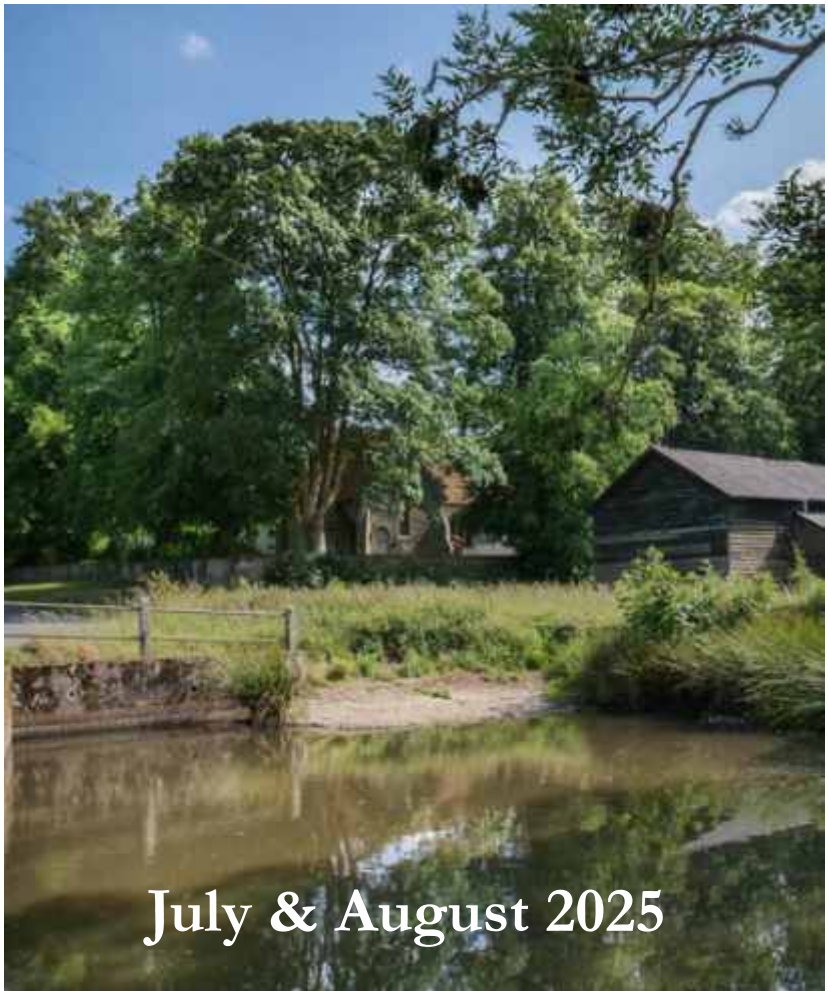


Lookout Magazine

The Parish Magazine for
Alphamstone, Lamarsh,
Great & Little Henny, Middleton,
Twinstead & Wickham St Pauls



July & August 2025

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Please note all copy to be emailed to the editor by the 8th of the month, thank you

Dear Reader,


Our cover this month is a mystery (thank you David) and I would enjoy hearing from you as to where you think it was taken??? I would also greatly appreciate photographs from readers with more mystery photographs – can YOU help please?

Another request – I would very much like to know whether you find this magazine informative, helpful, whether you read just your own parish's pages, or whether you read any of the other parishes' pages, and whether you find them interesting? Our Parish Contributors take a lot of time collecting the information, perhaps chasing up people in their village to send them the details, typing the work, checking it (I know of 2 husbands who check the material for their wives!), and sending it to me ready for inclusion in Lookout.

We would so appreciate comments and ideas from you, and maybe even an offer to write articles.....surely there is a gardener in one of our parishes who could write the odd paragraph of tips or ideas for our gardens please?

Time spent preparing the material, collecting and distributing the magazines is all by volunteers, and I would love to be able to print some of the appreciative emails I receive in the future so that they know they are appreciated!

I look forward to hearing from you, and my good wishes to you
Susannah



Belchamp Bears

Bumps to pre-schoolers with their responsible adults are invited to join us

Monday mornings, 10.30 am – 12.00 noon

At Belchamp St Paul Church.


Play, craft, chat, drinks, cake, stories and prayer time!

Smile Lines

Vatican Once asked how many people worked in the Vatican, Pope John XXIII replied: "Oh, about half."




North Hinckford Services July 2025

		6th July Third Sunday after Trinity Green	13th July Fourth Sunday after Trinity Green	20th July Fifth Sunday after Trinity Green	27th July Sixth Sunday after Trinity Green
ALWAYS CHECK OUR WEBSITE FOR ANY CHANGES AND UPDATES www.northhinckfordteam.org					
Alphamstone	9.30am Morning Prayer BCP Lay-led	9.30am Holy Communion			
Belchamp Otten	4.00pm Benefice Evensong				9.00am Holy Communion BCP
Belchamp St Paul		9.30am Holy Communion			Café Worship Refreshments served from 10.15am 10.30am at Bulmer
Belchamp Walter			11.15am Holy Communion		
Borley	11.15am Holy Communion				
Bulmer		11.15am Holy Communion			
Foxearth		10.30am Morning Praise Lay-led	9.30am Holy Communion		
Henny	9.30am Holy Communion				
Lamarsh			11.15am Holy Communion		
Liston					
Middleton	11.15am Holy Communion				
Ovington	9.30am Holy Communion				
Pentlow		11.15am Holy Communion			
Twinstead					4.00pm Evening Worship
Wickham St Paul			9.30am Holy Communion		



