ST MARY & ST PETER
NEWSLETTER



November 2025

Cover Picture: *Harvesting* Thanks to Andie Hardy

CHURCH SERVICES

2nd November – All Saints Sunday

9.30am at St Peter's – Morning Worship

3.00pm at St Peter's – All Souls service

9th November – Remembrance Sunday

10.45am at St Peter's – Remembrance service

11.00am at Langham War Memorial School Road Remembrance Service followed by Act of Remembrance at airfield memorial

16th November - Second Sunday before Advent

9.30am at St Peter's – Holy Communion

23rd November – Christ the King

9.30am at St Mary's – Holy Communion

29th November – Saturday

3.00pm at St Peter's churchyard – Forest Church

30th November – Advent Sunday

10.30am at St Andrew's, Wormingford

United service of Holy Communion with Bishop of Chelmsford presiding

7th December – Second Sunday of Advent

9.30am at St Peter's – Morning Worship



To check for other services and any alterations please email The Reverend Heather Wilcox – *RevHWilcox@outlook.com*

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

Welcome to the November Newsletter.

As predicted in the previous issue, the details of the Christmas Panto are now available and I hope that many of you will get your ticket orders in early to avoid disappointment. The theme is '*The Twelve Days of Christmas*'. The key dates are 12th and 13th December for the performances and the tickets are available from Harpers Caffe or online from *www.wegottickets.com* under 'Boxted Village Hall'.

A *Winter Festival* is also planned this year for Langham, based in the Community Shop with the promise of many treats. A 'Living Advent Calendar' is to be arranged — the houses of volunteers will be decorated in an appropriately festive manner. It all sounds like Yuletide fun. The participating householders get to choose which charities they support with any donations they receive. Applications are still being taken.

On 28th November there is to be fundraiser in support of the *Shoebox Appeal* for which both villages usually make donations. Langham Community Centre is hosting it this year as 'Community Café'.

The Methodist Silver Band will be out again on Sunday 30th November for the annual tree-lighting ceremony at Boxted Villlage Hall.

So there are already many local events for the coming festive season to plan for. I hope to attend quite a few of them myself.

Steve Pollington,
Editor

Remembrance Service 9th November at War Memorial at 11.00am followed by short act of remembrance at Airfield Monument. 2nd Langham Scout Group will be attending.

BOXTED RUNNERS

Mid October proved another busy time for Boxted Runners. We had runners taking on races in various parts of the UK. We had runners in Bournemouth, Dorset, taking on a 10km race, runners in Capel St Mary, Suffolk, taking on a 5 mile race. In addition we had runners in Chelmsford, Essex, taking on a Half Marathon and runners in Tiptree, Essex taking on a 10 mile race.

Everyone who took part in these races can be incredibly proud of their performances. All the races prove to me that Boxted Runners is full of wonderful determined people. They all deserve all the praise they receive.

If you feel inspired by these people feel free to get in touch with us.

Find out more on -

www.boxtedrunners.co.uk







Langham Community Centre's

100 Club Draw

September winners were

1st Pamela King no.10

2nd Lynn Dingeman no.45

3rd Peter Dawson no.73

4th utta Brawn no.69

New members welcome.

Contact

01206 323007

shannon955@msn.com .

WHEELCHAIR LOAN

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.

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

NEIGHBOURHOOD WATCH

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AREA OF OUTSTANDING NATURAL BEAUTY
& STOUR VALLEY

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CQC registered for homecare & live-in care
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Contact Sharon Cutter 07368 224486
admin@colchesterhomecare.com

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https://colchesterhomecare.com

BOXTED W. I.

Our full October meeting focussed on the ability to assist in saving lives through CPR and defibrillat(or 'defib') use. In support of the National W.I. campaign 'Bystanders can be lifesavers' we welcomed Lynn Jefferis from *www.northessex.minifirstaid.co.uk* armed with her manikin and defibrillator.

We were most appreciative of her animated presentation of the CPR process. We learnt how we can act by recognising the emergency, contacting 999/112 (a locator app such as image.png what3words has ability to locate to approx 3 metres) and how to carry out CPR.

We realised the importance of staying clear and up to date with the skills and amongst many tips and guidelines, we learnt the current CPR is 30 compressions (100-120 per minute) then 2 optional breaths.

