

INSIDE OUT

news from
WOODBIDGE, ST MARY'S
Issue 9 Winter 2022



*Be
an
Angel*

BE ... AN ADVENT ANGEL



Angels are popular in Suffolk! You only have to look at some of our most beautiful church roof ceilings – most famously in Blythburgh – where the angels saw off the puritanical destruction of so much beautiful stained glass and so many statues below, in centuries past.

Well, in our Diocese, they are making something of a comeback, through the **'Inspiring Angels'** campaign which was trialled in Ipswich last year. Shops, as well as churches, showed off their angels everywhere, and even special wings were made. Look out for them in Woodbridge this year: St Mary's Primary school, or

Market Hill...on our Christmas trees, in our windows, or somewhere very close to you? It is not a crime to be imaginative, creative or artistic in our journey of faith and our public witness. I would even say it is essential, especially at this time of year!

Listen out for those lovely New Testament angelic visitations to Zechariah, to Mary, Joseph, and the shepherds. **They are messengers** who invite, protect, proclaim, and warn – which is why we need to be ready to listen to them, and to be attentive – to the good news that God comes to be with us, as one of us. He comes as a vulnerable child, risking to fulfil the prophecy of Isaiah, and the redemption of our messy world.

In our nation's calamitous political year of broken promises and real economic hardship for so many, we need to give thanks for the unseen ministry of 'angels' in our midst. They are the people who diligently care for us without complaining or fuss and, who do not seek the limelight or selfish 'attractions' of fame. They are the quiet exemplars of compassion and generous love pointing us to the truths of wisdom, faithfulness, and loyalty. They are the ones who are not distracted by the deceptions of unkind tweets and e-mails but, instead, speak **the messages of truth to power**, and sometimes, without any need for words.

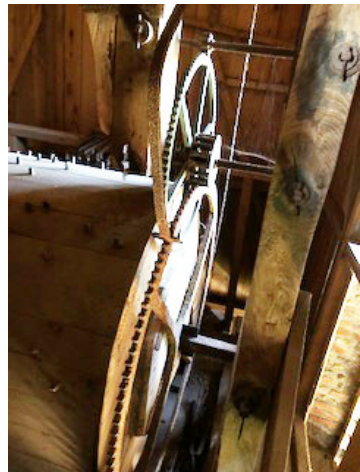
We are going to take 24 pictures of those locally who really are an inspiration, and form our own angelic Advent Calendar. **Could that person be you**, who brings hope, encouragement and joy? How wonderful it is that God's 'angeli' are very much present, alive and well, flying in and around us all, and touching our lives: with the cherubim and seraphim – and all the heavenly host!

Blessings to you all, at this special time: **Fr Nigel (Rector)**

THE CHIMING MACHINE

In the Autumn issue of Inside Out, I wrote about the work of the Church Recorders on the Church Clock and mentioned the fact that St Mary's also has a Carillon. I have now seen the quite amazing construction at the top of the Church Tower in the company of Bell Captain Bruce and have to report that what St Mary's has is a Chiming Machine, not a Carillon. The Carillon Society define a carillon as a keyboard instrument with at least 23 bells, and there is no keyboard or set of bells on the Chiming Machine residing quietly in its own 3m x 2.5m wooden enclosure on the very top floor of the Tower.

What St Mary's has, is a wooden drum 88 cm in diameter and 92 cm long with iron pegs spaced at intervals like a giant musical box movement. When the drum is rotated using ropes and pulleys that are still in situ, a series of pivoted levers are activated which in turn activate hammers on each of the Church Bells on the floor below to play a tune, 2 hammers per bell, ie: 16 notes. The levers are no longer connected so at the moment we don't know what tune it played, although 'The Blue-bells of Scotland' has been mentioned as a possibility. Chiming machines did not necessarily play sacred tunes.



The renowned Engineer and Bell Archaeologist R W M Clauston believed that parts of the Chiming Machine are as old as the clock, ie: early 18thC. There is lots more research to be done by the Church Recorders on this wonderful survivor.

