

Alpheton Parish News

digital edition



June 2020

CHURCH OF ST PETER AND ST PAUL, ALPHETON

JUNE 2020

Rector: The Revd Matthew Lawson
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email: charlottefblyth@btinternet.com

Administrator: Vicky Moakes *email:* chadbrookoffice@gmail.com

SERVICES

livestreamed so that you are able to participate at home

Sunday 7 June	10.30am	Holy Trinity	livestream Family Communion
Sunday 14 June	10.30am	Holy Trinity	livestream Family Communion
Sunday 21 June	10.30am	Holy Trinity	livestream Family Communion
Sunday 28 June	10.30am	Holy Trinity	livestream Family Communion

Livestreaming our service

1. Go to the Melford Church website: www.longmelfordchurch.com
2. Scroll down to the Facebook box on the front page
3. Click on the words 'Holy Trinity Church' at the top of this box
4. Once in our Facebook page scroll down a little to see the service

Phone in service

If you do not have an internet connection you can phone in on an 0333 number which should be free if you have free calls (free weekend calls), or you are within your free minutes' limit on a phone contract (please check).

Dial 0333 0110 946, 'Room' number: 20966931#, Guest PIN: 5252#

Services may be subject to change in light of the situation with coronavirus. Check the websites for any changes.

www.longmelfordchurch.com

www.alphetonandshimplingchurches.org.uk

From the Rector

Three Coronavirus Reflections

A number of people I have spoken to have said that they are not sleeping very deeply at the moment. It is not that they are particularly anxious, or because the days are getting longer, or indeed because the dawn chorus has been wonderful. It is because our minds have a lot to adjust to as the coronavirus situation changes week on week, and also because we have much to reflect on too. Here are three of my reflections.

Firstly, I have been heartened by the wonderful ways our communities have responded. Almost everyone has risen to the challenge of looking out for their neighbours. In addition to this there have been more structured responses in our villages. In Alpheton there is a WhatsApp group. In Long Melford there is a Facebook group and a team of volunteers available to help any in need. In Shimpling there are regular newsletters and other online resources. There is much more besides.

Something I hear people saying again and again is how fortunate they feel to live here, due to the community, and of course due the beautiful environment we can all enjoy. If God is present when we love our neighbour, then we have arguably been closer to God in recent weeks.

I have also been reflecting that this has been a season of contrasts. Indeed as we commemorated VE day I reflected on what it must have been like for the aircrews on the airbases. They flew out regularly exposing themselves to extreme danger; those who survived landed back in in tranquil rural Suffolk. What strange contrasts aircrews must have experienced within the space of 24 hours.

Likewise for some of us the recent weeks have been fraught with the stress of working on the front line, or losing our jobs, or sadly having to mourn the loss of a loved one they could not be with. At the same time many of us are tending our gardens and 'enjoying' lockdown. These extreme contrasts are not easy to get our heads around.

Thirdly we are all starting to wonder what the 'new normal' is going to be like. Whereas in many ways it has been terrible, in other ways I think we have rediscovered some of our humanity. Undoubtedly there is going to be a re-calibration of all sorts of things.

I was struck this week when I was contacted by a couple in their 80s who I have never actually met; they wanted re-assurance that we would continue livestreaming our service once the lockdown was lifted. Three months ago who would have believed that conversations would have taken place? (For the record we do plan to continue livestreaming). One of our parishioners has written the poem (page 5) which I think helps us to reflect on what things will be like in the future.

I am sure each of you has many more reflections that these three, and they are probably more profound and insightful. I hope we can share them some time. I certainly consider myself grateful to live in this community and I thank you for the part you have played in bringing me closer to God. My prayer is that we will be able to embrace the good that has come out of this situation.

I hope that you all sleep well!

Rev Matthew Lawson

A Coronaverse

The dreaded virus is here to rage
Without regard to sex or age
Until we either live or die.

But when we win this lengthy duel
All of us and those who rule
Will need once more to think anew
The ways in which we live our lives;
The wanton appetite that drives
Mankind to put the earth at risk.

When we at last regain our health
We must all try to share our wealth
To benefit mankind.

We'll go far less, I hope by plane
And maybe travel more by train
Or spend the time at home.

We've learnt perhaps that people are
Much greater than any thing by far,
And need much more respect.

And more than that we must ensure
That all of us, both rich and poor,
Share from the same table.

Tim Barker

A message from the Parish Church Council



We are already missing our Alpheton and Shimpling church services but you will all understand the reason why this action has been taken.

So that we can continue to worship and keep in touch with one another, the church is continuing in a different form, and we hope that you can join our services, which are being livestreamed at 10.30am every Sunday. You can find the services on the Holy Trinity website at www.longmelfordchurch.com and clicking on the words "Long Melford Church" at the top of the Facebook section.

We appreciate that keeping the church going financially may not be top of your priority list at the moment. Nevertheless, we must still support the costs of our ministry and pay our bills, and therefore we would like to request that if you normally put your offering on the plate, whether you would consider donating to us in a different way?

