

INSIDE OUT

NEWS from

WOODBIDGE, ST MARY'S

Issue 13 Winter 2023



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Join the Song

FROM ST MARY'S RECTORY:

“The shepherds went back, singing praises to God for all they had heard and seen.” Luke 2.20



When the angels break out in song it is hard not to join in or just sing in that excitable, joyful way, by way of imitation. Benjamin Britten was always sourcing poems or folk tales and putting his own musical genius and stamp on them to bring the texts to life...and to keep us in tune with heaven touching earth. The story and music of Christmas is very much still alive.

If you have been to as many school nativities as I have, or traditional carol services, you can sometimes come away though, feeling they could be boosted by a 'new slant' or at least some new energy. Only recently I came across a beautiful carol from a hymn writer I had never heard of, Thomas Troeger. It is called 'The Sheep Stood Stunned in Sudden Light'. Our creative Organist at St Mary's has suggested that it will go well to the tune, 'O Waly, Waly', from a Somerset folk song. Sarah is right.

I am not sure if the 'premiere' will be heard at one of our Carol services first or, at our Mass for Midnight – you will have to wait and see! But here's a 'taster' from just two of the verses:

“This night, O God, again we hear
Your hidden ocean drawing near,
Again we sense through Jesus' birth
The sea of grace that circles earth.

Through faith we'll hear the angels' song,
And though the dark be deep and long,
We'll bravely live, for by our side
Is Christ who came on heaven' tide.”

At a time of such tragic news of suffering, destruction and death in Gaza and the 'Holy Land' it seems inappropriate to recall our natural desire to sing, and yet there are surely songs of lament we can recall or rediscover which capture our sorrow that Christ's 'home' has again, become a battlefield. Perhaps we need to remember Christ came to us homeless and poor in order that we may still discover the treasures of his friendship, love and mercy. He came to give us a voice to become messengers of peace and goodwill. So light a candle in the darkness that we may still shine as lights in the world, hoping beyond hope.

Blessings to you all at this special time

Fr Nigel, Rector

ST. MARY'S HOUSE - AT THE HEART OF THE MARKET HILL

For centuries the building, known now as St Mary's House, has been an integral part of Market Hill. Previously The White Horse public house, which traded also as The George and The White Hart, is known to have had Samuel Nevil as landlord in 1739. It ceased to be a pub in



1907, eventually to house our vergers and become the centre of our parish and community activities.

After formal consultations with congregation members and the other churches in the town, about a decade ago ambitious plans



were developed for updating the building to create more welcoming spaces for the parish, the wider community of Woodbridge and further afield. With sustained effort in the intervening years, more consultations and surveys of our complex site have been undertaken, so that detailed architectural drawings are in place for further discussions with the local authority.

Given its current leaky roofs, inefficient heating and lighting, ancient toilets, varied levels and poor accessibility, serious action to preserve and modernise the building is now required. Together with new plans to install a toilet in the church and to enhance access to both buildings, energies for improvement have gathered pace in recent years, with the aim that each building can meet the needs of all, well into the 21st Century! The old cellar and dray skids remain as a reminder of past usage.

ST MARY'S 'SOUP & SARNIES'

Conscious that January and February are typically cold, and often lonely, months of the year, we would like to put on a simple soup & sandwich lunch every **Friday from 12.30pm**, and anyone and everyone will be warmly invited into the main hall of St Mary's House. We would like to form a rota of volunteers to help each week, and if you are willing, please contact the Parish Office in the coming weeks. Thank you.



POPPY'S PANTRY

Poppy's Pantry staff run a pop up community coffee shop in St Mary's House every Tuesday 10am - 2pm, offering customers a central meeting place to get together and enjoy hot and cold drinks, homemade cakes and light lunches. Poppy's Pantry is part of Realise Futures.



A Tradition of Quality Care since 1587

Seckford Care is one of Suffolk's oldest charities, created when Queen Elizabeth 1 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 and to maintain our 'Outstanding' rating with the Care Quality Commission.

Following Seckford Care's success at the 'Housing with Care Awards' in June 2023, we are delighted to have won 'Team of the Year' at the 'Suffolk Care Awards' in September.

It has been a fantastic year for everyone's hard work and dedication to be recognised, and we are concluding the year with a further two nominations at the 'Great British Care Awards', being held in November for Registered Managers and Palliative Care.

At Seckford Care, our intention is to always provide the highest level of care for individuals, achieved by having a team with the right values and evidenced by our 'Outstanding' ratings with the Care Quality Commission.

We provide a variety of accommodation, with personal care options available 24 hours a day, which include:

- 30 Extra Care self-contained apartments with a personalised care and support service
- 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 fund privately, but also accessible to those who qualify for Local Authority assistance.