NORTH HINCKFORD TEAM SERVICE ROTA AUGUST 2025

	3rd August Seventh Sunday after Trinity <i>Green</i>	10th August Eighth Sunday after Trinity <i>Green</i>	17th August Ninth Sunday after Trinity <i>Green</i>	24th August Tenth Sunday after Trinity <i>Green</i>	31st August Eleventh Sunday after Trinity <i>Green</i>
ALWAYS CHECK OUR WEBSITE FOR ANY CHANGES AND UPDATES www.northhincfordteam.org					
Alphamstone	9.30am BCP Morning Prayer Lay-led	9.30am Holy Communion			<div>10.30am Benefice Service at Liston</div>
Belchamp Otten				9.00am Holy Communion Book of Common Prayer	
Belchamp St Paul				<div></div> <div>10.15am Refreshments Served</div> <div>10.30am Café Worship Bulmer</div>	
Belchamp Walter			11.15am Holy Communion		
Borley	11.15am Holy Communion				
Bulmer		11.15am Holy Communion			
Foxearth		10.30am Morning Praise Lay-led	9.30am Holy Communion		
Henny	9.30am Holy Communion				
Lamarsh			11.15am Holy Communion		
Liston					
Middleton	11.15am Holy Communion				
Ovington	9.30am Holy Communion				
Pentlow		11.15am Holy Communion			
Twinstead				4.00pm Evening Worship	
Wickham St Paul			9.30am Holy Communion		

Pastoral Ponderings



In the past eighteen months, since I retired, Katharine and I have thoroughly enjoyed being part of the North Hinckford Team and having the opportunity to worship in so many places – and we even have a pretty good idea now of which lanes eventually lead to which villages.

When I was working in the Diocese as an Archdeacon, I was asked quite a few times, 'How is this supposed to work?' The question usually arose from the struggle many clergy find ministering in a multi-parish Benefice. I used to have interesting conversations with my colleagues in the London areas, where a vicar would even ask the question, when asked to take on only a second parish. 'Two parishes! How am I supposed to do that?'

Of course, the answer is simple, 'Differently.'

The trouble is, we (the clergy, church congregations and the wider public) generally hate doing things differently. In a multi parish setting, it's not just the clergy who have to do things differently – it's everyone. Whilst we may not always enjoy change, the good news is that 'different' is well within our grasp - it's not difficult, just different.

From early in the Old Testament through to Paul's letters in the New, there are parallels drawn between spiritual food and physical food – we don't live on bread alone but, “on every word that comes from the mouth of the Lord.” (Deut:8.3), “Be like newborn babies, always thirsty for pure spiritual milk, so that by drinking it you may grow.” (1 Peter 2.2)

Whichever way we might respond to 'different', one feeling we probably all share at some point during each day is hunger. However much I try to ignore my stomach, I never seem to manage it.

One of the great joys of retirement is the mid-morning tea break – taking time out without feeling guilty. The usual plan is to put the kettle on for a cup of tea and a couple of biscuits. So far, so good. However, by the time the kettle has boiled, and tea brewed, I've eaten the biscuits and so have to grab a couple more to go with the drink. So far, all right, but not that good (and a different sort of guilt beginning to creep in). And then I settle down to write this for the magazine or prepare a sermon or read the paper, and it just feels wrong without another biscuit by my side. Not so good, and plenty of guilt.

My Lenten discipline this year was not to buy any biscuits, which I managed - but I did find other things to eat instead. I am trying to do things differently, it's not been that hard, because hunger always overrules any aversion to doing things differently,.

On a slightly different scale of hunger, if I need to shop for food and discover the supermarket is closed, I don't go home and starve, I travel to a different supermarket. I might not be familiar with everything in the shop, and it might involve a longer car journey – but, again, 'hunger' trumps 'different'.

As well as normal pangs of hunger, I also suffer from spiritual hunger, the hunger that the Old Testament, and Jesus, and St Paul spoke about. I need regular feeding. I need to sing, to worship, to have the word of God in scripture explained and re-interpreted for today. I need help praying. I need the company, encouragement, friendship and wisdom of other pilgrims. All these things drive me to search for a place to worship on Sunday, and if there's no service in the village where we live, I'm very happy to find somewhere where there is one. It's never far away and we've always been welcomed and always found nourishment.

Never underestimate how much your presence feeds you and those around you. It's always worth the travelling to hear some of the good news of the gospel. There's nothing wrong with 'different', if we all join in together.

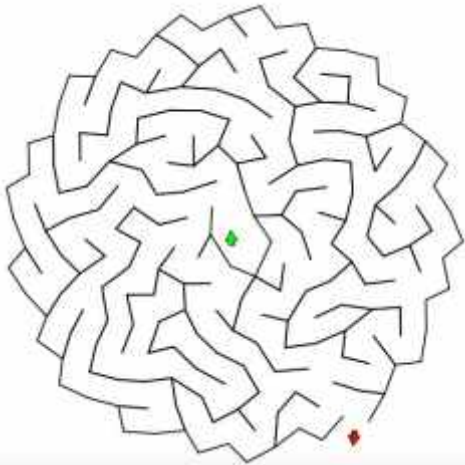
Robin
Rev Robin King

Sudoku Solution on page 32

						3		
4					9			1
7			2				5	
				2		8	4	
	4		3		6		1	
	7	6		5				
	6				7			3
3			5					2
		5						

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Maze



Smile Lines

It's cool I was at summer scout camp where the final service was to be taken by a bishop. It was a very hot, humid day and the clergy from local churches were slowly melting in their various heavy robes. Finally, one snapped: "When is that flipping bishop going to turn up?" Whereupon a man close by, dressed in Scouts shirt, tie and short trousers, said mildly: "I'm already here".



