

PARISH CHURCH NEWS

Ss. Peter & Paul, Clare with St. Mary the Virgin, Poslingford

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March 2024



“Our Lord has written the promise of the Resurrection not in books alone,
but in every leaf in Spring.”

-Martin Luther (1483-1546)

Rector's Ramblings – March 2024

(Spring Blossoms and Rising Hope)

As the crisp winter air begins to soften and delicate hues of green peek through the hedgerows, our hearts turn towards the promise of spring and the joy of Easter. Here in Suffolk, with its patchwork fields and picturesque villages, this season holds a special resonance. From the lambs frolicking in the meadows to the vibrant daffodils carpeting the churchyards, nature itself seems to sing a hymn of renewal.

And yet, as we witness the beauty around us, we also carry the weight of the world – the anxieties, losses, and uncertainties that linger despite the changing seasons. It is within this bittersweet reality that we embark on our Lenten journey, a time for reflection, introspection, and drawing closer to God.

This year, why not approach Lent not just as a period of sacrifice, but also as an opportunity for spiritual growth? Perhaps you could commit to read about the themes of Lent and Easter. Maybe you could volunteer some time to a charity (or your local church) or offer practical support to those in need. Or perhaps you could simply dedicate some quiet time each day for prayer and meditation, allowing yourself to be enveloped by God's love and grace.

Remember, our Lenten journey is not one we walk alone. As part of the wider Church of England family, we find strength and encouragement in our shared faith. Join us for our special Lenten services (www.achurchnearyou.com is a good place to start as it lists services for our parishes but also many parishes across England – handy if you are travelling to be with family or friends), where we will delve deeper into the scriptures, offer prayers for one another, and find solace in the company of fellow believers.

On Mothering Sunday (10th March), we celebrate the unique bond between mothers and children, reflecting on the maternal love that God bestows upon each of us. Take this opportunity to cherish the mothers in your life, be it your own mother, grandmother, or another nurturing figure. Remember, God's love encompasses all forms of mothering, the quiet acts of care and compassion that sustain and guide us throughout our lives.

As Palm Sunday (24th March) arrives, waving branches in remembrance of Jesus' triumphant entry into Jerusalem, we anticipate the momentous events that unfold in the following week. Join us for the Maundy Thursday (28th March) service in Clare, commemorating the Last Supper and Jesus' washing of the disciples' feet – a powerful reminder of humility and service. Good Friday (29th March), a day of sombre reflection, will be marked with 2 special services (a 9am reflection in Stoke by Clare, and a 7pm service of Compline in Poslingford) both focusing on the sacrifice Jesus made on the cross.

Then, the glorious dawn of Easter Sunday arrives! Join us at any one of our joyful Easter service across the benefice and throughout the day, filled with music, prayer, and the triumphant message of Christ's resurrection.

Remember, dear friends, the promise of Easter extends far beyond the Easter Sunday celebrations. It is a promise that carries us through the challenges of life, reminding us that even in the darkest moments, the light of Christ can shine through, offering hope, redemption, and everlasting life. As we journey through this spring season, let us walk

together, embracing the beauty of the natural world, the solace of our faith, and the enduring hope that Easter offers.

With Lent and Easter Blessings

Mark

The Rev'd Mark Woodrow

Rector

Two Poems for Palm Sunday

The Donkey

When fishes flew and forests walked
And figs grew upon thorn,
Some moment when the moon was blood
Then surely I was born.

With monstrous head and sickening cry
And ears like errant wings,
The devil's walking parody
On all four-footed things.

The tattered outlaw of the earth,
Of ancient crooked will;
Starve, scourge, deride me: I am dumb,
I keep my secret still.

Fools! For I also had my hour;
One far fierce hour and sweet:
There was a shout about my ears,
And palms before my feet.



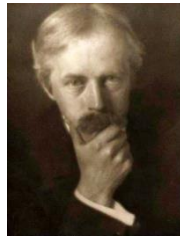
G. K. Chesterton (1874-1936)

Palm Sunday, Naples

Because it is the day of palms,
Carry a palm for me.
Carry a palm in Santa Chiara
And I will watch the sea.
There are no palms in Santa Chiara
Today or any day for me.

I sit and watch the little sail
Lean sideways on the sea.
The sea is blue from here to Sorrento
And the sea wind comes to me.
And I see the white clouds lift from Sorrento
And the dark sail lean upon the sea.

