

INSIDE OUT

news from
WOODBRIDGE, ST MARY'S
Issue 10 Spring 2023



Photo Credit: Mike Whitby

THE POET & THE PICTURE



Dear Reader

I am writing this on my day-off (Wednesday), having just watched by livestream, the wonderful Thanksgiving service at our Cathedral, for the life of one of our greatest nature writers, Ronnie Blythe (of *Akenfield* fame and, weekly in 'The Church Times' *Word from Wormingford*).

For someone who left school at 14 years old to work in Colchester library and get lost in the world of books, and to live a further 86 years, his very solitary and literary life was filled with his keen observations and love for the Suffolk landscape, for the Church, and for rich and lasting friendships. The service could not make you feel sad so

much as in awe and wonder at his gentle, unassuming genius. Friend and author, Julia Blackburn, said of him: ***"I was always startled by the way his face changed. At one moment I saw a fragile man, growing older year by year, and in the next I saw a boy, filled with the laughter and energy of youth"***.

Thinking of the glorious picture on the cover of this magazine, I am reminded of his own words ('My Little Owls') for this springtime of the year when the 'purple' of Lent gives way to the 'white' of Easter:

"The April happiness of finding so much promising. To have it all before one. Though not to count the days, but to let them bud and open; the weather to try everything on from gale to serenity."

We have an exciting Holy Week planned, accompanied by a monk from a monastery in Yorkshire, to accompany and guide our reflections on life and death - and the pathways which lead us to 'abide' with and in, our eternal creator God. Come and join us, because this time and season is all about the watching and waiting, the expectation of new life to come bursting through!

With the "grass below – above the vaulted sky" to quote Ronnie's favourite poet, John Clare, we really do need to catch each and every different moment, mood, and emotion in the days leading up to the great Festival – and not be frightened to be 'blown away'. The most thoughtful and well-prepared liturgy can do that and, in our local churches, as well as any Cathedral. With such special music, movement, prayer, Word and silence, this Easter will be a memorable one – with your company. So bulbous blessings everyone!

Fr Nigel (Rector, Woodbridge with Great Bealings)

INTRODUCING BR. MARC CR

Hello! My name is Br. Marc and I am a brother in the Community of the Resurrection. We are currently 14 men of varying age and background, living in Mirfield, West Yorkshire, where we've been since 1898!

I haven't been here all that time, though, but have nearly completed five years in simple vows, living with the community for seven and a quarter in total.

I am very much looking forward to being with you in beautiful Suffolk this Holy Week, as we commemorate our Lord's passion and death and journey together to the glory of the resurrection on Easter Day. I am a Northerner (staunchly proud Yorkshireman, in fact), by birth, but am happily not a complete stranger to East Anglia, having clergy friends who minister here - so it will be lovely to come back! I am particularly fond of SS Peter and Paul, Lavenham, with its famous misericords. I've even sung a minor office there on one occasion!



My background is in education, having worked with secondary-aged young people for ten years as a Teaching Assistant. I have a degree in linguistics and literature (York), and a BA in theological studies from the University of Sheffield. In the community, I currently work as the infirmarian, caring for brothers in sickness, as well as leading our brothers in singing the daily offices four times daily. – You would be right in thinking that there are more (than) a few challenges here! Monastic life might not be all you think it is! I wonder what you think the religious 'do' all day? People ask this question perhaps more than any other; maybe we can chat about it more during the week if you are curious?

As well as all this, I am a candidate for Holy Orders in the diocese of Leeds. Did I mention my fifteen year journey to get to this point? I'll tell you of it during the week should you ask!

I wonder what your own feelings are about Holy Week? Do you recoil? Are you intrigued? Are you hopeful or expectant? What more of God do you hope to learn during this week? For me, we embark on this great week of our Saviour's utterly human passion and death, so that we may become "a new creation" according to the mysterious power of the resurrection – that way of love whose life and peace, "passeth all understanding."

