

**BRANDESTON AND KETTLEBURGH
PARISH NEWS
FEBRUARY 2013**



THE PARISHES OF BRANDESTON AND KETTLEBURGH

Dear Friends

Music can touch parts of us in ways that nothing else can. Music can stir us up or open us to quiet reflection, it can awaken old memories or touch our spirits in new ways. We can sing words that we could never say, because music enables us to express all sorts of secret feelings, from love and devotion to grief and pain, physical, emotional or spiritual.

As a young man I was a fan of the singer Barbra Streisand whose voice I found irresistibly expressive. More recently I acquired (at one of our village fetes, for 50p,) a CD of her songs called "Higher Ground". It isn't the sort of music I listen to or actually like very much now, but I mention it because it includes a song called "Everything must change" which ends with the statement, ". . . and music makes me cry", which, in Streisand's beguiling vocalisation, is an affirmation of this thing about the power of music.

In this age of constant and remorseless change, we might hear, in the song's opening verse, simply, a depressing if sentimental restatement of the Laws of Thermodynamics as applied to human life:

Everything must change, nothing stays the same;

Everyone must change, no one stays the same.

The young become the old, and mysteries do unfold

'Cos that's the way of time.

But the song goes on to contrast such laws of natural decay with the constantly varying yet dependably continuing Creation (and, I infer, its Creator) and the renewing and healing qualities of time.

Although not a religious song, it's theology seems to me pretty sound in suggesting that although everything and everyone changes, God, and his grace towards us, does not. Change is not something we find easy. The extent of change in the things we take for granted can unsettle us. Public life in this country, people's every day vocabulary, technology, relationships, the services we use and need, our ethical parameters, even the church; and this much change can disorient us and make us feel uncomfortable.

But God wants *us* to change, wants us to respond to him, wants us to grow in love and understanding towards each other, wants us to be transformed by our experience of the life that is his gift to us, because our transformation transforms the world, and helps to bring in his kingdom.

The challenge for us is to identify and welcome, amongst the many things that confront us each day, those changes which are life enhancing, which will deepen our sense of community and increase our respect for each other and our sense of God's unseen presence among us.

It's only February; this year may bring all sorts of surprisingly welcome change. I hope so!

With my best wishes

Robin Alderson

Assistant Priest: Reverend Robin Alderson

01728 688255

Mob. 07790 242002

Brandeston

Elders: Mrs Mary Baker 685807
Miss Eileen Leach MBE 685298

Churchwardens: Miss Eileen Leach MBE 685298
Mrs Alison Molyneux 685244

Kettleburgh

Elders: Mrs Jackie Clark 723623
Mrs Valerie Upson 723078

Churchwardens: Mr John Bater 723532
Mrs Valerie Upson 723078

DIARY FOR FEBRUARY 2013		
Friday 1 st	10am – 12 noon	<u>Coffee Morning</u> at Kettleburgh Village Hall
Friday 1 st	7.30pm	<u>Film Club</u> – “Salmon Fishing in the Yemen” at Brandeston Village Hall – see below.
Thursday 7 th	10.00am	<u>Brandeston Coffee Morning, 100+ Club Draw</u> at Village Hall
Thursday 14 th , Friday 15 th & Saturday 16 th	7.30pm daily, also 2.30pm on Sat	<u>Kettleburgh Pantomime</u> – “Red Riding Hood” at the Village Hall – see below.
Sunday 17 th	4.00 – 5.30pm	<u>Lent Course – ‘Desert Island Discs’</u> at The Rectory, Marlesford – see below
Wednesday 20 th	8.00pm	<u>Suffolk Film Archive Evening</u> at Brandeston Village Hall – see below.
Friday 22 nd	6.30pm for 7pm start	<u>Whist Drive</u> at Brandeston Village Hall – see below.
Sunday 24 th	4.00 – 5.30pm	<u>Lent Course – ‘Desert Island Discs’</u> at Hacheston Village Hall – see below

BRANDESTON FILM CLUB

1st February – Salmon Fishing in the Yemen starring Ewan McGreghor, Emily Blunt and Amr Waked. A fisheries expert is approached by a consultant to help realize a sheik's vision of bringing the sport of fly-fishing to the desert and embarks on an upstream journey of faith and fish to prove the impossible possible.

8th March – The Descendants starring George Clooney, Shailene Woodley and Ajmara Miller. A land baron tries to reconnect with his two daughters after his wife is seriously injured in a boating accident.

12th April – Skyfall starring Daniel Craig, Javier Bardern and Naomie Harris. James Bond's loyalty to M is tested as her past comes back to haunt her bringing MI6 under attack.

We always welcome new members to the club. The yearly membership fee is £10 which then gives you free entry to all the films for the whole 12 months.

Sue Thurlow

PANTO TIME

Yes, it's what you have all been waiting for - the Kettleburgh Players' production of '**Red Riding Hood**' is nearly here!

Tickets are now on sale and can be obtained from the Box Office on 01728 723623

They are still priced at £5 and £2.50 for under 12's - so bring the family for a splendid treat.

You will enjoy it, really you will!