I have grown tired of all these things
And what is left for me?
I have no place in Santa Chiara.
There is no peace upon the sea.
But carry a palm in Santa Chiara,
Carry a palm for me.



Arthur Symonds (1865-1945)

MARCH

“Indoors or out, no-one relaxes
In March, that month of wind and taxes.
The wind will presently disappear;
The taxes will last us all the year.”

Ogden Nash (1902-1971)

Stamps for the RNLI



Thank you once again to all the people who have supported our stamp appeal over the past 3 months. I have sent off almost 4lbs of stamps this week and will send off the ‘top-up’ to make it up to 4lbs as soon as we have collected enough.

Apparently 4lbs of used stamps can be sold and generate enough cash to pay for “Talking Books” for a partially-sighted person for a whole year.

If you are a reader you will understand what this means to someone who is unable to read for themselves!

Jean Ramsey

Easter Flowers



The list for Easter flowers in remembrance will be on the table by the South door from Sunday, 10th March until Saturday, 30th March. Please put donations in the envelopes provided and place in the wall safe by the South door. Thank you.

Jean Hodson

May Bank Holiday Book Sale

A timely reminder that we shall be holding our Big Book Sale over the weekend of the forthcoming May Bank Holiday (4th, 5th & 6th May). The times are Saturday and Monday: 9:30 am to 5 pm and Sunday: 1 pm to 5 pm.

Incidentally, this will definitely be the last of its kind, as the collecting, storing, cataloguing, pricing and humping back and forth is getting to be a rather demanding exercise. *“Of making many books there is no end and much study is a weariness of the flesh”* (Ecclesiastes 12:12). However, the church bookstall continues in perpetuity (more or less)!

We have an amazing selection of volumes (over 3,000) on all sorts of subjects, so do come along and browse (and buy)! The proceeds of the sale will go towards always needed church funds and there will be refreshments (on a donations basis) for most of the time. The last such occasion some years ago raised almost £ 2,000, so it is well worth the effort. Additionally, there will be a number of donated paintings for sale, plus handmade items focused on young children’s reading. All in all, a very pleasant event to visit!

Please note that the Sale coincides with our regular monthly Coffee, Cake and Chat. Whilst most of the tables will be used for books, the refreshments will still on offer, so all are welcome to enjoy the usual conviviality, though they may have to fight for a table!

In conclusion (and in anticipation), many thanks to all who have contributed books and kindly offered invaluable help in getting them to the church and other duties! And for the record, despite having all these books, there’s still room for a few more, so please get in touch if you want to deplete your shelves!

Mary and Jim

Ss. Peter & Paul, Clare

MAY BANK HOLIDAY 2024

Saturday, 4th May 9.30 am to 5.00 pm

Sunday, 5th May 1.00 pm to 5.00 pm

Monday, 6th May 9.30 am to 5.00 pm



**OF THOUSANDS OF GOOD
QUALITY**

BOOKS

**All Second-hand, but many in nearly new condition,
very reasonably priced and on a wide range of subjects, e.g.
Fiction (Old and New), Poetry, History, East Anglia, Gardening,
Cookery, Biography and Many Others.**

Bargains for all Bookworms!

**Plus, A small selection of Paintings and Crafts linked to young
children's reading.**

Definitely worth coming to!

Tea – Coffee – Cakes

I received flowers

*Today I received flowers!

It's not my birthday, or any special day;
we had our first fight last night,
he said some cruel things to me that really offended me.
But I know he's sorry and didn't mean what he said,
because today he sent me flowers.
It's not our anniversary or any other special day.

*Yesterday he threw me against the wall and started suffocating me.

It was like a nightmare, but we wake up from nightmares
and discover they are not real.

Today I woke up full of pain and with bruises all over my body.
But I know he's sorry, because today he sent me flowers.
And it's not Valentine's Day or any other special day.

*Last night he hit me and threatened to kill me.

Neither make-up nor the long sleeves could hide the cuts and bruises
that I suffered this time.

I couldn't go to work today
because I didn't want anyone to notice.

But I know he's sorry
because today he sent me flowers,
and it wasn't Mother's Day or any other special day.

*Last night he hit me again, it was much worse.

If I manage to leave him, what would I do?

How could I bring up my children on my own?

What will happen if the money runs out?

I'm so frightened of him!

But I depend on him so much that I am afraid to leave him.

But I know he's sorry
because today he sent me flowers.

*Today is a very special day: it's the day of my funeral.

