

Alpheton Parish News

digital edition



October 2020

CHURCH OF ST PETER AND ST PAUL, ALPHETON

OCTOBER 2020

Rector: The Revd Matthew Lawson
tel: 01787 310845 *email:* revmattis@gmail.com

Churchwarden: Mrs Charlotte Blyth — 01284 827008
email: charlottefblyth@btinternet.com

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

SERVICES

Sunday 4 Oct	10.30am	Holy Trinity	Communion & livestream
Wed 7 Oct	10.30am	Alpheton	Midweek communion
Sunday 11 Oct	10.30am	Holy Trinity	Communion & livestream
Sunday 18 Oct	10.30am	Holy Trinity	Communion & livestream
Wed 21 Oct	10.30am	Shimpling	Midweek communion
Sunday 25 Oct	10.30am	Holy Trinity	Communion & livestream

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.net

From the Rector

Killer Courgettes

I remember visiting my granny and grandpa each week when I was growing up, and I'm afraid to say that I used to switch off when the conversation invariably turned to the condition of their vegetables. They were from the generation that had to 'dig for Britain' during the war, and the habit of growing their own produce never left them, to their credit.

As I suspect many of us have discovered, we often end up adopting those habits which so irritated us about our parents and grandparents. Accordingly, this year, prompted by Covid, my wife and I decided it was time to start growing some vegetables for ourselves. I constructed some raised beds, and with help from a generous neighbour we got some topsoil, and the planting began.

On balance we've had a pretty good year. A notable success was our courgette plants which never stopped growing and seemed to be able to generate a marrow-sized courgette within a day if we were not picking them regularly.

There is simple pleasure, shared I am sure by many thousands across the country for the first time this year, in growing and eating our own food.

However, one prominent online newspaper drew attention to the fact that just occasionally courgettes can be toxic. In fact this story appeared twice. My sympathies of course go out to anyone who was unfortunately afflicted by these toxic courgettes, and it is helpful for us beginners to be aware of this risk.

At the same time it was both laughable and depressing that the way these articles were presented. They managed to take something as

natural and wholesome as growing a humble courgette, and present it with overtones of fear, death, and blame.

As we reflect on the way the news is presented to us at the moment, I am concerned that we are bombarded with overtones of fear, death, and blame far too often, when the truth is there is also so much that is good in the world to celebrate. So let's make sure we do!

It is not the just the courgettes that are toxic

Rev Matthew Lawson
Rector of Alpheton, Long Melford, and Shimpling

A date for your diary

Please consider attending the midweek communion at Alpheton Church at 10.30am on October 7, as this is likely to be our Editor Ken Watkins' last service, and it would be nice for us to be able to wish him well before he moves to Wales.

Early magazine deadline

The deadline for the November issue, in view of the Editor's planned move, is October 5, one week earlier than normal, which will allow him to put his final issue to bed before saying farewell to Alpheton.

Welcome back

**The Church of St Peter and St Paul, Alpheton
is now open for prayer**



Please note that the church is currently open for individual prayer, and we hope to be open more generally soon. If you visit the church for individual prayer, please observe these basic rules for keeping everyone safe:

- Please clean your hands thoroughly using the hand sanitiser provided before going in, and take a wipe with you into the church.
- Keep the wipe with you in the church and wipe any surfaces you touch.
- Please keep a safe distance (2m) from people other than your own household.
- Please avoid touching any books or other loose objects.
- When leaving, please use the hand-sanitiser to clean your hands and take your used wipe with you and dispose of it at home.
- Please close the inner door to keep birds out, but leave the porch door open.

Thank you – it is wonderful to have this special place open again.

*God bless you, and thank you for ensuring that both you
and other visitors stay safe.*

Simple midweek communion services are planned for Alpheton, Long Melford and Shimpling in October, with the service in Alpheton on

Wednesday 7 October at 10.30am

You are welcome to join our livestream services every Sunday at 10.30am

Directions:

1. *Google the five words "Holy Trinity Long Melford Facebook".*
2. *Click on the top link which takes you to the Holy Trinity Facebook page.*
3. *Scroll down a bit ... service should be there.*
4. *Note that you do not need to join Facebook, and you can watch the service later.*



Staying secure as clocks go back

With British Summer Time ending at 2am on Sunday 25 October, Suffolk Police are urging people to boost their home security as the nights get longer. Dark winter nights bring with them an increase in home break-ins.