Liz Marzetti

LENT COURSE 2013 - 'Desert Island Discs'

Starts on Sunday 17th February at 4 pm (finishing by 5.30) and each will start with tea and cake on arrival. The venue for week 1 is The Rectory, Marlesford, and then the course moves to Hacheston Village Hall for the next three sessions, that is Feb 24th, Mar 3rd and Mar 10th (and possibly 17th subject to demand and lots of unplayed musical choices) .

The format is that a number of people around our parishes have already been asked to choose some music and to talk for a few minutes in a conversation with Harry about why it is significant to them, and how it speaks to their life and faith experiences. We will then listen to the track and have time for discussion before the next person. We have invited a wide cross section of people so we can expect to get a few surprises in musical content, and a very varied selection. Anyone planning to attend, even if it's only for one session is welcome to bring a CD with them and we'll include as many as we have time for.

So do come and join in, with any session or all of them.

Harry, Robin and Deirdre

SUFFOLK ARCHIVE FILM EVENING at Brandeston village hall on Wednesday, 20th February, 2013 starting at 8 o'clock. Ticket - £5 including light refreshment from the Thursday, Coffee Morning or Sue Thurlow (685673). In aid of hall funds.

Sue Thurlow

BRANDESTON VALENTINES WHIST DRIVE - FRIDAY, 22ND FEBRUARY 2013
- DOORS OPEN AT 6.30 p.m.

You are invited to attend the Brandeston Valentines Whist Drive to be held in Brandeston Village Hall on Friday, 22 February 2013. Doors will open at 6.30 p.m to enable a prompt start to play at 7.00 p.m.

There will be a great selection of good, locally-produced food available together with a choice of fine wines to ensure that the evening goes with a swing. You will be really spoilt for choice if you win a prize in our renowned Raffle run by Don Evans. The cost of the evening remains at £2.50 per person and all are welcome to attend.

Please call Pam or Rick Reade on 685920 to book your place. The increasing popularity of the event means that we are now having to reserve places on a first come - first served basis as the number of tables are limited. Your advance notice also helps us to calculate the number of tables, quantity of wine and amount of refreshments needed.

Pam and Rick Reade

ADVANCE NOTICES

9 th March	7pm for 7.30 start	<u>Quiz Night for Breast Cancer Care</u> at Hacheston Village Hall – see below.
Thursday 25 th April		<u>Eastern Angles</u> will be performing their latest play at Brandeston Village Hall
Friday 28 th June	10.30am – 12 noon	<u>A Coffee Morning in aid of Cats' Protection</u> will be held at Manly, Kettleburgh. Guest: Mr Ben Gummer M.P.

QUIZ NIGHT FOR BREAST CANCER CARE

We are holding a quiz night to support Jess Parr in her bid to raise money for Breast Cancer Care and run the London Marathon in April 2013.

(Jess' story can be seen at: <http://www.justgiving.com/jesswecan>)

Tickets available from Ruth Redgrave (ruthredgrave@suffolkonline.net) or 01728 748067, £8.00 (per person) to include ploughmans.

Get together a group of friends for tables of 6.

There will also be a raffle, cake stall and games. Bring your own drinks. Glasses supplied.

Its going to be a fun evening...please support Breast Cancer Care.

Ruth Redgrave

PAST EVENTS

BRANDESTON CAROL SINGING

About 80 or 90 of us gathered in The Queen's Head, Brandeston, on Wednesday 19th December – the main part of the pub was totally full of people/ For at least an hour we sang most of the well known carols with much enthusiasm, it was great fun and a wonderful and holy way to start Christmas. Our thanks go to Andrew Berhend , from Earl Soham, for bringing a keyboard and beautifully playing the music for us to sing the carols.

Very special thanks to Oli and Nicky as they welcomed us to the pub and supplied an abundance of mince-pies and sausage rolls, all to create a great and happy atmosphere.

A money tin was passed round to raise money for Teens Unite Fighting Cancer, and the sum of £195.88 was collected.

Thank you everyone – a great evening and a great collection.

GV

BRANDESTON OLD CHAPEL CANDLELIT EVENING held on the Saturday before Christmas was again a great success. Over 50 residents of Brandeston and friends enjoyed welcoming the Christmas season with mulled wine, a fine buffet and lots of jolly conversation. The event raised £388 for the restoration fund of this lovely little chapel. Many thanks to all those who helped on the night and contributed to the excellent buffet table.

Sue Thurlow

KETTLEBURGH GREEN TRUST LOTTERY

Happy New Year!

And the results for January are:

1 st Prize	Richard Baker
2 nd Prize	Rod & Jeanne Durbin

Trevor Jessop

BRANDESTON 100+ CLUB

Please note winners for January 2013

First prize Lady Cunliffe
Second prize Sally Moody

February draw will be held at the village hall on 07 February.

Mark Hounsell

NOTICES

ELECTORAL ROLL

All churches are being required to prepare the new Electoral Roll for 2013. In Brandeston the process will have to be completed before the 3rd April.

Everyone who wishes to stay on or become a new member needs to complete an 'Application for Enrolment on the Church Electoral Roll', and return it before 20th March.