Yesterday he finally managed to kill me.

He hit me until I died.

If only I had had the courage and the strength to leave him....

If only I had asked for professional help.....

I wouldn't be receiving flowers today.

*Translation of Hoje Recebi Flores from Brazil
Via Christian Aid*

Contributed by Jean Ramsey

What did the dragon say when he saw St. George in his shining armour?
“Oh no, not more tinned food!”

Pookie looked at her young sister’s outfit for the wedding party they were about to attend.
“I said a strapless gown, NOT a gownless strap” she scolded

Clare Church Flower Guild

We all appreciate the beautiful flower arrangements in the Church every week, provided by the dedicated group of ladies from the Flower Guild. Sadly, this year several of our ladies are no longer able to carry on with this commitment. This leaves us seriously short of volunteers and, as a result, the provision of fresh flower arrangements in the Church every week is seriously in jeopardy.

We would welcome some more volunteers (men or women) to join us. Ideally the commitment is to produce one arrangement 2 or 3 times a year. However, any help would be greatly appreciated. There is a flower fund available so any costs can be reimbursed. If you would prefer to commit to one arrangement a year, help is always appreciated at the Festivals (Easter, Harvest & Christmas).

If you would like any further information, please phone Jean (01787 278642) or Sherry (01787 277119). We would love to hear from you!

The Hot Water Bottle: its Precursors and Successors

Nicholas Turner

On the face of it, this piece may seem too frivolous for a church newsletter. I hope this light-hearted discussion of a subject familiar to all of us will not cause offence. The essay explores methods past and present of warming the bed in cold weather so that climbing between the sheets is less bracing than it otherwise would be.

The aim of this note is to bring variety to the topics treated in newsletter articles and to encourage readers to write their own notes on subjects from everyday life—the purpose of the newsletter is, after all, to entertain as well as to inform. Keeping ourselves warm but at the same time limiting our use of fossil fuels is the aim of the government’s Net Zero policy, and the hot water bottle and its variants are an efficient use of energy.

The quantity of rainfall experienced in February—more than most of us can ever remember—has affected everyone, from leaking roofs, sodden gardens, and widespread flooding, at times cutting off roads into Clare. A small section of the Ashen Road opposite Clare Priory has been frequently covered in deep water, rendering it impassable for long periods to most traffic.

But the mega wet weather of recent weeks seems to have banished from the minds of many the long, bitterly cold spell in January, with record low temperatures at night time. In those freezing January nights, the sharp and unexpected chill roused some of us from sleep to search for extra bedding, perhaps a blanket or two, or even to fiddle with the thermostat of the central heating to make instant warmth (the more costly and environmentally unfriendly option).

In the early 20th century there were simpler and more straightforward remedies for dealing with cold. We should ponder how the hard working, but more impoverished inhabitants of Clare coped with the bitter cold with less sophisticated methods of heating than present townsfolk enjoy. The labour-intensive open log fire, supplemented at times by a little coal, was the standard, in Clare as elsewhere in the country. But the town's poorly insulated timber-framed houses did not retain the heat, even in the one room in which the fire was kept burning.

In the evening, after a long day of physical work, a Clare householder of a century and a half ago would have eventually decided to quit the warm fireside of the living room to make his way upstairs to a chilly bedroom and a cold bed. Many contraptions were employed to capture the precious heat from ovens and fires downstairs to ease the transition to bed, such as heated bricks, stones, and so forth.

Local historian Ashley Cooper (*Heart of Our History*, 1994, p. 130) quotes the way Dick Finch of Gestingthorpe and his family warmed the bed. A brick, after being heated in the oven and wrapped in cloth and placed inside the bed: *'But just occasionally the brick would fall out—and thump on the floor. And you'd wake up and think "what the devil was that."*



More widely used throughout Europe from at least the 16th century were bed warmers or warming pans.