Donations may be made directly into our bank account if you are able to do so, or by standing order: either would help us maintain our

regular income. We also welcome donations made by cheque but this may be difficult to process.

Our bank details are: Alpheton and Shimplingthorne PCC; Sort Code 60-04-16; Account No 56293658. Cheques can be sent to our treasurer Sue Fahie-Wilson at Chiltern House, Shimpling.

Alternatively, there is now a telephone service to set up a direct debit, for those wishing to make a regular donation. Please contact Sue for more details (s.fahiewilson@gmail.com or 01284 827243)

Be assured that whatever you are able to give during these difficult times will be put to good use and greatly appreciated by all at Alpheton & Shimpling churches. Of course, this would be only after considering your own needs, which may have changed in the current situation.

Wishing you all the best, keep well and keep safe. Remember that we are here to help and support you.

Blessings and prayers.



Alpheton & Shimplingthorne PCC

Self-isolation

So many of us have really missed contact with friends and family over the last weeks. It isn't much fun but if it is lessening the spread of Coronavirus it is worth it. It was so sad that very few of us could take advantage of the lovely sunny weather we have been having.

One thing I am doing is writing my life story, which my children have been nagging me to do for ages. I can't think anyone will want to read it, but I am remembering lots of things that had slipped my memory and looking at old photographs for inspiration.

Somehow, out of all the things I could be doing, tidying my office doesn't come high on the list. I have been lucky to have had lots of phone calls and have been exchanging lots of emails.

The birds in my garden are keeping me busy as they are so very hungry. If they run out of bird seed they set up a noisy chorus until I go out and refill the feeder.

I have been out four times to the post box, which is OK, but was surprised that the doctor insisted I go to the Health Centre for a blood test. Naturally I had to put the car on charge, but it was great to drive with so little traffic on the road.

I hope the restrictions will soon be lifted and we will all be able to meet up again.

Paddy Trevelyan

Can you make some facemasks

We have been approached by Barleycombe, which is a home in Long Melford for adult males with some special needs. They urgently need some face masks for their residents.

May I thank Jacqui who has liaised with them to get a clear understanding of their requirements. The masks that they want are the simple ones which can be found at:

Hobby Lobby (<https://www.youtube.com/watch?v=o8OyV15ua24>)

Sarah Maker (<https://sarahmaker.com/how-to-sew-a-surgical-face-mask-for-hospitals-free-pattern/>)

Please note:

- The fabric should be cut 15" x 8" for the best fit for those using them in the home.
- Use high thread count fabric count fabric (e.g. sheeting, 100% cotton, poly cotton). Stretch fabric has loose weave so not as protective, however T-short fabric can be used as in inner filter.
- If using elastic ¼" width 7" long; if using tape ¼" width 4 x 14" lengths.
- Each mask takes approximately 20 minutes to make.

For mask collection in Melford please contact Cheryl on 07943 811030, in Alpheton and Shimpling please contact Liz on 01284 828 122.

I assume the masks will be sanitised before use, but please take suitable hygiene precautions.

Rev. Matthew Lawson

From Alpheton Parish Council

Parish Council meetings

The UK Government has passed new legislation known as the Coronavirus Act 2020. Under this new law, Parish Councils are permitted to hold their meetings 'remotely'. Alpheton Parish Council are going to hold their meetings by video conferencing. Agendas for meetings will be on the notice boards in the village and/or the website at **alpheton.onesuffolk.net**

Our Clerk, Nicola, can be contacted at
alphetonpcclerk@gmail.com

Suspicious/scam emails

If you receive a suspicious email that you think may be a scam please report it to the National Cyber Security Centre. There has been a marked increase of scam emails during the pandemic. Please report it by forwarding the report to **report@phishing.gov.uk** and the originator of the email will be automatically assessed and if found malicious their site is immediately taken down and reported to the Police.

Covid-19 testing

For up to date local information about where tests are being carried out and eligibility criteria please go to
suffolk.gov.uk/testing

Recycling centres

A new online booking system is in place following the reopening of Suffolk's recycling centres. The appointment-only system is necessary to help reduce traffic disruption and queueing on roads around the sites and help manage additional demand on the waste sites.

There are also new temporary restrictions and guidelines in place at all sites to support the safety of staff and members of the public.

Full details can be found on the County Council's website:

www.suffolk.gov.uk/council-and-democracy/council-news/show/public-to-access-suffolks-recycling-centres-from-thursday-by-appointment-only

VE Day, May 1945

I don't suppose there are many people besides me in Alpheton who can remember the actual day. Everyone was so happy with big smiles on their faces. I was 14, and on May 7th we all knew it was coming.

We were then told at school that on May 8th we must all assemble at Wakefield Cathedral for a Thanksgiving Service and then would have the rest of that day and the following day off! Everyone was celebrating, the buses stopped running, but we didn't care.

In the early evening a gang of us walked into Wakefield (about three miles) and there was a band playing at the upstairs windows of the Town Hall and we all danced in the street – it was such fun. It didn't matter getting home late as we had the next day off too. It certainly was a day to remember.