Did you know that 1/3 of the public are afraid to perform CPR on a woman? Our campaign hopes to alter that! Please don't be bashful or hesitate; it's life or death!

By becoming CPR trained and encouraging others to do the same will surely have an impact on survival rates.

revivR.bhf.org.uk provide a free interactive online training course.



The chances of survival are increased by 70% if a defibrillator is used within the first 3 minutes of a cardiac arrest.

Contacting emergency services will result in defib location and opening code. We covered both how to use the defib and how we may need to prepare the patient.



There are 100,000 registered defibrillators across the UK and they can be found on the websites *www.defibfinder.uk* and *www.thecircuit.uk*

British Heart Foundation

Do you know where the 5 local defibrillators in Langham and Boxted are located?

Langham Community Centre Shop

Langham Oaks School

Boxted Primary School (school hours)

Boxted Hub / Cafe

Boxted Straight Road nissan hut (ex British Legion)



Turn back the clock with our fun and friendly exercise classes to improve your

- ☐ balance & confidence
- ☐ mobility & flexibility
- ☐ strength & independence

MOVE IT OR LOSE IT!®

Where: Boxted Village Hall, Cage Lane, Boxted, CO4 5RE
When: Fridays 11am - 12 Noon
Cost: £7 per session First class FREE
Parking available
Contact Lucy on 07736 714752 or Email: lucy.hewitt@moveitorloseit.co.uk
Come and give it a try!

Santa Paws

St Marys Church, Lawford
6th December
10.00 – 1.00pm

Bring your gorgeous Hounds to see SANTA PAWS and receive a doggie gift. Cost £5.00 per dog
Christmas stalls, Grand Raffle & draw together with the ever-popular Woof Down Café
Book a slot by phoning or texting 07922791247

Colchester Sugarcraft

We are a small friendly club who welcome everyone who is interested in cake decorating and making flowers and models from sugarpaste. We meet at **Stanway Community Hall** on the last Thursday of every month at 7.30. Visitors £5 includes refreshments.

November 27th Christmas Party and Chocolate truffle making. (**December** No meeting) **January 29th** Valentine Bunny Vasantha Manohar **February 26th** Fuchsia Natalie Porter **March 26th** Easter theme Jacqui Kelly **April 30th** A.G.M. Sugarpaste model. Renew membership £40 per year.

Contact Sue Albins *Sue28albins@btinternet.com* or 01026 251955.

LANGHAM LADIES

The October meeting was held in the Langham Community Centre. Forty five members and guests enjoyed a talk by Michael Reynolds about his time working for the "Secret Intelligence Service ". He told us that all countries had a similar Secret Intelligence Service as ourselves and therefore he had travelled widely in his job including being in Berlin when the wall came down.

Michael stayed and enjoyed refreshments with us and many members had lots of questions to ask him during this time.

Our next meeting will be held on Thursday November 13th in Langham Community Centre starting at 7.30pm when Dorothy O'Grady will be demonstrating Ways of Wrapping Up Gifts which will be very useful for Christmas.



New Members will always be made welcome also if you want to give it a try come as a guest £5 to see what we are about.

Family run health & wellbeing clinic on Park Lane, Langham offering:

Physiotherapy
Injection therapy *(specialising in osteoarthritic joints)*
Massage therapy
Pelvic health, pregnancy and post-natal care
Scar therapy
Lymphoedema management
General healthcare *including minor illness appointments, blood tests, prescriptions, foot & skin care and more*
Psychotherapy
Podiatry
...And more!

To enquire or book an appointment:
Call 01206 670216, visit www.fortishealthandwellbeing.co.uk or email info@fortishealthandwellbeing.co.uk

LANGHAM Community Shop

Winter Festival

Saturday 29th
NOVEMBER
4pm to 7pm

Langham
Community Shop
& Community Centre
CO4 5PA

For more info email
langhamwinter
festival@gmail.com

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Hot Chocolate Gingerbread
Festive Mulled Cider
BEER FESTIVAL



LANGHAM *Winter Festival*

Living Advent Calendar

Join in the Festivities!

This year, we are planning a LIVING ADVENT CALENDAR for the village

What is this?...
Each day from 1st to 24th December a house will light up their window for the community to visit & enjoy

You will be given a number and then its over to you.

You choose your theme and then on your day turn on the lights at 5pm

The ideal windows are those you can see from the end of the drive or an upstairs window.