If any readers can recall the Chiming Machine working or are interested in the work of the Church Recorders, we are usually in the church between 10am-12noon on the second and fourth Mondays of the month.

Gill Bellenie



A Tradition of Quality Care since 1587

Seckford Care has a long and proud history dating back to 1587 when Queen Elizabeth 1 granted our benefactor Thomas Seckford permission to build Almshouses in Woodbridge to 'relieve need and distress' amongst older people. Our focus is to continue to provide housing, support and care services for older people and to maintain our 'Outstanding' rating with Care Quality Commission.

Despite the challenges of the pandemic, 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.

We recognise that working in care is a valued and skilled occupation, and we are committed to acknowledging the efforts of our entire staff team, through salaries, benefits, wellbeing initiatives and opportunities to progress in their careers.

As a registered charity, if a surplus is generated, we invest this directly back to support our strategic objectives.

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.

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 well-being and care charges funded, if they meet the criteria.

Our priority is always to 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, so that they can remain in an environment that is familiar to them and retain their friendships and continuity of care from a team that knows them.

We continue to strengthen our connections with the community by supporting and volunteering our time with the Woodbridge Dementia Project, and the Carers Support Group started recently.

As we look to the future, our intention is to offer more opportunities to connect with the community via the refurbishment of our Chapel, which sits at the heart of our estate and our town.

To find out more information 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.

'I WAS IN PRISON AND YOU VISITED ME'



National Association of
Official Prison Visitors

"Bringing the outside in"

On Prison Sunday in October we heard from a number of volunteers who go into our local prisons. Three people spoke movingly about being an Official Prison Visitor at HMP Warren Hill. Here is one account:

Being a prison visitor is a very rewarding occasion. Having considered the request to become one, then deciding that I would, made me a bit worried about meeting someone for the first time who in my case, hadn't had a visitor for 10 years. The visits last for 1.5-2 hours in a large bright room with as many as 12 other visitors who are mostly relatives of the prisoners. The first time I met my prisoner I felt really happy and relaxed. I had been told of his interests, though in fact, we rarely seem to talk about them. There is a Barista where we, the visitors, can buy drinks and snacks. All very relaxed. Comfy seating with a coffee table in between us. Of course we don't know why they are in prison but that doesn't matter to me. Prior to entering the meeting room, we have to be searched, have a wristband put on, nothing to be taken in, though I would dearly love to give him a pot of homemade marmalade!

I really look forward to visiting him about every 2 or 3 weeks. We get on so well together even though I am 35 years older than him. He is such a nice man and he really seems to enjoy our meetings. I suppose I am fortunate to have such a cheerful fellow. He of course has his problems that he can chat about and though I can't solve any of them I can offer a sympathetic ear. It is such a worthwhile thing to do. Apparently there are lots of prisoners who have no-one to visit them.

One person spoke about being a group coordinator on the Sycamore Tree Course at HMP Hollesley Bay, a victim awareness programme that teaches the principles of restorative justice. It explores the ripple effects of crime, not just on victims, but also on offenders, their families and the wider community. It provides the opportunity for prisoners to think about and discuss what it means to take responsibility for their personal actions. In the final session, learners have an opportunity to express their remorse by making a symbolic act of restitution – they may write letters or poems to their victims or create works of art or craft.

There are a number of roles for volunteers in prisons – and a great need. If you are interested in joining us ... contact our church office - parish.office@stmaryswoodbridge.org to get details of a link person.

Alison Wintgens

THE MERCHANT'S TABLE

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'HERE & THERE' - THROUGH TO NEW YEAR

CHOIR NEWS As many of you will know, we have been unable to recruit a new leader for our choir, which is disappointing for such a musical town! However, we are pleased to have appointed a Choir Secretary (Ruth Munnings) and Treasurer (Sue Todd) to help move us all forward. We are thinking about choir bursaries and an Organ scholarship as well as using our



'Pop up Choir' for the big festival occasions. For Candlemas, 5 February, we shall welcome Richard Hubbard (with 'Cantus Firmus') to lead a special musical and liturgical evening with our choir. If there are any instrumentalists out there (as well as singers) who would like to join us, please contact our Organist, Sarah: doddssj21@gmail.com

DOORSTEP CAROLS Join people across the county on your doorstep this Christmas to sing carols together and spread some much needed cheer. **When?** Wednesday December 14th 6-7pm **Where?** On your doorstep or in a public outdoor space **How?** Sing along with Radio Suffolk.