They consisted of a round metal container or pan, usually brass, with a lid that was sometimes perforated, mounted at the end of a long handle. The metal head was filled with hot embers and the long handle allowed the warm metal head to be pushed deep into the bedclothes. The fire risk from bed warmers was considerable. Ashley Cooper (1994, p. 130) reports such a minor accident that happened to Wally Twinn of Pentlow. *'We had a brass bed pan [sic] which was filled with hot ash and cinders and then ironed all over the bed to take the chill off. One day, however a catastrophe occurred. We left it in mother's cycling dress for too long—and a big hole fell out.'*

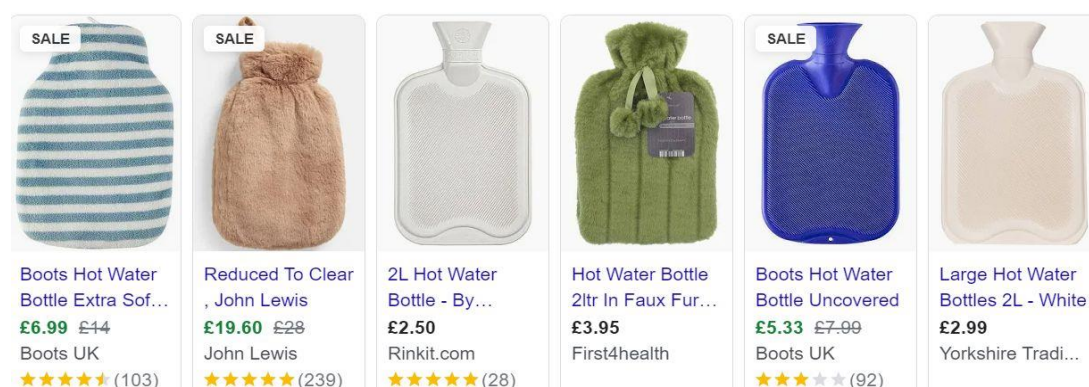


By the 19th century stoneware hot water bottles, or footwarmers, were manufactured in large numbers and quickly superseded the old-fashioned and sometimes dangerous bed warmers. The use of hot water to generate warmth meant that they could remain in the bed with the sleeper after they had cooled down, and they were not a fire risk. The disadvantage of the stoneware hot water bottles was that they were heavy, even without water, and the rubber seal on the stopper became unreliable with time, leading to water dampening the bedclothes.



The rubber hot water bottle is a familiar household item in all its many variations and configurations and has been widespread use for over a century. It was invented by Slavoljub Eduard Penkala (1871–1922), a Croatian engineer of Dutch-Polish descent, who patented it in 1903, when it was known in Czech and Polish as a ‘Termofor,’ More flexible and lighter than its immediate predecessor, the product became an instant success and was already widely manufactured across Europe by the end of WW1.

Just as rituals surrounded the preparation of the primitive bed warmer heated by burning embers, the modern hot water bottle needed to be appropriately readied shortly before bedtime. A kettle was brought to the boil and the water allowed to cool slightly, as filling a hot water bottle of rubber or PVC with boiling water causes damage, leading to the degradation of the material, which may fracture and cause the spillage of water in the bed. Much as the hot water bottle is so welcome when first placed in the bed, bringing warmth to chilly feet, when an hour or so later it becomes cold and an encumbrance it is driven into the side of the bed like an outcast. Despite the luxury of central heating, which is now universal, the use of hot water bottles is booming. A glance at the Google page for the subject, of which only a detail is shown here, there are many different styles and types, in a wide price range.



At twice the price of a standard rubber or PVC hot water bottle is a new, microwavable version called the Scottie ‘AllNight *hot bottle heat pad*’. As advertised on the packaging, the Scottie ‘never needs filling or emptying.’ All that is necessary is a ‘few minutes’ in the microwave’ and Scottie will keep its warmth until the morning. Some of the Scottie’s advantages are reminiscent of the oven-heated brick of about a century ago since water does not come into the equation, but it boasts many convenient advantages over its predecessor. For hot water bottle addicts, this could be the answer.

Possibly as soon as next year, cold weather is predicted to increase dramatically. The flow of warm water from the Gulf Stream, on which the climate of north-western Europe depends, has been weakening for some time. According to some scientists, it may collapse altogether from as early as 2025, but probably by 2095, causing a temperature drop of some 10 to 15 degrees in north-western countries. The climate of the UK will be like that of Canada, which is on the same latitude, but which does not benefit from the continuous flow of warm sea water. Keeping warm in bed will continue to preoccupy us.



Meanwhile, back to Chesterton again ...

“The Bible tells us to love our neighbours, and also to love our enemies, probably because, generally, they are the same people.”

“The Christian ideal has not been tried and found wanting. It has been found difficult and left untried.”

“A good novel tells us the truth about its hero, but a bad novel tells us the truth about its author.”

“Do not be so open-minded that your brains fall out.”

“If there were no God there would be no atheists.”

“The word “good” has many meanings. For example, if a man were to shoot his grandmother at a range of a hundred yards, I should call him a good shot, but not necessarily a good man.”