SIX VILLAGES DIARY DATES

W.S.P. Post Office opens Tuesday 10.00 – 1.00pm, and Thursday 9.00-1.00 in the Village Hall.

Bowls every Monday 2.00-4.30 in Wickham Village Hall.

For Lamarsh's regular events please see Lamarsh pages. Church Service Rotas on pages 4 & 5.

July

Tues 1	2.00	Craft Group	Parish Room, Henny
Thurs 3	10.30-12.00	Coffee Morning	V.Hall, Lamarsh
Sat 5	10.00-1.00	Coffee & Swop	Henny Parish Room
Tues 8	10.30-12.00	Coffee Morning	V.Hall, Alhamstone
Sat 12	10.00-12.00	Coffee Morning	V.Hall, Twinstead
Wed 16	10.30	Management Com.	Parish Rm, Henny
Tues 15	9.30-11.30	Crafty Women	Carters Café, WSP
Fri 18	12.30-1.30	Sandwich & Cake	V.Hall, W.S.P.
Tues 22	10.30-12.00	Coffee Morning	V.Hall, Alhamstone

August

Tues 5	2.00	Craft Group	Parish Rm, Henny
Thurs 7	10.30-12.00	Coffee Morning	V.Hall, Lamarsh
Sat 10	1.30-4.30	Pink & Orange Day	Riding Sch., Twinstead
Tues 19	9.30-11.30	Crafty Women	Carters Café, WSP
Mon 25	12.00-4.00	Games on the Green	V.Green, Alhamstone

September

Tues 2	2.00	Craft Group	Parish Rm, Henny
Thurs 4	10.30-12.00	150 th Anniversary	V.Hall, Lamarsh
Sat 6	1.00	Dog Show	The Green, W.S.P.
Sat 13	10.00-12.00	Coffee Morning	V.Hall, Twinstead

October

Sat 11		Gin-Tastic	?Gt.Yeldham
Sat 18	10.00-1.00	Coffee & Swop	Henny Parish Room

November

Sat 29		Craft Fair	V.Hall, Lamarsh
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January

Sat 24	10.00-1.00	Coffee & Swop	Parish Rm, Henny
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Smile Lines

Open Wide A lady was very nervous about her appointment at the dentist. She sought courage from her Bible. The verse her finger landed on was Psalm 81:10: 'Open thy mouth wide and I will fill it.'



Our current shopping list 2025

Food items

- Pasta
- Rice (1kg bag)
- Jam
- Tinned fish
- Tinned Tomatoes
- Sugar (500g bags)

Non food items

- Toilet rolls
- Washing up liquid
- Toothpaste
- Bars of soap
- Hair conditioner

We ask for small packs as larger packs do not fit in our boxes making it difficult for our clients to carry home. Also, we are unable (for hygiene reasons) to split large size or catering packs.

We follow the standards set by the Food Standards Agency. We can only accept donations of unopened and undamaged goods that are still well within their "use by" date (no less than six months if possible). Items which do not meet these requirements cannot be used and your donation may be wasted.



braintreearea.foodbank.org.uk/give-help/collection-points/

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01376 330694**

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Citizens Advice Tips

We're planning a summer getaway to Greece and I'm worried we'll forget something important, which could ruin the holiday. What steps can we take to make sure we're fully protected and prepared if anything goes wrong?

Booking a holiday can be overwhelming, especially if it's been a while since you last went away. It's unlikely anything will go wrong, but we've prepared a simple checklist to make sure you can relax into your holiday knowing you're protected from the unexpected.

Check your passport is in date - especially for EU travel

Renewing your passport can take several weeks and isn't something to leave until the last minute. Check the validity of your passport for your trip on GOV.UK by finding out the entry requirements of the country you're travelling to. If you're heading to Europe, bear in mind EU countries don't accept passports more than ten years old. This includes passports issued pre-Brexit, which may have longer expiry dates. Just remember, the golden rule for EU travel is: if your passport was issued over ten years ago, you'll need to get it renewed.

Know your rights if something goes wrong

If your flight's delayed long enough - usually two to four hours, depending on the journey - your airline must provide access to food and drink vouchers, phone calls and emails, and accommodation if you're delayed overnight. If it's cancelled, you're legally entitled to a full refund or replacement flight to help you get to your destination. You're also entitled to compensation if your airline delays, loses, or damages your checked-in luggage.

Get travel insurance

Although it's an extra expense, travel insurance can cover many of the things already mentioned, like flight delays and lost luggage, but also things like a holiday cancellation and medical emergencies. Citizens Advice recommends getting insurance as soon as you book a holiday to make sure you're covered right away - but always check first to see if an existing insurance policy, or your bank account, covers what you need for your holiday. There's no need to double up if you're already covered!

The chances are your holiday will be problem-free, but early planning and preparation can make all the difference. If you need advice on a consumer problem, head to the Citizens Advice website.

Remember, if you need any other pointers or advice, or you run into any problems, you can contact Citizens Advice for help.