ORGAN WORKS The much needed commission for a new swell front and attendant parts, will now go ahead in January, hopefully. Bishop & Son (Ipswich) will again be managing this under the watchful eye of Simon Pulham. Our warm thanks to the 'Friends of St Mary's' for funding this £13k project.

THE EPIPHANY CHAPEL in St Mary's is open again - every day from 10am- 4pm - for private prayer and quiet reflection. It's at the east end of the chancel - just turn right as you approach the High Altar.



LEARN TO RING BELLS FOR THE CORONATION! If you would like to learn to ring our bells in time for King Charles 111 Coronation, please contact our Bell Captain, Dr Bruce Wakefield, or come to one of our practices at 7pm on Tuesdays. You do not need to be strong or musical, just enjoy good company.



SWIFTS IN MARKET HILL Another great project which began before Covid is to bring the sound and sight of swifts back to the heart of Woodbridge. There will be 15 new units in 3 terraces under the eaves of St Mary's House and Shop. The boxes now being made by John Stimpson will be installed next Spring (any donations to their costs will be welcomed). Our thanks to John Davis for producing the architectural drawings and, of course, to Jenny James for her inspiring leadership.

Fr Nigel will eventually bless these boxes – from the ground only!

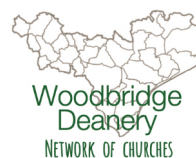
HERE & THERE IN THE PARISH



Proclamation of the Accession of King Charles III, Remembrance Sunday, Gift of Bibles to St Mary's CofE Primary School, Sunday Bake-Off, Christmas Market.

Photo credits for 1, 2 and 3 permission kindly given: Charmian S Berry All other photos: 'in house'

RURAL DEAN OF WOODBRIDGE We record our thanks to The Ven. Annette Cooper who has now stepped down after a difficult few years of trying to fill clergy posts – which are now full - thanks to her hard and energetic work. We wish her a happy retirement in Hollesley, and lots more sailing hours to enjoy.



HELPING TO MAKE US SAFE Safeguarding is a culture and a set of procedures aimed at protecting children, teenagers (under 18's) and vulnerable adults from physical or emotional harm. By vulnerable adults we mean anyone with a physical or mental disability, anyone who is seriously ill or injured, and the elderly and frail. All of us are vulnerable at some time in our lives – which is why anyone involved in church activities is required to do the Basic Awareness training which takes about an hour. It can be accessed through this webpage:

<https://www.cofesuffolk.org/safeguarding-training/> If you have any questions about this and the role that you can play, please call our new Benefice Safeguarding Officer, Jeremy Hawksley, on 07771 758971 or email on hawksley156@btinternet.com

OUR ADVENT BOOK is called "Sleepers Wake" (SPCK Publishing) – Getting serious about Climate Change by Nick Holtham, former Bishop of Salisbury and Church of England Lead on the Environment. How poetry and music, painting and personal recollections, can call and convert us "to change our lives – while we still can" (Neil MacGregor).

FEAST OF ST NICHOLAS. This will be our third successive year, asking for new toys on Sunday 4th December at both our churches: We shall be supporting children and teenagers c/o Suffolk Refugee Support and, East Anglia Children's Hospices (EACH).



OUR ANGEL TRAIL MAP This will be freely available for children and families from our Fairtrade Church Shop: from Monday, 19th December until Friday 6th January (Epiphany). We very much hope our shops around Woodbridge (as well as our homes), will display as many colourful angels as possible in their windows. After all, they announce the Christmas story and rejoice with us all.

QUOTE OF THE QUARTER

"Third of glaciers 'gone by 2050'...Some of the world's most famous glaciers, including in the Dolomites in Italy, the Yosemite and Yellowstone parks in the US and Mount Kilimanjaro in Tanzania, are set to disappear by 2050 due to global warming, whatever the temperature rise scenario, according to a Unesco report. The United Nations cultural agency monitors 18,600 glaciers in 50 World Heritage sites. It said one third of them will disappear by 2050.