**For further information on 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.

A PRAYER FOR PEACE IN ISRAEL AND GAZA

O God of all justice and peace, we cry out to you in the midst of the pain and trauma of violence and fear which prevails in the Holy Land.

Be with those who need you in these days of suffering; we pray for people of all faiths – Jews, Muslims, and Christians and for all people of the land.

While we pray to you, O Lord, for an end to violence and the establishment of peace, we also call for you to bring justice and equity to the peoples.

Guide us into your kingdom where all people are treated with dignity and honour as your children - for to all of us you are our Heavenly Father.

In Jesus' name we pray. AMEN (by Archbishop Hosam Naoum of Jerusalem)

WEEK OF PRAYER FOR CHRISTIAN UNITY

Advance notice for the dates we are keeping as Churches Together in the Woodbridge area (CTWA) from Thursday 18th to Thursday 25th January. Our main united service will be at 3.30pm on Sunday 21st January, when we all come together in one place at St Mary's, Woodbridge. We are also planning to have short services of prayer and reflection in our individual churches, stretching from Great Bealings to Bredfield, so watch out for further details.

This year CTWA are not distributing Christmas cards, but instead they will be online, with the greeting in English and Ukrainian.



THE MERCHANT'S TABLE

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The Merchant's Table is a shop, selling beautiful hand-crafted objects for the home, by independent British makers and artists with a strong sense of the maker's hand and the influence of heritage craftsmanship skills.

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CHRISTMAS SHOPPING AT ST MARY'S

Hundreds of people came to our Christmas Market in church on Saturday 25 November. Doors opened at 3pm and the photo here was taken just seven minutes later! It was a great occasion with lots of fun activities and bargains to be snapped up. You may have missed the Market but from now until Christmas Eve there will be lots of cards, gifts and Fairtrade foods available in St Mary's Shop on Market Hill. Do come and see the lovely things we stock.



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WOODBRIDGE, SUFFOLK

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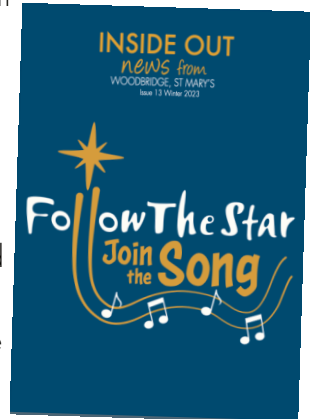


'HERE & THERE'

THIS CHRISTMAS ISSUE OF 'INSIDE OUT' is to be our last. Sorry. It has been a hugely creative partnership with Fr Nigel and Rita James and they have very much enjoyed their editorial and design 'team time' and most of all, providing news from St Mary's for every home in the Parish.

Unfortunately other work pressures have taken over. Even though the magazine made something of a financial loss, we are very grateful for local advertisers who have supported us over the past 3 years. A big thank you also, to all who have helped with sorting and delivering 'Inside Out' street by street.

Our weekly 'E-News' goes on apace and it may well be that we can produce something digitally in the future – along similar lines to the 'Tower News' from St Mary Le Tower in Ipswich. It will be down to demand and finding new hands to take on the work involved. Our church website still competes well with others and remains a good source of finding out what's on, as well as what you have missed! Visit: www.stmaryswoodbridge.org



ST MARY'S CHURCH - A MESSAGE FROM THE CHURCH RECORDERS

"We are so pleased to tell you, the Church Record is almost complete and we shall be able to print it, probably in three volumes, early in the New Year, followed by a presentation around March.

St Mary's Church has an amazing collection of interesting items, old, very old and new, which we have found quite a challenge to record. Not only in providing a physical description but also their origin and history as well. The internet has made it possible to investigate to greater depths than we have been able to do at any previous Church. Within the final record you will also find a list of all those people for whom items have been given in memory; a list of references; and, all those people who have contributed their expertise or local knowledge.



I am afraid it has taken much longer than anticipated, really because of the two-year gap for Covid. You have all been very patient with us and helped a great deal with your local knowledge. We do hope we have done your Church justice and have tried hard to avoid mistakes !"