Call us anytime, leave a message and we will get back to you.

01787 321400 or www.sudburycab.org.uk

NSPCC COLCHESTER BOOK FAIR

1st & 2nd November 2025

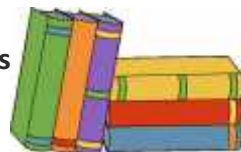
at The Stanway School, Colchester CO3 0QA

Sorting is already under way by a dedicated band of volunteers at the storage warehouse and the organizers are looking for donations of books, jigsaws, games, CDs and DVDs.



**Contact telephone numbers,
and collection points for donations
are listed on the website:**

www.nspcc-bookfair.org.uk



ESSEX LIBRARIES

Summer Reading Challenge 2025 will soon be here!

The Summer Reading Challenge 2025, exploring the magical connection between storytelling and nature, will be running from Saturday 19 July to Saturday 6 September in all Essex libraries, with a special Early Joiners' Day on 12 September.

Children are asked to read six books or do a range of book-related activities. As they do this, they'll collect special stickers of our key characters and add them to their own Story Garden. Six stickers earn a certificate and medal.

We look forward to seeing your children in libraries over the summer!



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Crafty Women

Enjoying Crafts Together

Summer should be here!

But why not enjoy a little time of relaxation with like minded crafters.

Bring along your craft, chat with others, exchange ideas and hints, and perhaps have some nice refreshments too.

You will be most welcome to join us.

We shall meet on **Tuesday July 15th** and **Aug 19th** at **Carter's Cafe, Coxes Farm Shop, Wickham St Pauls** from **9 30 - 11 30am**.

More details from Rosemary Ingram 07958 744421 jringram@outlook.com

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Alphamstone

Magazine Contact **Melinda Varcoe 01787 269570**



Melinda Varcoe Writes:

Summer days are here, and whether that means the glorious mayhem of family holidays and sandy, windy days out, or the quiet luxury of a sunbed on a sunny beach, delicious, simple food seems to be the order of the day. So here are a few suggestions for feasts and picnics, all necessary and time-honoured ingredients of many Varcoe summers.

Sausage and apple pie

Shortcrust pastry made with 350g plain flour, 175g fat

110g All Bran cereal

500g sausagemeat

6 slices smoked streaky bacon chopped

225g peeled & sliced cooking apples

1tsp dried sage

150ml cider

Milk or beaten egg to glaze

Line a loose-bottomed 20cm tin with two thirds of the pastry, saving a third for the lid. Mix together all the filling ingredients except the apples. Put half mixture into the tin, then the layer of apple slices, & finish with the remaining filling. Make a pastry lid, press down firmly all round and decorate with pastry leaves if liked. Brush top with milk or beaten egg, and bake 50 mins in a moderate oven. Chill before cutting in slices.

Salmon Scotch Eggs

4 or 5 eggs, depending on size

2 salmon fillets, cooked

200g smoked salmon

1 lemon

Salt & pepper

1 tbsp chopped capers

Chopped dill, parsley & chives

50g plain flour

100g fine breadcrumbs

1 egg

Boil the eggs for 6 minutes (yolks shouldn't be completely hard). Cool and peel. Blitz the salmon, smoked salmon, grated lemon zest & juice and seasoning to form a paste, then add the herbs and chopped capers. Divide the mixture into four, flatten in your wetted hand and tease round each egg till completely covered. Put the flour, whisked egg and breadcrumbs into 3 separate shallow bowls. Dip each covered egg in the flour, then egg then breadcrumbs. Fry the eggs until golden on all side, turning frequently. *Serve with lemon mayonnaise or pickle.*

Chocolate Banana Loaf

3 ripe bananas
75g soft margarine
1 large egg
175g soft brown sugar
175g self-raising flour
1 tablespoon cocoa powder
Handful of chocolate chips

Mix the bananas, sugar, margarine and egg in a blender or processor, then fold in the flour, cocoa & chocolate chips. Add a spoonful of milk if the texture's too stiff. Bake in a 1lb loaf tin (or round cake tin if preferred), moderate oven, till a skewer comes out clean.
(Another variation is to leave out the cocoa and choc chips, and substitute chopped dates – I like this even better!)

Scrumpy Nut Pea Funch

This needs some explaining. A comedy duo called Adam & Joe invented this recipe in the 1990s, and tried to persuade sweet shops to take some and sell it – it's actually peanut brittle, but it was the bonkers name that appealed to our family (as well as the delicious taste), and a tin of this became a traditional essential at every barbecue and caravan trip. Simple to make, but take care when cooking this, it gets VERY HOT!

350g granulated sugar
175ml golden syrup
175ml water
275g salted roast peanuts
Pinch bicarbonate of soda
25g butter

Grease a marble slab or non-stick tray. Mix together the sugar, syrup and water in a heavy pan and cook over a low heat, stirring until all the sugar's dissolved. Then raise the temperature, and boil the syrup till it reaches 145C/295F on a sugar thermometer (or a little of the syrup turns very brittle in cold water).

Remove the pan from the heat and stir in the nuts, soda and butter. Pour the mixture quickly onto the cold greased surface and smooth out with a spatula. Stretch it out as thin as possible as it cools. *Break into shards when cold and store in an airtight jar or tin. Addictively moreish.*

Village Hall

Kathryn Parsons writes:-

As I write this the fête has just happened – a huge success, making in the region of **£4,500!** It is the main money raiser for the village hall and the church buildings fund so we are really grateful for every penny you spent.

