinema-screening/



Crafty Ladies

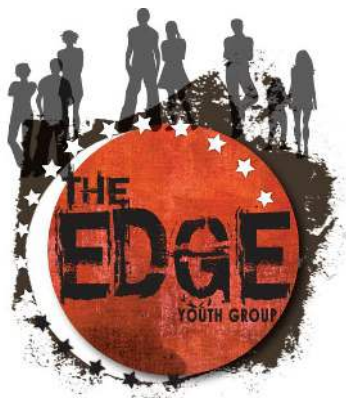
Meet on first Wednesday of each month throughout the year, 10.00 am to 3.00 pm at the Community Centre. Subscription £26 due March and September. Contact Chrissy Todd tel. 07742 131454.

Carpet Bowls Club

Meet every Tuesday afternoon from 2.00 to 4.00 pm at the Community Centre.

Contact Cliff Jones on 07922 156545 or Mervyn Bushe on 01206 230209.

The Art and Craft Club meet on the **third** Wednesday of each month, 2-4pm at Boxted Village Hall. All welcome - *come and join in!*



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We at the Mindful Life Group are delighted to have now received funding from NHS East and West Suffolk Clinical commissioning Groups and Suffolk Community Foundation to provide free online mindfulness courses to support older adults aged 65 and over and carers and former carers living in Suffolk.

Background and information on the course:

The Mindful Life Group is offering an online mindfulness course that is fully funded to support older adults (over 65) in Suffolk. The course is led by a clinical psychologist who is also a mindfulness teacher. The course is based on the mindfulness-based stress reduction course developed by John Kabat Zin but has been adapted for these populations.



We have had really good feedback from participants, and we have found that it improves peoples' attention and memory, as well as reducing loneliness, low mood, stress, anxiety and chronic pain. Many participants have found it simply helps them deal with day-to-day stresses.

We currently have one course running every Thursday from 6th June for six weeks between 1-3pm.

Places are free but limited to around 15.

More information can be found on our website: <https://the-mindful-life.com/>

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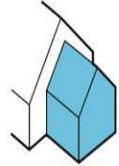
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For more information, or to book a space, please either email enquiries@2ndlanghamscouts.org or contact us via our website.

www.2ndlanghamscouts.org

Scouts
2nd Langham



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BOXTED RBL CLUB, STRAIGHT ROAD, CO4 5QN, 01206 272576,

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The Short Term Wheelchair Loan Charity (Reg. No. 112657, www.wheelchairloancharity.com), based at Clacton Hospital, helps people needing the short-term use of a wheelchair. The chairs are for all ages and reasons. The service is a perfect interim solution if you require a wheelchair for an occasion such as a holiday, a wedding or to help accommodate a visiting relative. The service is funded by donations and is free to users, although a deposit of £40 from borrowers is asked for.

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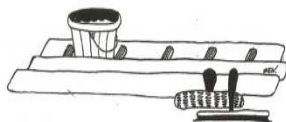
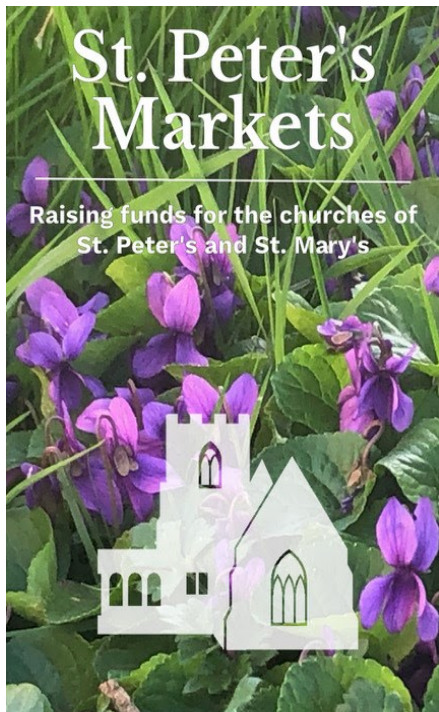
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For further information & an informal chat
Call our Volunteer CoOrdinator
Cath Hine on 07825 952560

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**Our Club meets in the village hall
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3.30pm.**

Anyone wishing to come along would be given a warm welcome. Our members are always asked for their suggestions before our yearly entertainment programme is arranged, so we do try our best to cater for everyone.

*If you would like more information
about our club please call Linda on
01206 272710.*

GOOD NEIGHBOURS

Are you elderly, vulnerable or otherwise in need of help, and live in the Parish of Langham with Boxted? We are a group of local Volunteers who can assist:

- with transport to an important appointment, including Hospital, Dentist or Flu/Covid Booster
- with collection of items such as prescriptions
- or make a friendly visit just for a bit of company.

Call so that we can help you, Monday to Friday, 8am to 7pm

Monday.....230525 or 273324

Tuesday.....271813 or 273195

Wednesday....272755 or 272013

Thursday..... 07765 037892 or 323007

Friday..... 272773

Please telephone either number 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**.

This scheme is associated with the Churches of St Mary's Langham and St Peter's Boxted

THE PARISH OF LANGHAM WITH BOXTED

Contact Details

Websites

Boxted – www.achurchnearyou.com/church/6458

Langham – www.achurchnearyou.com/church/6459

Rector Heather Wilcox

01206 240906/07503151715

RevHWilcox@outlook.com

Please contact the Rector with any enquiries

Church Office available by appointment Mon-
Fri: 10am - 12pm

Associate Priest Revd Anne Mason

07895 970834 revdannemason@gmail.com

Curate Revd Emma Barr 07801659345

Lay Minister Denise Hobday 230918

**Church Administrator (for the parishes of
Langham with Boxted, West Bergholt and
Great Horkesley** Donna Luxton (Mon -
Wed) & Jo Russell (Thur- Fri)

Email: 6parishescolchester@gmail.com

Churchwardens

St Mary's Langham

Stephen Garner 272599

Sgarner.22@btinternet.com

Denise Hobday 230918

hobdaylangham@hotmail.com

St Peter's Boxted

Jos Carter 272755

Zone Youth Group

Dominic & Linda Shiel 273324

The Edge Youth Group

Dominic & Linda Shiel 273324

St Mary & St Peter Newsletter

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BOXTED VILLAGE HALL

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Contact

Debbie Eley

Telephone:- **01206 870266**

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

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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
September edition:**

15th July

Contact the editor via email:

lwbnewsletter@gmail.com

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