I am a mixture of many things as we anticipate the hope who is God Almighty, but my prayer is that in journeying together through this week of weeks, that we each may know Him, Godself in Christ Jesus, who will surely lead us in all our unique ways to a deeper understanding of Himself and of ourselves in Him.

And perhaps that coming home to ourselves is the most important thing we can learn of all this week. Do come and join us!

For a start, I'll catch you on the Lenten journey, when I hope to come and preach at the Parish Mass on 12 March

With my prayers and all good wishes, **Marc CR**

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THE BELLS OF ST MARY'S

As this is the first parish magazine of 2023, let's ring in the new year with some interesting details about the bells of St Mary's, hanging high in the tower. They were once in the very top stage of the tower behind the decorative louvred bell openings but were lowered in the 1930s to minimise structural movement when they were rung. At this time, they also had a new steel frame and an overhaul and were hung so that they swung in different directions, again to minimise movement. The original wooden frame dating from the 1450s was left in situ.

They are reached via a spiral staircase that passes through the ringing chamber. There are eight bells, ranging in weight from the 1082Kg tenor bell, hung in the centre of the frame, to the 395Kg treble bell, so the load on the tower is quite considerable. The diameter of the tenor bell is 135cm and the diameter of the treble bell is 84cm. They are cast from bell metal, which is an alloy of copper and tin with particularly good acoustic properties.



The bells were cast, or possibly recast, by Thomas Osborn, Founder, of Downham, Norfolk, in 1799, and the Secretary of the Suffolk Guild of Ringers thought they were 'the finest old ring of eight bells in existence.' As is usual in the bell founding world, as well as the bell founder's details the bells all have inscriptions as follows:

Bell 1 - The Lord to praise my voice I'll raise.

Bell 2 - Hear me when I call.

Bell 3 - Strike me and I'll sound sweetly

Bell 4 - Peace and good neighbourhood.

Bell 5 - Our voices shall with joyful sound make hills and valleys echo round

Bell 6 - In Wedlock's bands all ye who join With hands your hearts unite:

So shall our tuneful tongues combine To laud the nuptial rite.

Bell 7 - We to the church the living call; And to the grave do summon all.

Bell 8 - John Hammond, Robert Allen, Churchwardens, 1799.

Bells 4 and 7 have additional inscriptions relating to their recasting by Gillett and Johnston of Croydon in 1953, the year of the coronation of Elizabeth II, and details of the rector and churchwardens at the time. It is poignant to realise that 70 years later, there will be special rings in May 2023 to celebrate the coronation of King Charles III.

The bells continue to be rung out over Woodbridge, as they have done for more than 500 years

Thanks to Dr Bruce Wakefield, Bell Captain, for his help with documentation and access.

Gill Bellenie, Church Recorder



A Tradition of Quality Care since 1587

Seckford Care has a long and proud history dating back to 1587 when Queen Elizabeth I granted our benefactor Thomas Seckford permission to build Almshouses in Woodbridge for older people.

Our focus is to continue to provide housing, support and care services for older people to maintain our 'Outstanding' rating with Care Quality Commission.

At Seckford Care, we have continued to develop our team here in order to deliver the highest quality care and support, and to promote succession and developmental pathways for staff.

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- 26 Residential care rooms in Jubilee House, inclusive of care, meals and activities
- 10 self-contained properties receiving a wellbeing and support service

We ensure that our housing and care services are inclusive and are, not only a viable option for those who privately fund, but also accessible to those who qualify for Local Authority assistance.

Our Extra Care apartments are set at an affordable rent, which means that they meet the Housing Benefit cap, if someone is eligible. In addition, residents can apply to have their wellbeing and care charges funded if they meet the criteria.

Our priority is to always put people first throughout their personal care journey, which includes keeping couples together and offering options for people to move across into our residential care service, if their needs change. Our aim is for people to remain in an environment that is familiar to them, retain their friendships and continuity of care from a team that knows them.



To find out more about Seckford Care, please visit the website at

www.seckfordcare.org.uk or call 01394 386520.