'HERE & THERE'

WOODBRIDGE UKRAINIAN HUB AND KESGRAVE UKRAINE HUB have unified! We support Ukrainians and hosts in our area of East Suffolk and we organise events and activities to bring people together. This is because many Ukrainians are attending both groups and because many families have returned home to Ukraine or moved to cities elsewhere in the UK. Further

support for our guests and hosts will continue via the Facebook group. To stay updated with future visits and activities, please visit the joint Facebook page at <https://www.facebook.com/groups/3275858486024842> Anyone who wishes to be added to their new WhatsApp group, are asked to kindly reach out to Nataliya Lawrence

ST NICHOLAS APPEAL – FOR TOYS! The Legend is well known, so we are again inviting your kind donation of NEW toys at our 10am Parish Eucharist on Sunday 10th December. We are supporting two much respected local charities: 'Home Start in Suffolk' and 'Suffolk Refugee Support'. The former has requested toys for children in the 0-2 age group, and some craft and board games for slightly older children, and the latter are looking for help with gifts for a number of children in the 1-4years age group, girls aged 6-11, and boys aged 11-16. Thank you for your support.



THE RETURN OF CARLOW'S DOLE - A former owner of the Bull Inn, George Carlow, who died in 1738, had a tomb built for himself in the hotel's garden! He left a will stipulating that the Rector and Churchwardens of St Mary's "shall and do yearly, and every year for ever after my decease, give and distribute twenty shillings-worth of good wheaten bread at, or upon, the said tomb, on the second day of February, commonly called Candlemas."

Fr Nigel is very much looking forward to reviving this ancient ceremony, with a little help from proprietors David and Sarah Clarke, some kind bread makers, and a class or two from St Mary's CE Primary.

'HERE & THERE'

FRIENDSHIP BOXES SENT TO UKRAINE

Forty-five Friendship Boxes intended for children in the Lviv area of Ukraine were dispatched to Ukraine on November 2 in response to the Woodbridge Rotary Appeal co-ordinated by Ashley Meyer. New customs regulations operating in Ukraine means it's unlikely the boxes will get there before Christmas but they will make nice New Year presents. The four Primary Schools in Woodbridge and Melton responded very generously to the Appeal:

Melton Primary School, Woodbridge Primary School,
Kyson Primary School and St Mary's C E Primary School

Wotsits Shop in the Thoroughfare donated many items to the Appeal and provided a box in their shop for members of the public to contribute, and Woodbridge Methodist Church provided a room and help sorting and packing the boxes.

ORGAN RECITAL - on Sunday, 19th November, we were treated to a wonderful organ recital given by Tim Patient, Director of Music at the Church of St Peter and St Paul in Eye. The recital was arranged by The Friends of St Marys to celebrate the recent 'swell box' work carried out on the organ. Tim put the organ through its paces, with music ranging from Bach to contemporary composers, including Noel Rawsthorne whose Dance Suite elicited laughter and spontaneous applause.

In a brief chat with Tim before the concert the complexity of Widor's Toccata was remarked upon, but his response was an assurance that it wasn't too complex being mainly based on chords!! Tim's entire performance was faultless and moving and his performance of this particular work was hugely impressive. We look forward to him coming to play again!

A SPECIAL DATE FOR YOUR DIARIES! 20th January 2024, with the Suffolk Singers (directed by Claire Weston) at 7.30pm in Woodbridge Community Hall. Why not cast off those post-Christmas blues and join us as we team up with FIND for our spectacular annual charity concert. This will be the third time that we have collaborated with FIND, helping to raise funds in support of this inspirational charity delivering vital services to those living in poverty in Suffolk.

Tickets are £15 which includes a light supper (but do bring your own drinks) and will be available after Christmas either through FIND, choir members or wegottickets.com www.findipswich.org.uk
www.suffolksingers.co.uk



'HERE & THERE'

OUR NEXT DEANERY CONFIRMATION FOR ADULTS is going to be in April or May 2024 – as soon as we can tell our Bishops that you are interested! Please have a word with Fr Nigel or Peter if you would like to consider the next steps on your 'faith journey.' The commitment will be to attend six informal weekly sessions beforehand.

ST MARY'S PRIMARY SCHOOL & SAVE THE CHILDREN



Year 5 from St Mary's C E Primary School recently joined with children from the twenty other schools within the St Edmundsbury & Ipswich Multi Academy Trust, to raise funds for Save the Children with a new Christmas song. Chris Warren, Music Coordinator at St Matthew's Primary School in Ipswich, wrote the song, focusing on some really relevant themes. You can watch the video of the children performing

the song on You Tube -

<https://www.youtube.com/watch?v=4BYlvyQwIJM>



Save the Children

and if you wish to donate go to -

<https://www.justgiving.com/page/children-of-the-world>

NEW PCC TREASURER - Our thanks and congratulations to Annie Lines for taking over the reins in a new-look financial team! We also wish to record our sincere thanks to Phil Poole and Michael Holland who have looked after us so consistently and well, without us going into the red!