Chief Inspector Stuart Grimsey said: "Leaving your house in complete darkness is a clear sign to burglars that it may be empty which, with the sun setting before most people get home from work during the winter, is an open invitation to opportunistic thieves.

"If no one is going to be home when darkness falls, consider leaving a light on or invest in a timer so that your lights or radio come on automatically at certain times to give the impression that someone is in. There are also systems that combine with smart phone apps, which allow you to operate electronic equipment in your home from anywhere in the world."

In addition to timers, Suffolk Police recommend investing in other forms of technology. Chief Inspector Grimsey said: "Consider installing alarm systems, CCTV as well as doorbell camera technology to secure your home further. There is real value in using technology such as cameras to help keep yourself and your community safe from crime, and they don't have to be expensive."

Suffolk Police are also reminding members of the public not to advertise their homes are empty on social media by 'checking in' to other places or publicising that they are on holiday.

If you notice any suspicious activity or believe a crime is in progress you are urged to call the police immediately on 999. If you feel that you have information about crimes being committed you can call Crimestoppers anonymously on 0800 555 111.

For more advice on what you can do to protect your home this winter visit:

<http://www.suffolk.police.uk/advice/crime-prevention-z>

Editor wanted

The Alpheton parish magazine is looking for a new Editor. If anyone is interested, who can spare 3-4 hours a month to co-ordinate the contributions, please contact Rev Matthew Lawson. My four years as Editor have been enjoyable, and I'm grateful to everyone who has contributed and distributed during that time, and to Robert King for designing (and printing before Covid-19 hit).

Judy and I are moving to Wales, to her home town in Barry. We've lived there before, when I worked on the Western Mail in Cardiff, and have friends there. Obviously we will miss all our friends in the Sudbury area, and in Alpheton especially, having lived in the village for 21 happy years.

It's been a pleasure and a privilege to live and work in Suffolk, and we will take many happy memories with us. But it's not a total goodbye. Our daughter and son-in-law live near Bury St Edmunds, so we will be back visiting for occasional long weekends, and hope to catch up with many friends then.

Ken Watkins

Events off

Because of the COVID-19 epidemic, regular monthly events at Alpheton village hall, including the WI and Film Night, have been cancelled until further notice.

Early magazine submission deadline

The deadline for the November issue is October 5.



Children at Church

There is still plenty going on during lockdown:
Crafts, videos, stories, Zoom meetings, teaching ...
silliness.



For more information please contact our family
worker Pam: melfordfamilyworker@gmail.com,
07890 880 976 ...

... or ask to be invited to our 'Children at Church'
Facebook Page.

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More information:

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



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Elizabeth Gibson MSSCh MBChA
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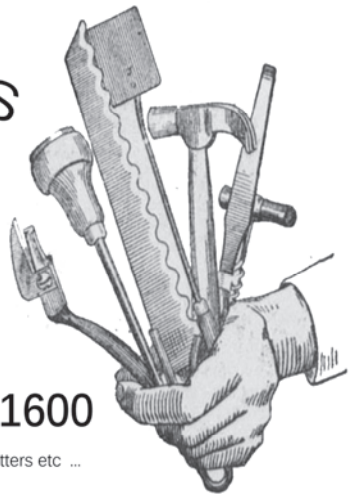
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Weekly events at the Village Hall

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 October 22)

11.35-11.55 opposite the Village Hall

12.00-12.15 Post Box near Church Lane



Village Hall Bookings

The Village Hall, which has a licensed bar, will again be available for hire when all precautions against Covid-19 have been carried out.



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 October 5 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 October 2020

NB: All regular social events at the village hall are suspended until further notice in view of the current COVID-19 epidemic. They will return once government advice changes to allow them to resume.

Sunday 4 Oct	Livestream communion from Holy Trinity, 10.30am
Wed 7 Oct	Midweek communion, Alpheton Church, 10.30am
Sunday 11 Oct	Livestream communion from Holy Trinity, 10.30am
Sunday 18 Oct	Livestream communion from Holy Trinity, 10.30am
Wed 21 Oct	Midweek communion, Shimpling, 10.30am
Sunday 25 Oct	Livestream communion from Holy Trinity, 10.30am



Further ahead

We look forward to regular events returning once government advice changes to allow them to resume.



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 artwork: Julie Rix