Seckford Care, Seckford Almshouses, Seckford Street, Woodbridge, Suffolk IP12 4NB

A part of the Seckford Foundation Registered Charity No. 1110964.

'HERE & THERE' - PARISH UPDATES

BRONZE AWARD Well done, St Mary's, Woodbridge, for gaining this latest La Rocha Eco-Award (see picture)! And, in particular, to Rita James (who is also Woodbridge Deanery Eco Champion), for her persistence and every encouragement with all the online form-filling, after consulting so many parishioners. We continue to care passionately for our Churchyard, Church, and St Mary's House – to cherish and upkeep each in environmentally friendly ways. Next goal:



the Silver Award! Watch this space.

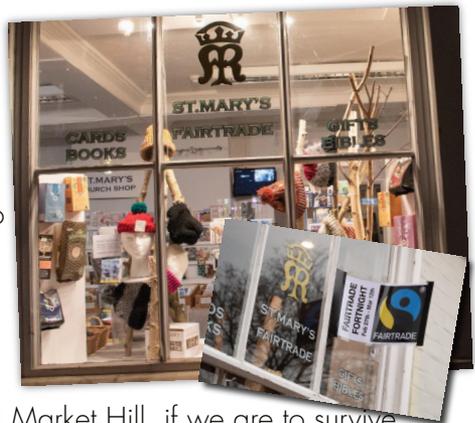


TURKEY/SYRIA EARTHQUAKE

APPEAL A huge thank you to the people of Woodbridge and beyond (see picture) who gave such overwhelming support to our emergency calls from the Parish Office and Shire Hall – so much so, that we had to turn away your latest help (sorry) after the lorries were full! We

continue to pray for all the ongoing relief efforts, and for the DEC Committee and partners, in particular.

OUR FAIRTRADE CHURCH SHOP At the time of going to press, we are seeking a new Volunteer shop manager(s) to take us forward in challenging times for retail and charities, in particular. An enormous thank you to Sue Todd who has managed us all so calmly and well over the last three years – including all the ordering of so many wonderful cards and varied gifts, as well as looking after all our kind volunteers and their particular 'slots'. Please continue to support us and, increase the 'footfall' on and around Market Hill, if we are to survive and flourish!



TRANSITION WOODBRIDGE are encouraging people from our local community to join their Wildlife Corridors project. Check out their website <https://transitionwoodbridge.org.uk/> for details of the Open Day on 27 May.



GOD SAVE THE KING! As you will see from our Diary page (the back cover) we are warmly inviting people to watch the Coronation in Westminster Abbey on our big TV Screen inside St Mary's Church. There will be lovely refreshments and food served throughout the day and a special welcome will be made to those who live alone or need extra

company on this celebratory day. And there's a 'live' concert also in the evening put on by our excellent local choral group, 'Illuminati' – with no doubt, a hint of Elgar and Parry to make our day complete! Tickets on sale from our Church Shop.



We will also have copies of the small Coronation booklets, compiled by the Church of England and

available (for a small donation), which mark this important moment in the nation's life.

The booklet contains a daily theme, reading, reflection and prayer, and explains the rich symbolism of the Coronation service which is steeped in centuries of tradition and rich in Christian values.

OUR WARM ROOM over recent months (ending at the end of March) has been kindly sponsored by East Suffolk County Council after recommendation from Councillor Caroline Page – for whom our warmest of thanks. Thank you also to all our kind helpers from the congregation who stepped up to this special 'call' in such a difficult and demanding winter, economically and, socially.

SING ALOUD! Our resident Organist, Sarah Dodds, and Choir - would be delighted to hear of new volunteers to join either our regular or, our (less regular) 'Pop Up' choir – very soon! We are particularly keen to recruit some additional TENORS and BASSES to our ranks, so please just contact Sarah or the Rector, direct, and be assured of a warm welcome.