The day was rather windy and two gazebos did try to leave the green, but so many of you came along, it was wonderful!

Alphamstone is trying to carry on the tradition of a local village fête but that doesn't happen without a large amount of effort. Everyone who came seemed to have had a lovely day and enjoyed themselves which makes all that worthwhile.

I have tried to thank everyone already but can I just say again a huge thank you to my fellow fête committee members Sue and Laura who both created some delicious food as well as organising. And to everyone who stepped up to man a stall, donate goods and prizes and help construct and take down all the equipment. We literally couldn't do it without you!

The Alphamstone Art Walk might just have happened depending on when you received this edition, but if it hasn't then please buy a map from the village hall and walk to see nine artists using different media in their studios.

Saturday 28th and Sunday 29th June 10.30 - 16.00. The café will be open for cream teas.

Our main event over the summer is...

Games on the Green on Monday 25th August, 12.00 - 16.00.

This is a family and village get together, there will be loads of free games for everyone to have a go at and even La Boule if you want to get a competition going.

The bar will be open and light food served from the café so come along...sit down, have a beer or glass of wine with a sausage roll and cake and watch the kids and young at heart play the games. What's not to love? You can of course always bring your own picnic too. If it does dare to rain then we will have lots of board games inside.

Coffee mornings

The coffee mornings will, as usual, stop for a short summer break but please join us until then, the dates are:

Tuesday 8th July and Tuesday 22nd July 10.30 - 12.00

We then stop and restart on **Tuesday 9th September.**

Don't forget when you are online shopping this summer that if you sign up for easyfundraising and nominate Alphamstone Village Hall as your charity then we will get a small amount of money every time you buy. It doesn't cost you any extra and is easy to do so please think about it if you haven't already signed up.



Smile Lines



What exactly is 'a lie'? A little boy was asked in a school exam to explain what 'lying' is. He wrote: "A lie is an abomination unto the Lord, but a very present help in trouble."

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Sunday	12:00 - 9:30	(Last food seating 7:00)

The Henny Swan, Henny Street, Great Henny CO10 7LS

01787 267953

mail@thehennyswan.co.uk

Great & Little Henny

Magazine Contact **Stella Bixley 01787 269317**



Henny Craft Group

All welcome. Come and bring your sewing, knitting, art and craft projects to work on whilst having a chat over a cuppa and cake. There will be a charge of £3 to cover the cost of hall hire, heating and refreshments. If you are planning to attend it would be helpful if you could email: sue.trott@yahoo.co.uk so we have an idea of numbers for refreshments and setting up the room.

Future meetings held at Henny Parish Room on Tuesday at 2.00: **1st July, 5th August, and 2nd September**

Henny Parish Room News

Address: Henny Parish Room, Clay Hill, Great Henny CO10 7NL

Registered charity no. 301315 **All tickets and information: Stella Bixley 01787 269317**

Henny Parish Room Facebook Page - <https://www.facebook.com/pages/Henny-Parish-Room/788850521144073>

Please consider using **easyfundraising** every time you shop online.

<https://www.easyfundraising.org.uk/causes/hennyparish/>

Henny Parish Room Lottery

1st Prize £35 2nd Prize £20 3rd Prize £15

Prize winners for the June Draw 1st Prize 17, 2nd Prize 11, 3rd Prize 97

The Henny Parish Room Lottery raises vital funds to maintain Henny Parish Room for our community. We thank you for your ongoing support, either through renewing your annual subscription, or by joining the Henny Lottery.

Tickets are just £1.00 each and you can hold as many as you like.

If you would like to join the Henny Parish Room Lottery just contact us by e-mail, phone or speak to a committee member and we will send you an application form.

E – mail hennyparishroom@gmail.com or ring 07939 243 631.

In aid of Henny Parish Room funds

Henny Parish Room Management Committee AGM

to be held on Wednesday 16th July at Henny Parish Room 10.30am
All welcome!



HENNY PARISH ROOMS

Come and join the local villagers for
COFFEE AND SWAP



At 10.00am - 1.00pm

On Saturdays 5th July, 18th October, and 24th January 2026.

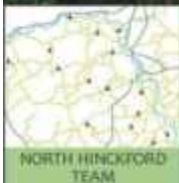
Enjoy a homemade cake, refreshments and a catch up.

If you have surplus items to share with your neighbours, you can bring them along too.
Perhaps a ***plant cutting, seeds, unwanted crafting items, jigsaws, fashion accessories, gifts or bottles of alcohol, magazines or garden produce, etc.***

All surplus items will be deposited on a table for others to take home.

Tranquil Pathways A Journey of Prayer and Reflection

Henny Quiet Day
Tuesday 8th July 2025
11.00 am - 2.30 pm



Join us as we explore different ways of praying and
take time to be still before God.

For more details and to book a place please email
revclairewilkinson@outlook.com

Garden Clippings

The leaves of our sweet cherry 'Stella', particularly at the top of the tree, are now minus large sections of the leaf and look most bedraggled. After some research, as I have never seen the culprits in action, it would appear to be the handywork of pigeons! No doubt they will soon move onto the numerous unripe cherries now suspended from beneath the branches. The tree is far too large to cover so we resignedly accept sharing the fruit with our feathered visitors. We may manage to harvest a few if they actually manage to ripen before the birds take them!