Paddy Trevelyan

Burglaries

Suffolk Police remind residents during the spring and summer seasons regularly to check that their garden gates, sheds, garages, outbuildings and barns are locked and secure. This follows a number of burglaries and attempted burglaries in various locations across the county. All property should be security marked, insured, secured and locked away after being used. Tools left out can also be used to commit other crimes such as dwelling burglaries.

Register serial numbers of tools and equipment via **Immobilise www.immobilise.com** and make a personal record. This will help identify items if found, and speed up the process of returning items to owners.

1st Principle for shed/garage security and property marking guidance can be found on the Suffolk Police webpage: **www.suffolk.police.uk** or **www.suffolk.police.uk/sites/suffolk/files/shedandgaragesecurity1.pdf**

A list of security products can be viewed via **www.suffolk.police.uk/sites/suffolk/files/security_product_brochure.pdf**

Alpheton Table Tennis Club

Just to keep you all updated on how we are progressing with the start up of the table tennis club. We are still looking for new members, the starting date will depend on the outcome of the Covid-19 restrictions.

A deep clean of the village hall will have to be carried out before we can look forward to a starting date.

Anyone interested in joining the club, or for further information, please contact me:

Trevor Treharne

email trevortreharne1949@gmail.com

phone 01284 827077 *mobile* 079 79 081 924



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More information:

*Tory Lugsden (County Fieldworker) 01473 785547
office @suffolkyoungfarmers.com*



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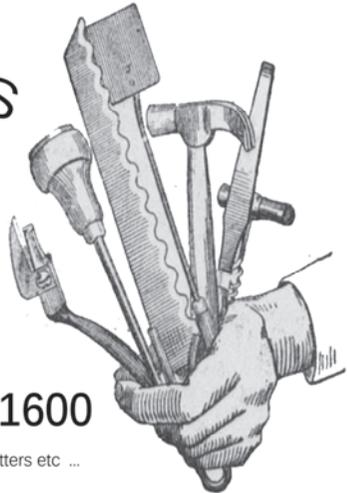
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Weekly events at the Village Hall

All events subject to cancellation following government COVID-19 advice

Second Tuesday of the month: WI, 7.30pm (*Spring and Summer*)

Third Tuesday of the month: Film Night, 7.30pm

Last Tuesday of the month: Coffee Pot from 10.30am

Last Friday of the month: Craft and Social session, 2.00pm (not Dec)
Alphie's Bar, 8.00pm

Mobile Library:

Thursday every four weeks (next visit June 4)

11.35-11.55 opposite the Village Hall

12.00-12.15 Post Box near Church Lane



Village Hall Bookings

The Village hall has a licensed bar and is available for hire

For all village hall bookings please contact

Stephen Larnar 01284 828468 stephenlarnar@btinternet.com



Advertisements

Commercial Ads (*up to half a page*): £3.50 per month or £35 per annum

Domestic small Ads £0.85 per month

Alpheton Parish News is published by Alpheton and Shimplingthorne Parochial Church Council, *Editor Emeritus* Mrs Paddy Trevelyan. The PCC reserves the right to alter or refuse any item submitted for publication and cannot be held responsible for the accuracy of any claims made by any advertiser. Articles submitted do not necessarily represent the view of the publisher.



COPY FOR THE NEXT ISSUE

Please email copy by June 12 to

Editor **Ken Watkins** watkinsk105@outlook.com

copy received after the deadline will be held until the next issue

Artwork for the front cover is always welcome

Please ensure that any graphics are emailed as hi-res Jpegs or PDFs

Camera-ready artwork should be hi-res: portrait for full page, landscape for half page



DATES FOR YOUR DIARY

during June 2020

NB Some events may be subject to cancellation in the light of updating COVID-19 advice. Please check with organisers.

- Sunday 7 June Livestream Communion from Holy Trinity, 10.30am
Tuesday 9 June WI, Alpheton Village Hall, 7.30pm
Sunday 14 June Livestream Communion from Holy Trinity, 10.30am
Tuesday 16 June Film 'Mrs Lowry and Son', Alpheton VH 7.30pm
Sunday 21 June Livestream Communion from Holy Trinity, 10.30am
Friday 26 June Craft and Social Session, Alpheton VH, 2.00pm
Friday 26 June Alphie's Bar, Alpheton VH, 8.00pm
Sunday 28 June Livestream Communion from Holy Trinity, 10.30am
Tuesday 30 June Coffee Pot, Alpheton VH, 10.30am



Further ahead

- Tuesday 14 July WI, Alpheton Village Hall, 7.30pm
Tuesday 21 July Film 'Downton Abbey', Alpheton VH 7.30pm
Tuesday 28 July Coffee Pot, Alpheton VH, 10.30am



Message from the Editor

In view of the current restrictions, and as a safety precaution for everyone involved in the normal production and delivery of the Parish magazine, this edition is coming to you online, rather than through your letter box.

It is appearing on both the Alpheton village website, and the St Peter and St Paul website, and will continue to do so until circumstances change.

Stay safe, and take care.

Ken Watkins

cover illustration : Julie Rix