WOODBRIDGE ST MARY

COME AND JOIN US FOR
TEA, TOAST, SOUP, CHAT
AND WARM COMPANY



IN THE SMALL HALL
ST MARY'S HOUSE, MARKET HILL
Thursdays 10.30am – 1.30pm
ALL WELCOME

"Happy Toaster Project!" – provided by
 St Mary's Church with funding from Woodbridge
 County Councillor's Locality Budget

SWIFT NEST BOXES Seven double boxes, one single, and a sound system, have finally been installed on the Market Hill side of St Mary's House to attract some more Woodbridge Swifts! Faithful readers of Inside Out may recall a Swift Nest Box article written by Jenny James in December 2020, our very first issue! Our special thanks to the hardworking team - John Roper, Laurence Potter, Jenny James, Eddie Bathgate, Nick Marshall. Planning permissions are all in place too, so let's hope we see and hear the sounds which only swifts can make!



BENEFICE WIDE CELEBRATIONS Dates for your diary: Our 'Feast of Title' on (one of) the Feasts of St Mary will be on Sunday, 2 July in Woodbridge. It will be a Benefice-wide celebration, with a 'star' preacher, and reception afterwards

with our friends in Great Bealings.

This will be reciprocated by sharing Great Bealings' feast - on The Birth of the BVM on Sunday, 10 September. With so many Churches in Suffolk dedicated to the Mother of God, we are certainly doing our bit, and privileged to do so.

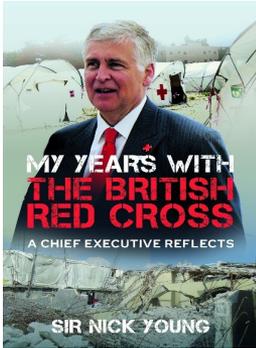


QUOTE OF THE QUARTER

"What one thing would you change about Yorkshire if you had to? Nothing. Yorkshire terriers and Yorkshire puddings, countless cricket legends – Terry's chocolate orange, the Brontë sisters, Yorkshire tea and the most stunning National Park – what's not to love! I think God did a pretty good job and I'm more than happy to leave everything just as it is."

Lynton Parmer Hemsley (portraitist), interviewed in The Yorkshire Post, 18.02.2023

My Years with the British Red Cross - Sir Nick Young



The recent earthquakes in Syria and Turkey were a stark reminder of the need for emergency aid. Getting swift and effective help to where it was needed was a priority – and indeed a logistics challenge. In a new book about the Red Cross, Sir Nick Young, who lives near Woodbridge and was Chief Executive of the agency for 13 years, provides his own take on the challenges of distributing and managing aid in the aftermath of large scale natural disaster.

Sir Nick's book *My Years with the British Red Cross* is a self-effacing story of leadership and teamwork in the toughest of circumstances; of a period at the helm of a UK-based but internationally-linked agency which saw him visit more than 100 countries and of a succession of high impact events, including the Tsunami which struck India, Sri Lanka, Indonesia, Thailand and the Maldives on Boxing Day 2004 and other huge ruptures in Kashmir, Haiti, Gaza, Mongolia and indeed Syria where the recent earthquake has followed years of war. "The book," he says "Was unfinished business. I wanted to tell the kids what I did."

It is poignant stuff, including his account of the 100-foot Tsunami wave which came and left, leaving over 230,000 people dead and a trail of destruction in its wake. "I'll never forget my first visit to Banda Aceh, a city in Indonesia, after the tsunami," he writes. "It's a large town on the west coast and from a population of between 250 and 300,000 people, more than half had just disappeared. The wave had come up, gone down and neither the people or their houses were there anymore. It was biblical – a horrendous sight."

Suffolk, he suggests was a safe haven, a place to come back to after the intensity of his work. "I can vividly recall taking a morning off to attend a service in our parish church in Suffolk" he writes "and bursting into tears as I walked in to find the sun streaming through the stained-glass windows upon a scene that was so utterly normal and peaceful compared with the misery I had been dealing with all week."

NC

Editor's note: Sir Nick will be speaking at St Mary's in the autumn.