We display signs to ask visitors not to enter your garden (unless you want them to) so it would be ideal to be seen from the entrance to your driveway.

You are welcome to put out a pot to raise money for a charity of your choosing!

If you would like to take part or for more information please email:

Langhamwinterfestival
@gmail.com




Langham
Community Shop
Autumn/Winter
Opening Hours:
Monday to Friday
8.45am to 5pm
Saturday
8.45am to 3pm
Sunday & Bank Hol
9.30am to 1pm

The Lord is Close to the Broken-Hearted

"The Lord is close to the broken-hearted and saves those who are crushed in spirit." — Psalm 34:18

As the leaves fall and the days grow shorter, November invites us into a season of remembrance. It is a time when we pause to remember those we have loved and lost—family, friends, and members of our parish who have shaped our lives and our faith. In our All Souls services, we gather in quiet reflection, holding those precious memories before God, trusting in His promise to be near to the broken-hearted.

This month also brings Remembrance Sunday, when we honour the brave men and women who laid down their lives in service of peace and freedom. We give thanks for their sacrifice, and we pray for peace in our world today. It is a solemn time, yet one filled with deep gratitude and reverence.

Psalm 34:18 reminds us that we are never alone in our grief. God draws close in our sorrow and holds us in His love when our own strength fails. Whether we come to church with tears, with memories, or with prayers unspoken, He meets us there, offering comfort and hope.

As we light candles, lay poppies, and whisper names of loved ones gone before, may we also lift our hearts to the God who brings light into the darkest places.

May we carry forward their love and courage in how we live today.

With every blessing,

Rev Emma



RECYCLING 'SOFT' PLASTICS

Colchester City Council has extended the range of plastic materials acceptable for recycling. **Accepted** now are:

Plastic bags

Carrier bags; bread bags; freezer bags; fruit and vegetable bags; multi-pack crisp bags and packets; salad and sandwich bags;

Plastic film and wrapping

Plastic nets & labels (e.g. for citrus fruits); plastic film from magazines and newspapers; wrapping from food products; wrapping around multi-packs of cans; wrapping around toilet rolls; cling film; plastic cereal liners; plastic film from ready meals;

Tetra Paks

Other items

Plastic plant pots; bubble wrap; clean cat and dog food pouches; worn out white garden sacks; broken or unusable food recycling caddies (*rinse first)* and recycling boxes *(rinse first).*



ITEMS NOT COLLECTED include:

Pesticide or chemical bottles; Tassimo Pods; blister packs; packaging containing tablets; hard plastics, eg children's toys & milk crates; polystyrene, including polystyrene food trays (e.g. take-away boxes); expanded polystyrene packaging (e.g. Loosefill polystyrene used for padding in packaging); electronic items; plastic strapping or rope (e.g. polyrope, lock lashing straps); video/cassette tapes or CD/ DVD cases; washing up bowls; large items such as garden furniture

For more information, visit

www.colchester.gov.uk/recycling-and-rubbish



Community Cafe

Hosted by the Shoebox Appeal supporting Langham and Boxted Churches

Join us this November for cake and a cuppa.

Langham Community Centre

Friday 28 November

10.30 - 12.00

All Welcome

BOXTED HISTORY GROUP

The Anglo-Saxon period of English history has not until recently been given the attention it deserves, with the emphasis being on the Romans and Normans. However, things are changing as more attention is paid to the evidence that survives in the form of written records and archaeological finds such as at Sutton Hoo together with the discoveries of buried treasure. Before the coming of Christianity people were buried with their valuables. Graves, containing amazing metalwork in the form of rings, bracelets and swords, yield much evidence of the sophistication of the lives of these people. Also many words from the Anglo-Saxon language survive in modern English. After all, they did not call themselves Anglo-Saxon: they called themselves English, the term Anglo-Saxon being given to them by historians.



Reconstruction meadhall at Yeavering, Northumberland

Life in Anglo-Saxon England, which extended from about 350 A D to the Norman conquest, was short but settled. Wars were a rarity and there was a great respect for the law. Women had a much higher status than in later times. Although they had different responsibilities from men (such as making clothing) they could own property and could not be forced to marry against their will. They also held high office in religious institutions.