On the wall of the house we have, what should be, a fabulous orange flowered honeysuckle. Once again, however, it is covered in clusters of flower buds but also numerous aphids which are destroying the flower buds as well as causing the leaves to curl. All in all a sorry sight. We have tried hosing them off with some degree of success but they reproduce at such a rate that this seems rather a futile exercise. Perhaps we have planted it in the wrong place, as this has happened for the past two or three years. It is against the house wall, in a hot, sunny position during the afternoons and in a narrow area of soil. In the current dry conditions it is most probably stressed and weakened in its location, the aphid infestation weakening the plant even further. Another variety of honeysuckle, on the back of the house, which has always had a profusion of flowers, and filled the area with a glorious scent, is also equally infested. There appears to be an absence of ladybirds doing their good work too.

Over the bank holiday weekend and intermittently since, my husband's aim was to remove as many as possible of the box moth caterpillars which are slowly but surely munching their way through our box hedges. One piece of topiary has already been killed by them. I admire his determination to "sort them out" and the time he has spent perched on a fishing stool, sporting gloves and a receptacle in which to place the wriggly pests. His endeavours have resulted in seven hundred and fifty-five box moth caterpillars, so far, being removed from low hedging measuring approximately twelve meters in length. They have at least two breeding cycles per summer so the challenge to control them is large.

By now anyone considering taking up gardening as a hobby is probably having a change of heart and deciding to take up golf, or another pursuit instead! Thankfully it is not all bad news from our garden. The borders are looking terrific even with the lack of rainfall. It is a joy to walk around admiring the blooms as old friends put on their magnificent show for us once again. Some may be fleeting, such as the irises but others keep on flowering for longer periods. The roses are now putting on their display of exuberance, particularly along the pergola together with the cascade of white wisteria flowers.

We have only seen one half grown duckling in the garden. It sadly appears the days of several broods are gone. I have read that Mallard ducks are declining in number. However, a visitor to our home, who has a garden pond with resident Mallard ducks, has had a least one brood of fourteen survive. We can only hope that later in the year, or next spring, things improve here. A few Canada goose goslings have visited the back lawn with their parents and the other adults in the gaggle of geese which tend to form at this time. Safety in numbers.

We noticed a smaller duck beneath the feeder on the back lawn at the weekend. She was incredibly feisty, holding back the much larger, grain raiding rooks, who had her surrounded but she determinedly darted out at them holding them at bay. Mallards too were seen off and an unsuspecting pigeon left minus a few tail feathers! The small bundle of aggression was in fact a female Mandarin duck. We found the spectacle of her total domination of the food source hilarious to watch.

We were thrilled to spot a slow worm in our vegetable garden. It was a warm sunny day and it was making its way towards our compost bin. I watched it make its slow, gliding progress to a gap beneath the base of the concrete floor of the compost bin, where it finally disappeared from view.

To avoid being dug up and eaten by the badgers we have noticed two or three bee's nests in the cracks between an area of old paving. Good to know that some nests will survive the badger's attention. **SB**

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Come and walk the Prayer Labyrinth St Mary's, Great and Little Henny (what3words///glass.cares.lyrics)



A Prayer Labyrinth has been mown into the grass outside the church at Great Henny, and we welcome visitors and passing walkers to prayerfully walk the path.

Labyrinths have been used for centuries in Christian spirituality and beyond, as a meditative tool for prayer, contemplation or simply slowing down. The labyrinth is a spiritual tool that meets you where you are. We believe God welcomes all who seek, doubt, or wonder. Let this be a space of grace, love, and welcome—just as you are.

Everyone is welcome, this space is open to you. You don't need to say any special prayers or believe any particular doctrine to benefit from this quiet, sacred journey.

Jesus said "I am the way, the truth, and the life." – John 14:6

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Smile Lines



Preaching hazards Showing your new parish that you are a forceful preacher may not always be a good idea, as the Revd Sydney Smith found out when he first arrived at All Saints Church in Foston in 1806. "When I began to thump the pulpit cushion on my first coming to Foston, the accumulated dust of 150 years made such a cloud that for some minutes I lost sight of the congregation."



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**www.LamarshLion.co.uk
01787227007**



Lamarsh

Magazine Contact **Brett & Rosemary Johnson 01787 227988**

Lamarsh Village Hall

www.lamarshvillagehall.com

Instagram lamarsh_village_hall **Facebook** Lamarsh Village Hall

Charity Number **301351**



Broadband Facility

Ultrafast Broadband, provided by Gigaclear, is available to all Village Hall users.

Regular Events

Community Library Free to join. Books refreshed regularly.	Every Thursday and every first and third Saturday of month.	10.30 to 11.30am
Coffee Mornings (with Lottery Draw) First Thursday of month	Thursday, 3 July Thursday, 7 August Thursday, 4 September: 150 Years Special Coffee Morning	10.30am to 12 midday
Find the Flow Yoga with Daphne. abctoolkityoga@gmail.com	Wednesday mornings	10-11.15am
Pilates with Sophie sophieparishpilates@gmail.com	Saturday mornings	8am-9am

Special Events

Thursday, 4 September 2025	150 Anniversary Special Coffee Morning, with presentation, speakers, former school students, cheese and wine.
Saturday, 29 November 2025	Craft Fair (with refreshments)



Lamarsh Lottery



July & August

The names and numbers will be given in the September issue of Lookout.

The village lottery is drawn the first Thursday of the month at the same time as the coffee morning. Thank you everyone who has supported this. It is £1 per ticket per month and you can have as many tickets as you would like.