The Spirit of the Isha - Guy Padfield

'The Spirit of the Isha' by Guy Padfield is a new translation of the Isha Upanishad. Guy was a long standing member of St Mary's choir until he recently moved back to his beloved Switzerland. The Isha is a poem originally written in Sanskrit probably between two and three thousand years ago, and is one of the most revered texts of Vedantic Hinduism. It is part prayer and part a vision of living through the eyes of the Lord.

Guy, who has been studying Sanskrit for many years, has made a free translation of the Isha into verse. The result is a translation which is a beautiful poem in its own right. The translation bears repeated quiet reading, and also reciting aloud when you can really enjoy the sound of the verse.

As well as the verse translation, together with the verses in the original Sanskrit, there is an enlightening in depth introduction. At the back of the book is a comprehensive glossary giving a literal translation of the Sanskrit, the original transliterated into English letters, together with notes and also a breakdown of the individual words and how they morph together in the original (Sanskrit is rather like German in this respect).

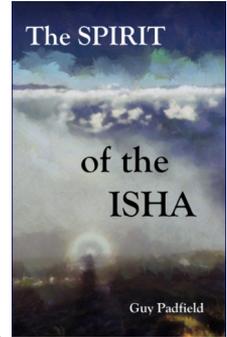
Here is one verse from Guy's translation -

The Face of Truth is hidden
By a blazing disc of gold,
From mortal gaze forbidden,
Out of sight.
Protector, lift the veil, reveal
The Truth so long untold,
That I may look on what is Real
And what is Right.

This brought to mind the words of the hymn Immortal, Invisible:

All laud we would render, O help us to see
'Tis only the splendour of light hide the thee.

Just as a trip abroad can allow you to look with fresh eyes at your surroundings on returning home, studying the scriptures of a different faith can give a deeper understanding of one's own. Guy has produced a beautiful book which has a quiet dignity about it.



John Davis

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highlands-care.org

USEFUL TELEPHONE NUMBERS

Police Safer Neighbourhood Team – for non-urgent issues	101
East Suffolk Council	0333 016 2000
Woodbridge Town Council (Town Clerk: Greg Diaper)	01394 383599
Woodbridge Library	01394 330855
Ipswich Hospital (general enquiries)	01473 712233
Doctors: Little St Johns Street	01394 382046
Framfield Medical Centre, Ipswich Road	01394 615500
Citizens Advice Bureau www.adviceguide.org.uk	01728 832193
Iceni Project (drug addiction & substance dependency)	01473 214006
Anglian Water	08457 145145
Power cuts emergency line	0800 783 8838
British Gas (emergency)	0800 111 999
Environment Agency Floodline	0845 988 1188
Childline Helpline	0800 1111
The Samaritans	116 123
Suffolk Drugs Helpline	0808 800 1122
Railways National Enquiries	08457 484950
Cruse Bereavement Care	01473 230888
Footsteps Local counselling for 11-18year olds	07955898151
Norfolk & Suffolk Victim Care	0300 303 3706
MP for Suffolk Coastal: Dr Thérèse Coffey	01394 285218

FINANCIAL HARDSHIP?

Support can be found locally through:

Citizens Advice Bureau at Woodbridge Library, New Street from 10am to 12 noon each Monday, or ring 01728 832193 between 10am and 2pm on Monday, Tuesday, Thursday or Friday.

Food Bank at Salvation Army Hall, Woodbridge (supported by all Woodbridge churches and others). Tel: 01394 389591

Home Start Suffolk is ready to support families through their toughest times. Call 01473 621104 or go to www.homestartinsuffolk.org

Credit Union Open on Thursdays 10am to 11am at Woodbridge Salvation Army Hall. Tel: 01394 690690. A Credit Union is a cooperative financial institution owned and controlled by its members and operated or promoting thrift, providing credit at reasonable rates, and other financial services, to its members. Authorised and regulated by the Financial Services Authority, and savings are covered by the Financial Services Compensation Scheme, so you can be sure your money is safe and protected by law.