Central to life in an Anglo-Saxon settlement was the mead hall. The phrase is now obsolete but it denoted the often huge building in the settlement that was the focal point of life. It was a community

centre where people met to socialise, feast and to drink mead or beer. The Anglo-Saxons had a love affair with alcohol. Not only was it a drink that loosened inhibitions but it also provided essential nutrients and was safer to drink than water. Passing round the drinking horn created social bonding.

The mead hall was additionally a place for formal gatherings. Laws were passed, punishments were handed out, rewards in the form of rings, bracelets and swords were given and betrothals announced. The lord of the settlement sat in the most prestigious spot with others of descending importance seated around him. High ranked people sat near him so they could admire the intricate work on his clothing and jewellery.

Nobody lived in the mead hall: it was a place for social functions. It was surrounded by huts that were dwelling places or workshops. It was central to Anglo-Saxon society, but its importance declined with the coming of Christianity when religious



services moved to churches and with the coming of the Danes who centralised judicial practices. Nevertheless it holds an important place in a period of our history that has much of value to it.

Steve Pollington talked to the History Group about the Anglo-Saxons and the mead hall. The next meeting of the Boxted History Group will be in the village hall at 8.00pm on Wednesday, 19th November when Paula Short will talk about **Josephine Baker.** All welcome.

ALAN LADBROOKE

Boxted Parish Council Report – October 2025

A reminder that parish council meetings are open to the public. Please do come along and we have agenda time allocated at the beginning of each meeting for residents to raise issues. The public discussion part of the council meeting is often quiet, and this month was no exception with the only topic being raised was the changes sought at the former British Legion site.

There were no planning applications in Boxted this month but all planning applications affecting the village can be found on the Colchester City Planning portal – search for Boxted and you find those affecting the village. *https://www.colchester.gov.uk/planning-search-results/*

Fly tipping should be reported to *Colchester.gov.uk/recycling-and-rubbish/fly-tipping/*

We are hoping to work our way down Straight Road and Langham Road to identify those areas where walking on the verge is made impossible by the hedge/branches overhanging. Essex Highways cut the verges but don't tackle hedges etc. Hopefully we can work with landowners, who are responsible for both sides of any boundary hedging/trees, to create a clear path.

We are waiting for a date for the **Severalls Bridge** to be repaired; we are waiting on the outcome of Essex Highways dynamic load tests on **Boxted Bridge** to see if it can be opened to pedestrians and cyclists; we are also waiting on Colchester Council to consider the draft Local Plan which is likely to include a Boxted site for up to 150 houses and we are also aware of consultation on the form that local councils will take as Essex moves to a **Strategic Mayoral Authority**. The current Essex County Council is proposing a unitary authority covering

Tendring, Colchester, Braintree and Uttesford as one local authority delivering local services. But there are other proposals for your City/District/ Town layer of Councils.

We have heard that the **Pylon project** has progressed to the next stage where the Governmental Planning Inspector will now examine the case for passing legislation permitting the Pylon project to be implemented.

We, and others, have another opportunity to make the case for consideration of an offshore route which is technically possible and being implemented for other offshore wind projects.

It's that time of year when the Council looks at the projects to form part of the budget for next year, please let the clerk know if you have ideas that would benefit the village and are within the powers of the parish council to deliver.

A date for your diary for a lovely annual event – Sunday 30 th November at 3pm at the Village Hall – **Carols by the Boxted Methodist Silver Band and the Christmas Tree lighting** complete with mince pies and mulled wine.

Our next council meeting is Wed 12th November at 730pm in the Village Hall. Please come along.

Please get in touch with the Council by dropping an email to *clerk@boxted-pc.gov.uk* , look at *www.boxtedparishcouncil.org.uk* and follow the Facebook page 'Boxted Parish Council'.

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10:00 AM

SAT 16TH AUG
SAT 20TH SEPT
SAT 18TH OCT
SAT 15TH NOV
SAT 20TH DEC
SAT 17TH JAN ('26)
SAT 21ST FEB ('26)

APPROX' 5KM/3MI CIRCULAR ROUTES ON FOOTPATHS MOSTLY.
WEAR SUITABLE CLOTHING AND FOOTWEAR FOR THE WEATHER CONDITIONS.

www.facebook.com/BoxtedWildlife
Info@BoxtedWildlife.co.uk

Boxted History Group

Meeting every third Wednesday of the month at Boxted Village Hall. 7.30 for 8pm.