RE-LIGHTING ST MARYS CHURCH

Following a successful trial in the Epiphany Chapel, St Mary's Churchwardens and Building Maintenance volunteers will be delivering a project to re-light the church with up-to-date LED lamps. These will look very similar, but will more than halve our energy consumption from around 1kW with all chandeliers lit, to less than 500w. The work will initially replace all 60 chandelier lamps, and will continue to review and upgrade the spotlights and up-lights where this is possible.

QUOTES OF THE QUARTER

"Let us never negotiate out of fear. But let us never fear to negotiate"

President John F Kennedy

"Santas get their skates on. The Ministry of Fun's annual Santa School is in its 25th year. The entertainment production company is Britain's biggest provider of Father Christmas performers, with its graduates taking on the role of Santa at grottoes and leading retail and leisure venues across the UK. It has trained more than 500 Santas and elves."

" newspaper 15.11.23



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Citizens Advice Bureau at Woodbridge Library, New Street, IP12 1DT 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, New Street, IP12 1AQ (supported by all Woodbridge churches and others).

Tel: 01394 384967 or 07510150143

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

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Suffolk Coastal Debt Centre

To request financial advice call 0800 328 0006

SCDC Debt Coaches:

Laura Knight - lauraknight@capuk.org 07942 359865

Chris Cotton - chriscotton@capuk.org 07497 423171



Dementia Café

Every Fourth Thursday of the month between 10-12pm

Why not leave your loved ones in the expert hands of Seckford Care and Home Instead, whilst you have time to shop?

Notcutts, Seckford Care and Home Instead have teamed up to provide carers the opportunity to do some shopping, while their loved one is having a cup of tea or coffee in our café. No cost to you.

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PARISH CONTACTS

Rector: Revd 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 doddsj21@gmail.com
www.stmaryswoodbridge.org <https://www.facebook.com/StMarysWoodbridge>

ST MARY'S CHURCH is open **MONDAY TO SATURDAY 10.00 – 16.00**
- except when a Funeral or Wedding is taking place, you are always very welcome to come in. It's a beautiful, Grade I listed building, with a history dating back almost 600 years, and it's also the centre of St Mary's community.

FROM THE PARISH REGISTER

FUNERALS

David Anthony BAKER - 21 September 2023
Alicia FREEMAN - 6 December 2023

THANKSGIVING

Canon William 'David' HUTCHINSON - 14 October 2023
Nicholas LONGE - 31 October 2023

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**Care Quality
Commission**

Overall rating
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highlands-care.org



WOODBIDGE
ST MARY
with Great Bealings

QUARTERLY DIARY “HIGHLIGHTS”

DECEMBER

Sat 9th 10.30am to 12noon ‘Messy Advent’ at St Mary’s House

Sun 10th 10am TOY SERVICE, St Mary’s, Woodbridge

Sat 16th 2.30pm Woodbridge Excelsior Band concert, St Mary’s, Woodbridge

Sun 17th 5.30pm CAROL SERVICE, St Mary’s, Woodbridge

Fri 22nd 6pm CAROL SERVICE, St Mary’s Great Bealings

CHRISTMAS EVE

10am Benefice Eucharist with carols, St Mary’s, Great Bealings

4pm Crib Service and Christingle, St Mary’s, Woodbridge

11pm Mass for Midnight, St Mary’s, Woodbridge

CHRISTMAS DAY

10am Parish Eucharist, where children are invited to bring their single favourite present, St Mary’s, Woodbridge

JANUARY

Sun 7th FEAST OF EPIPHANY

9.30am Eucharist at St Marys, Great Bealings

11am Family Eucharist at St Mary’s, Woodbridge

Sun 14th EPIPHANY 2

Thur 18th to Thur 25th Week of Prayer for Christian Unity (see Here & There)

Sun 21st EPIPHANY 3

3.30pm Churches Together Service of Unity in St Mary’s, Woodbridge

Mon 22nd 11am Unity Prayers at St Mary’s, Great Bealings, followed by coffee

Thur 25th 10am Eucharist – Conversion of St Paul

Sun 28th EPIPHANY 4

FEBRUARY

Sun 4th FEAST OF CANDLEMAS

9.30am Eucharist at St Marys, Great Bealings

11am Family Eucharist at St Mary’s, Woodbridge

Sun 11th SUNDAY NEXT BEFORE LENT

Shrove Tuesday 13th (after school) ‘Messy Pancakes’ at The Rectory

Wed 14th ASH WEDNESDAY and beginning of LENT

7.30pm Sung Benefice Eucharist

Sun 18th LENT 1

Fri 23rd 6pm Stations of the Cross at St Mary’s, Woodbridge

Sun 25th LENT 2

HOLY WEEK 2024 24th – 31st March FOR YOUR E-DIARIES!

Benefice Office 01394 388820

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