CAP Debt Help call Laura Knight on 07942 359865, or email lauraknight@capuk.org and you will be given help and confidential advice.

Warm Homes Suffolk is a service designed to help vulnerable and low-income households make their homes cheaper to heat. Call 03456 037686

FROM THE PARISH REGISTERS

HOLY BAPTISM

On 29 December 2022 Blair Maxie Polkinghorn COTTAM
was welcomed into our Christian family.

FUNERALS

Clifford HUDSON - 16 December 2022
Gwendoline NELSON - 13 January 2023
Peter Richard DENNY - 1 February 2023
Kenneth Denwood Leonard GOOCH - 7 March 2023
Steven John LINES - 9 March 2023

THANKSGIVING

Robert David BRIERLY - 6 March 2023

We wish to record here our sadness at the recent death of Tony HUBBARD MBE,
former Churchwarden and faithful friend of the Parish. We give grateful thanks for his
service and work for the Church and wider Woodbridge community.

PARISH CONTACTS

Rector: Rev'd Nigel Prior 01394 610424 rector@stmaryswoodbridge.org
Churchwardens: David Sharples and Veronica Howe - contact via Parish Office
Parish Administrator: Linda Rumbold 01394 388820 parish.office@stmaryswoodbridge.org
Choir and Music: Sarah Dodds doddssj21@gmail.com

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WOODBIDGE
ST MARY
with Great Bealings

QUARTERLY DIARY "HIGHLIGHTS"

MARCH

- Sun 19th 10am **Mothering Sunday** Benefice Eucharist
Tues 21st 7.30pm Lent Discussion Group in church
Thur 23rd Noon - 1.30pm St Thomas' Lenten Lunch at SMH
Sat 25th 9am Eucharist **The Annunciation of the BVM**
7.30pm Concert of King's College School, Wimbledon
Sun 26th 10am Benefice Eucharist. **Passiontide** begins
5.30pm BCP Choral Evensong (St Mary's Choir)
Tues 28th 10am St Mary's C.E.P. School 'Easter' service
Wed 29th 7pm Woodbridge School Spring Concert
Thur 30th Noon - 1.30pm Woodbridge Methodist Lenten Lunch
Fri 31st 11.15am Woodbridge Prep School 'Easter' service
7pm Great Bealings Church 'French Evening' in word and song £10

APRIL

- Sat 1st 7pm Woodbridge Choral Society Concert
Sun 2nd 10am **Palm Sunday** Procession and Benefice Eucharist
5.30pm **Holy Week** Reflection in word and song (with Pilgrim Cross)

ALL OUR OTHER HOLY WEEK SERVICES WILL BE ADVERTISED - Everywhere!

- Sun 9th 8am **Easter Sunday** Said Mass (BCP) (9.30am Eucharist at Great Bealings)
11am **Easter Festival Parish Eucharist**
Sat 15th 5pm Flute and Harp Concert (Friends in aid of St Mary's)
Tues 18th 6.30pm 'Friends' AGM in SMH
Sat 22nd 10am-12noon Mega Plant Sale in Bealings Village Hall
Sun 23rd 3pm Piano and Flute Concert & a Tango Band (Friends in aid of St Mary's)

MAY

- Sat 6th **Coronation of King Charles III** 'Live' on our big screen in St Mary's
with Coffee and Prosecco 'Bar' and snacks by donation
7pm/7.30pm (start time TBC) Illuminati Concert
Sun 7th 11am **'Coronation' Sung Parish Mass** (9.30am at Great Bealings) with
Special guest preacher Lay Canon, Roy Tricker
Mon 15th 7.30pm Election of Churchwardens & Annual Parochial Church Meeting
Sun 21st 10am **Ascension Sunday** Benefice Eucharist
Sun 28th 10am **Pentecost** (Whit Sunday) Benefice Eucharist - wear red!

We live-stream all our main services at Woodbridge St Mary
(check website for links)

BENEFICE OFFICE 01394 388820 parish.office@stmaryswoodbridge.org

www.stmaryswoodbridge.org