While the rest can be saved by keeping the global temperature rise below 1.5 degree C in a business-as-usual scenario, about 50 per cent of these World Heritage glaciers could almost entirely disappear by 2100."

Lucy Clarke-Billings, in the 'I' newspaper, 4.11.22

ST MARY'S CHURCH NEEDS MORE ENTHUSIASTIC VOLUNTEERS!

St Mary's is lucky to have a group of very talented volunteers, who give their time and their goodwill to support the work of the church community. We have a wide range of opportunities to help the existing team and to join in.

Do you want to get involved? We are looking for enthusiastic and committed people from all faiths or none. You will get to know a wide range of people, learn new skills and find out more about the work of St Mary's.

If you like music, there are opportunities to join the choir or the bellringers. If you are good at DIY, maintenance or cleaning, you could help with some of the jobs that need doing to keep St Mary's House and the church itself in order and welcoming. Perhaps you have green fingers and would like to cultivate the hanging baskets or help with flower arranging. You may prefer the idea of helping with the parish lunch, or serving coffee and biscuits, or helping promote Fairtrade.

You may have been to church before and decided it was not your thing. You may even have been to St Mary's and perhaps stopped coming because of the pandemic. Perhaps the trials and tribulations of the times has shattered your faith and made you cynical? Give it another go. Join in the work of the team. If you try something and it doesn't suit you, there will be other things to investigate.

Katherine Turner

If you want to know more, email Linda in the parish office on

parish.office@stmaryswoodbridge.org.



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OUR GUIDES CELEBRATE CENTENARY

1922-2022

Towards the end of an action-packed and fun-filled year of activities and events, 2nd Woodbridge (St Mary's) Guides have celebrated a huge milestone in their history, which began in 1922.

After access in 2022 to wide games, a sleepover, archery, climbing, shooting, grass sledging, go-karting and a whole range of other outdoor activities, camping, cooking in a range of ways, rowing, sailing and other water activities, observing national milestones, plus the week-to-week programme, the most recent Monday meeting saw a team bake-off (four distinctively decorated Victoria sandwiches and a set of rainbow muffins). The week ended by examining Woodbridge in the last 100 years, a nighttime walk, playing games of yesteryear and a sleepover, culminating in a celebratory breakfast – with cake!



They are looking forward to the next 100 years ...

If you are a girl or young woman of 4-18, or as an adult could offer to join a leadership team or become a unit helper in Rainbows, Brownies, Guides or Rangers, Girlguiding Seckford District would love to meet you, so please do register your interest at www.girlguiding.co.uk and we will welcome you to a unit or put your name on a waiting list. Do it now!

While offering a challenging programme of skills and leisure activities, Girlguiding has always moved with the times – drill, darning and 'dampers' in the early years; salvage collections, wartime support, thrift; camping, the domestic arts, concern for others, and now a wide range of relevant and exciting badges. The basics have stayed – to be your personal best, with a focus on beliefs, monarch and community and care of the individual remains paramount.

Veronica Howe

ANNIVERSARY CELEBRATIONS FOR 'THE FRIENDS OF ST MARY'S'

An audience of nearly 100 people gathered in St Mary's Church, Woodbridge to hear former Middle East hostage John McCarthy talk about his love of Suffolk and the sense of freedom the county gave him. McCarthy, the UK's longest held hostage in the Lebanon in the 1980s, was guest speaker to mark the 10th Anniversary of the Friends of St Mary's Church, a charity which has raised over £140,000 in support of the church building.

John McCarthy talked about his time living in Suffolk which he suggested was a safe, friendly and inclusive haven after his period of captivity. To return, he said, always felt like coming home, with warm welcomes everywhere and the sense that not too much had changed.

The evening included a special screening of the film John McCarthy's Woodbridge, made by Suffolk film maker Tim Curtis and presented by John, which has been the Friends of St Mary's largest single funds raiser to date, raising over £7,000 for the church building from local screenings and DVD sales.