Guests always welcome.



BOXTED CARPET BOWLS CLUB

Come and join us for a friendly, enjoyable afternoon playing bowls at **Boxted Village Hall on Friday 2 - 4 pm,** Sept to April

Further info please contact:

Michael Hubbard 01206 271892

Sue Smith 07465443795

sueronben@gmail.com

2nd Langham Scout Group

Meetings are held each Wednesday evening at the Community Centre.

Squirrels 5:00 to 6:00

Beavers 4:45 to 6:00

Cubs 6:00 to 7:30

Scouts 7:30 to 9:00

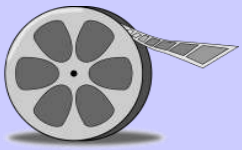
Contact Group Scout Leader:
James Puxley 07935 909063

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.

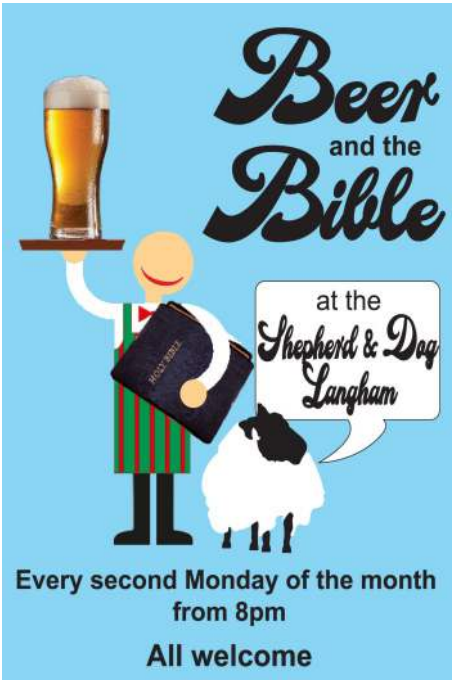
Carpet Bowls Club

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!*





The Zone for 6-11 year olds 5.30pm-7pm and the Edge for 12-18 year olds 7.30pm-9.00pm. Fortnightly during term time. Contact Linda Sheil 01206 273324

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BOXTED VILLAGE FESTIVAL

COMMITTEE VOLUNTEERS NEEDED

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A NEW COMMITTEE NEEDS TO BE FORMED! GET IN TOUCH NOW.

Langham Community Centre

School Road, Langham, CO4 5PA

Large, medium & small rooms available for hire separately or together for clubs, functions, meetings & parties

Main Hall includes a stage with lighting suitable for concerts or shows

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www.langhamcommunitycentre.org.uk

GOOD NEIGHBOURS CAR SCHEME AND MORE ...

*** We operate throughout the Parishes of Langham and Boxted**

*** Our team of volunteers uses their own cars to provide door-to-door journeys to medical appointments or to pick up prescriptions**

*** We also visit folk who are housebound for friendly chats**

*** Registration is very simple—just phone the number for the day shown on the posters or in the Parish Magazine a few days before your appointment**

*** There is no charge for the service, although donations are very welcome**

*** All our volunteers are DBS checked and are friendly and experienced**

Interested in volunteering? Please get in contact with Annette Whybrow:

annettejwhybrow@gmail.com

01206 272773 07983519825

Langham with Boxted PCC Registered Charity: 1131211

GOOD GN 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

Joined up Legal Services for you, your family and your business

New Colchester head office:
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The Tower, Phoenix Square,
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Boxted Village Hall



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Find out more at the-mindful-life.com

Feedback from one of our previous participants:

'I'm an absolutely great believer in the course it really got me through...the relaxation techniques, which I still do, really helped me in quite a profound way'. JB

SUFFOLK Community Foundation

NHS Suffolk and North East Essex Integrated Care Board (ICB)

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At Langham *Community* Shop

WE NEED VOLUNTEERS for regular shifts, but also, just as importantly, we need stand ins to cover any holidays & gaps in the rota. You will never work alone & full training is given. Meet new people & learn lots of new skills, for just two & a half hours of your time!

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Cath Hine on 07825 952560

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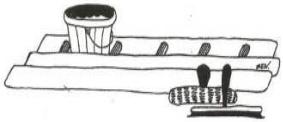
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Contact Details

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 Rassell (Thur- Fri)

Email:

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BOXTED

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

LANGHAM

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