You've got to be in it to win it! Buy a ticket now

Email: jane@lamarshvillagehall.com

Registered Charity No. 301351

Lottery registered with Braintree Council Registration no: LOT1207

Welcome

A warm welcome to Steven and Lucy Wright who have moved in to Peartree Cottage with their daughters Isabel and Darcey, and dachshund and budgie. We hope they will be very happy here and enjoy our village life. (James and Lauren Elkin are now living in Alphamstone and it's good to know they are not far away!)

VE DAY CELEBRATIONS

Celebrations were held in Lamarsh, not only on VE Day itself but continued over the weekend.

We began with our monthly Village Hall coffee morning which was extremely well supported, then followed the church bell ringing and continuing with an evening at Shrubs Farm and the lighting of the VE Day 80th Bonfire Beacon. Grateful thanks to Robert and Sara Erith for hosting.

Over the weekend a flower festival and an excellent exhibition of memorabilia was held at the church. Visitors were able to enjoy cream teas in the church grounds and an interesting wartime talk with music thanks to Andrew Marsden.

Grateful thanks to all those who organised, volunteered, donated cakes and kindly supported our events from Lamarsh, Alphamstone and further afield.

We've received some lovely feedback and truly hope everyone enjoyed our events to celebrate 80 years since VE Day.

150TH ANNIVERSARY OF THE FORMER LAMARSH SCHOOL

Thursday, 4 September 2025

The Trustees of Lamarsh Village Hall are planning to celebrate the 150th Anniversary of the former School on Thursday 4th September 2025.

Two events are being planned, a special coffee morning and, in the evening, a more formal presentation with Speakers, a Buffet and various displays with reference to the history of the School.

These events are at the early planning stage. The Trustees are seeking photos, memorabilia, contacts for former pupils with any memories of Lamarsh School.

If you can offer any information, please contact:

**The Secretary to the Trustees of Lamarsh Village Hall,
Henny Road, Lamarsh, Bures, Essex, CO8 5EU.
E-mail: john@lamarshvillagehall.com**

CYCLE RIDE FROM NEW YORK TO SAN FRANCISCO

Raising Funds for Essex and Herts Air Ambulance

Four years ago, George Wilson and his three brothers, Alistair, Woody and Charlie cycled 1050 miles in 14 days, from Land's End to John O'Groats, raising £2,200 for East Anglian Air Ambulance. George is now spending three months cycling over 3,000 miles across the United States, from New York to San Francisco.



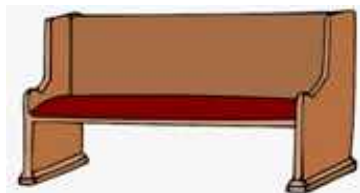
This is another great opportunity to raise funds for Essex and Herts Air Ambulance. If you would like to sponsor George, please visit his JustGiving page.

Hover your phone camera over the QR code on the right:



Middleton

Magazine Contact **Jude Johnson 01787 582559**



I am afraid that this month we have no write-up from the Churchwarden's Pew, but hope we can return to "business as usual" in September - Editor

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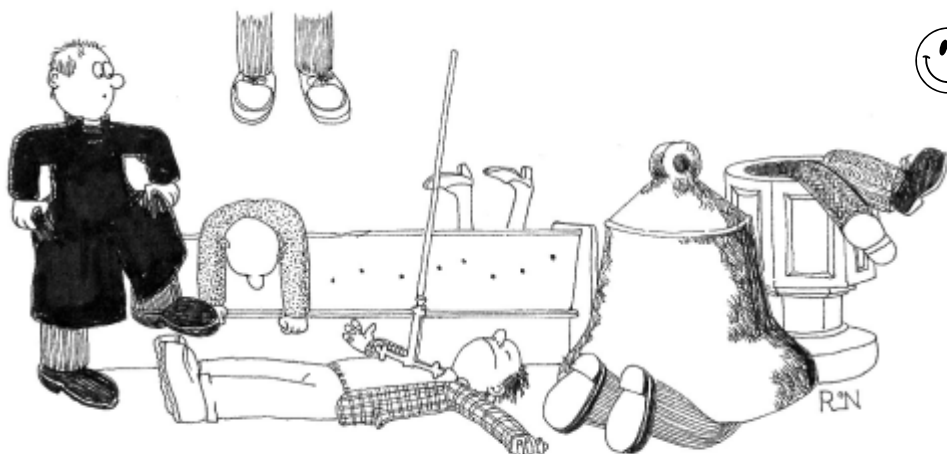
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Lamarsh Village Hall

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<https://www.lamarshvillagehall.com/contact>

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Wickham St Pauls Village Hall

This modern Village Hall, situated on the edge of
the Village Green, is available for hire by residents
of Wickham St Pauls & neighbouring parishes for
wedding breakfasts, private parties, birthdays, etc

Enquiries to

Sandra O'Sullivan: 01787 269255

Sudoku solution from page 7

6	2	8	1	4	5	3	9	7
4	5	3	8	7	9	6	2	1
7	9	1	2	6	3	4	5	8
5	3	9	7	2	1	8	4	6
8	4	2	3	9	6	7	1	5
1	7	6	4	5	8	2	3	9
2	6	4	9	1	7	5	8	3
3	1	7	5	8	4	9	6	2
9	8	5	6	3	2	1	7	4

Twinstead

Magazine Contact **David Holland 01787 269693**



David Holland writes:

I expect that you, like me, have been hoping that this years bumper show of roses in our gardens won't be spoiled by the rain as summer gets under way. I guess we have the spring weather to thank for this years abundance of blooms. This month, rather than simply advocating walking in the countryside, I'm going to try to persuade you that instead of your phone drawing your attention with constant notifications, or demanding time to read social media posts, it can actually make time outside more interesting.