Money raised by the Friends of St Mary's has helped to repair crumbling stonework, ornate carvings, damaged stained glass windows and creaky church bells.

The Friends have also purchased a defibrillator, now a permanent fixture just outside the church, and is set to pay for the refurbishing of the church organ. Events in church hosted by the Friends include concerts, art shows, talks, school proms and other social gatherings.

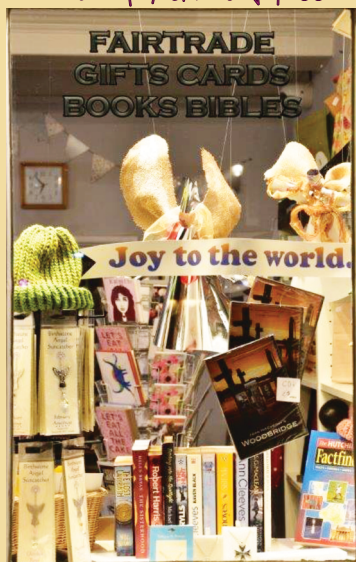
In a Grade 1 listed church which dates back to the 15th Century and houses the crypt of Elizabethan lawyer and Woodbridge patron Thomas Seckford, "There's always something to pay for," said the Rector, Father Nigel Prior. "We are very grateful to the Friends for their efforts over the years – both in fundraising and in attracting new people to enjoy our beautiful church."

If you would like to become a Friend please get in touch

friends@stmaryswoodbridge.org

NC

St Mary's Shop - on Market Hill



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We are a member of
the Abbeyfield Society



Overall rating
GOOD

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.homestartsuffolk.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 MATRIMONY

24 September - Chris JOHNSON and Charlotte MILLAR

IN MEMORIAM

Audrey HATTAN - 12 September 2022

Amanda Clare SLADE - 19 September 2022

Nigel Edmund Filmer COLEMAN - 25 September 2022

Ann BARRETT - 28 November 2022

Nicholas PEARSON - 30 November 2022

INTERMENT OF ASHES

Jill GANZONI - 25 November 2022

THANKSGIVING

Henry PICKTHORN - 30 September 2022

Jane KEMBALL - 22 November 2022

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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QUARTERLY DIARY "HIGHLIGHTS"

DECEMBER

- Sat 3rd 10.30 am to 12 Noon 'Messy Church' for Children & Families, followed by 'Bring & Share' lunch
- Sun 4th 11am New Toys Family Eucharist (St Nicholas)
5.30pm Advent Choral Evensong by candlelight
- Sat 10th 7.30pm Woodbridge Choral Society Christmas Concert
- Sun 11th 10am Launch of 'Inspiring Angels' Campaign
- Thur 15th 10.45am St Mary's CE Primary School Celebration service
- Sun 18th 6.30pm Carols & Readings by candlelight (Gt.Bealings)
- Mon 19th 6.30pm Nine Lessons and Carols by candlelight
- Wed 21st 7pm 'Rotary' Outdoor Carol Service in Market Hill
- Fri 23rd 11am Christingle-making in SMH (with Irish Coffees)
- Sat 24th 4pm Crib Service and Christingle
11pm Midnight Mass
- Sun 25th 8am Said Mass (BCP)
10am Family Celebration Mass (at which children are invited to bring along their single, favourite present)

JANUARY

- Sun 11th 11am New Year 'United Benefice' Eucharist, followed by sherry and stöllen! (this is our 2nd 'Anniversary')
- Sun 8th 10am Epiphany Parish Eucharist & Gospel 'Playlet'
- Sat 14th 2 to 5 pm Junior Church Party, Games & 'live' Film in SMH
- Wed 18th-25th Week of Prayer for Christian Unity

FEBRUARY

- Sun 5th 5.30pm A Candlemas musical feast with Choir & Friends
- Wed 22nd ASH WEDNESDAY and the beginning of Lent
- Sat 25th 7pm for 7.30pm Singapore Supper in SMH
- Sun 26th 5.30pm Choral Evensong with the 'Jubilate Singers'

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