David Risk is the Church Electoral Roll Officer. However as he is to go into hospital in early February for an operation, I have been asked to understudy him for this process. If you do not receive a form in the post by 6th March, please let me know, Clemency Cunliffe, Tel. 01728 685 326 email; clemency@coneys.biz

KETTLEBURGH VILLAGE SHOW 2013

This year's show will be on Saturday 7th September, please book the date in your diary. Now is the time to make your marmalade, choose your seeds and plan for the year ahead. Surely we will have better growing weather this year! For those of you who are keen photographers the two classes in this section will be entitled:-

The Wonders of Nature and
Playtime

If anyone would be willing to get more involved in the planning and running of the show I'd love to hear from them. We have a very dedicated band of helpers but could always do with a few more. The show is open to all regardless of where they live not just residents of Kettleburgh.

Claire Norman
01728 724372 or auntclaire@btinternet.com

ST ELIZABETH HOSPICE'S MIDNIGHT WALK OR RUN – welcoming men and women!

St Elizabeth Hospice's high-profile ladies-only fundraising Midnight Walk is to break new ground by allowing men to take part. The Midnight Walk 2013 will welcome men and also offer a night-time run through Ipswich town centre.

The new-style event – which is the charity's biggest fundraiser of the year - will be held on **Saturday 18th May 2013** and starts from Ipswich Town Football Club. More than 220 men and women have already signed up but there is still time to register.

There will be two routes to choose from – eight or five miles – a carnival theme, exciting warm-up and a hot chocolate and medal at the end for all participants.

Many people take part in groups as a fitness challenge, in memory of a loved one or just to have fun night out. The Midnight Walk 2013 offers the only opportunity to take part in mass participation run at night around Ipswich.

All participants are asked to raise sponsorship.

The Hospice provides services free of charge to patients and their families in East Suffolk and South East Norfolk and relies on fundraising and donations to meet most of its £8.7m a year running costs.

To sign up visit www.midnightwalkipswich.co.uk.

Midnight Walk 2013 is supported by the East Anglian Daily Times, Ipswich Star and Town 102.

FRAMLINGHAM MEDICAL PRACTICE NEWS

Patient Satisfaction

Many thanks to all of you who took the time to complete our '*Patient Satisfaction Survey*' before the Christmas break. Look out for the results of the survey on our Website. Any recommendations of the report will be considered by our Patient Participation Group – please let me know if you are interested in joining the group.

Blood Pressure Monitoring

We have a machine to measure your Blood Pressure in our waiting room. This can be used at any time that the surgery is open and you do not need to make an appointment. Please do feel free to check your blood pressure and hand the result to our receptionists. The result will be added to your medical record and then seen by your GP. Please note that the machine is not suitable for patients who have Atrial Fibrillation (AF).

Making appointments

Our phones can be busy first thing in the morning but we do have a number of other ways to make an appointment with a doctor. Have you registered for our on-line service? *Systmonline* allows you to book and cancel appointments on-line as well as order your repeat prescriptions. Ask our receptionists for your log in and password. Patients can also book an appointment over the phone using our Automated Service – press Option One when you telephone the surgery.

Dispensary

Just a reminder that our dispensers are happy to deal with any telephone queries that you may have from 11am onwards.

Childhood immunisations

Are your children's vaccinations up to date? Please check with your Health Visitor or ask our Practice Nurse to telephone you if you are not sure. There was a significant rise in the number of cases of Whooping Cough in 2012 (including an outbreak in Framlingham) and there were also reported cases of Measles in Suffolk. Please ensure that your child is protected.

Pregnant?

Women who are pregnant do not need to see a GP to confirm their pregnancy. Please make an appointment to see our Midwife. Appointments can be made at our reception. Due to the recent outbreaks of Whooping Cough, the Department of Health has recommended that all pregnant women are vaccinated to protect their baby. Please make an appointment with our Practice Nurse after the 28th week of your pregnancy.

Lighter Life Programme

A number of our patients are signing up for the Lighter Life Programme. As this programme is not provided by the NHS, there will be a £15 charge for patients who need a consultation with a doctor.

VILLAGE WEBSITES

For up-to-date information about your village, visit these websites:

www.brandeston.net

www.kettleburgh.suffolk.gov.uk

MAGAZINE ARTICLES

Please send, deliver or e-mail any contributions for the magazine by 15th of each month to:
Mrs Val Butcher, Woodlands, Church Road, Kettleburgh, IP13 7LF
or e-mail valerie.butcher@talk21.com, tel: 724777.

Please send e-mails in Microsoft Word format (97), PDF or jpg for pictures/scans.

Covers are particularly welcome!

CHURCH CLEANING

Brandeston

3rd Jane Mitchell and Louise Paget
10th Christine Matthews and Don Evans
17th Helen Fletcher and Karren Piper
24th Ruth Garratt and Mary Baker
3rd Mar Kelly Jeffery

Kettleburgh

Anne Bater
Pat Peck
Val Butcher
Margaret Meadows
Sue Scott

CHURCH FLOWERS

3rd Jackie Hounsell
10th Alison Molyneux
17th

LENT – no flowers

Wendy Griffiths
Valerie Upson