“Religious liberty might be supposed to mean that everybody is free to discuss religion. In practice it means that hardly anybody is allowed to mention it.”

“Jesus promised his disciples three things: that they would be completely fearless, absurdly happy and in constant trouble.”

“We make our friends, we make our enemies, but God makes our next-door neighbour.”

Coffee Morning News



The results from the March Coffee, Cake & Chat which was part of Transform Trade’s “Big Brew” were as follows:

Coffee & Chat donations (refreshments): £ 198

Tea Bag Quiz: £ 29.10

Fair Trade Stall purchases: £ 10

As usual, well done to all concerned and many thanks for the hard work put in.



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OF ENGLAND
SUFFOLK

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your church today

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- carry out vital refurbishments
- serve the local community

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churchofengland.org/free-wills

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free will





FREE Families & Children
Easter Craft
Afternoon

Wednesday 3rd April 2024
2pm to 4pm

St Peter & St Paul's Church, Clare

Everyone Welcome - Children please remember to bring a grown-up!

Other upcoming events in the Benefice



Revd Mark's Sabbatical Fundraising Coffee Morning

Saturday 16th March 2024 from 11am to 1pm at the Vicarage.

Later this year (*September through to November*) I have been granted a 3 month period of Extended Study Leave (aka Sabbatical).

As part of this study leave I intend to go to India to carry on with my study into Saint Thomas the Apostle and his founding of the church across South India.

However, I have to raise over £4,750 to cover the costs. Whilst I am able to get some grants, it is likely that I will need to raise up to £3,000 myself.

So, as the 16th March is also my 52nd Birthday, you are all invited to Coffee and Cake at the Vicarage, where I hope you might make a donation to my travel fund in exchange for some cake, coffee or tea - and perhaps take part in a raffle.

You are also able to make a donation online via the following link:

<https://gofund.me/0cc413c2>



Spring Cream Tea

Saturday 27th April 2024 from 3pm until 5pm – All Saints Church, Hundon

Join us for a special Spring Cream Tea in Hundon Church.



Vicarage Garden Party & Sale

Saturday 17th August 2024 from 2pm until 5.30pm – The Vicarage

Come and enjoy a Garden Party in the Vicarage, browse some of the stalls and meet neighbours old and new.

Help raise funds for Clare Parish Church

Stour Valley Benefice Services for March 2024

Sunday, 3 March

Stoke by Clare:	09:00 Holy Communion
Cavendish:	10:30 Morning Prayer
Clare:	11:00 Holy Communion

Third Sunday in Lent

Sunday, 10 March

Hundon:	09:00 Holy Communion
Stoke by Clare:	09:00 Morning Prayer
Cavendish:	10:30 Holy Communion
Clare:	16:00 Evensong

Fourth Sunday in Lent (Mothering Sunday)

Sunday, 17 March

Stoke by Clare:	09:00 Holy Communion <i>with The Revd Liz Paxton</i>
Cavendish:	10:30 Morning Prayer <i>with Barbara Hill</i>
Clare:	11:00 Holy Communion <i>with The Revd Liz Paxton</i>

Fifth Sunday in Lent

Sunday, 24 March

Stoke by Clare:	09:00 Morning Prayer
Wixoe:	09:00 Holy Communion
Cavendish:	10:30 Holy Communion
Clare:	11:00 Morning Prayer
Hundon:	18:00 Evening Prayer

Palm Sunday

Thursday, 28 March

Cathedral:	11:00 Chrism Eucharist
Clare:	19:00 Holy Communion & Foot Washing

Maundy Thursday

Friday, 29 March

Stoke by Clare:	09:00 Morning Prayer & Litany
Clare Priory (Start):	10:30 Walk of Witness
Poslingford:	19:00 Compline

Good Friday

Saturday, 30 March

Hundon:	19:00 Easter Vigil & First Eucharist of Easter
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Easter Eve

Sunday, 31 March

Hundon:	09:00 Holy Communion
Stoke by Clare:	09:00 Holy Communion <i>with The Revd Liz Paxton</i>
Wixoe:	10:00 Holy Communion <i>with The Revd Nick Adley CF</i>
Cavendish:	10:30 Holy Communion
Clare:	16:00 Holy Communion

Easter Day (Clocks go forward!)

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The closing date for contributions to the Magazine is now
the 25th of the month

(for inclusion in the next month's issue)