Amazing things, smart phones: I'm constantly surprised as the latest applications that are being found for them. Lately, I have put a tracker on our young cockerpoo, Kip, so that if he runs off on one of our long walks, I can see where he is on a satellite view of the countryside we are exploring. I have also found that the camera in my phone is almost as good as my purpose built and far less easy to carry, digital camera. The pictures of our glorious countryside that I post on Facebook are most likely to be phone snaps. I have a new app on my phone that is also very useful on our walks and it is called Merlin. This app records bird song and identifies the species around you so that you know what to look for overhead or in the hedgerows. It is free to download from the App Store, and was produced by a university to gather data. But for you and I, it can be fun to find out just how many birds live around here. In our garden along Church Road with its many oaks and other trees, we can often discover that there are as many as twenty different species of bird in and around our garden. The app provides pictures of the birds you hear so that you know what you are looking for. We tend to record less varieties of birds out on our walks but the varieties can be different to those heard in our garden. Nonetheless, taking an interest in what surrounds us enables us to make more of a simple pleasure such as taking a walk. So, that is another reason to get out there and enjoy the natural world that surrounds us all, finding out just a little more about it, and what we're sharing it with.

We are, of course, in the midst of Open Gardens season and they are just one form of event that makes the warmer months such fun. The recent ones at Bures, Boxford, and Nayland were wonderful opportunities to get out and enjoy the Stour Valley area and the lovely places people create. The top notch village events such as those I have listed, are not just wonderful to look at and savour, they are also great sources of inspiration for our own gardens, and perhaps a plant or two also. All that cake each Sunday is perhaps not good for my waistline but at least the walking does us good. However these events are far from all that are available. Here in Twinstead, we have the "Pink Ponies event on the 10th August. This in the past has been a joyful day with youngsters dressing themselves and their ponies for the occasion.



There are also dog shows in nearby villages at which you can treat your pooch to many waggy tailed greetings, and the opportunity to show themselves at their best.

So, I often try on these pages to induce you to “get out there”, and in the coming weeks, there will be even more enticements to do just that across our neighbouring parishes.

Twinstead Village Improvement Society

Lottery Results for draw held on Friday 6th June

£20 Ticket No. 5 Barrett

£10 Ticket No. 41 Weavers

£10 Ticket No. 105 Tooth

Congratulations to our winners one and all!

And so to forthcoming events...

Coffee Morning/Social

The next coffee morning will take place on Saturday 12th July from 10-12 in Twinstead Village Hall. As always, coffee, tea, homemade cakes and sausage rolls will be available as well as a chance to catch up or meet new people.

Please note that there won't be a coffee morning during August. The date for the September social is Saturday 13th.





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FOR

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- CLASSES (INCLUDING THE MOST PINK AND ORANGE PONY/RIDER/SPECTATOR/DOG)
- DECORATE A PONY
- PONY PROCESSION
- RAFFLE
- STALLS
- GAMES
- REFRESHMENTS (INC. BURGERS/HOT DOGS)
- CAKE SALE

10TH AUGUST,
2025

1.30PM-
4.30PM

CLASSES £5 EACH, ALL WELCOME (ENTRY ON DAY)
PONY USE £10. ARRIVE AT 12.30 FOR DECORATING,
PROCESSION AT 2PM. VISITING HORSES/PONIES WELCOME.



ALL PROCEEDS RAISED WILL GO TO TWO GREAT CHARITIES THIS YEAR. IN MEMORY OF CAROL MCLERNON, WHO TAUGHT AT TWINSTEAD RIDING STABLES FOR OVER 15 YEARS, AND LOST HER LIFE TO LEUKAEMIA LAST SUMMER.



Smile Lines



Come in The choir was practising the anthem. The choirmaster said to the trebles: "Now don't forget, when the tenors reach 'The Gates of Hell', you come in."

No worries A 102-year-old lady was asked if she had any worries about the future. She replied: "Not since I got my eldest son into an old people's home."



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Mon - Sat 9.30am-3.00pm
Closed Wednesday and Sundays



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Wickham St Pauls

Magazine Contact **Susannah Goodbody 01787 269250**



Sunday Holy Communion church services at 9.30am:

July 20th, and August 17th.

Please look elsewhere in this magazine to see where other services are being held within the Benefice.

FLOWERS AND LIBRARY ROTAS

Flowers in church: July: Mrs Heywood August: Ms Craig

Mobile Library: Wednesday July 16th, and August 6th & 27th, 13.10-13.40, beside the Village Green.

W.I. Events and News

SANDWICH AND CAKE LUNCH

provided by the WSP W.I. on the third Friday in the month

WICKHAM ST. PAULS VILLAGE HALL



**Friday 18th July 2025
and**

Friday 15th August 2025

Serving from 12.30 to 1.30

(Please note later start time.)

All welcome – lifts available (phone 267854)



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Wickham St Paul Dog Show

The Annual Wickham St Pauls dog show is on Saturday 6th September starting at 1pm on the village green. I am looking for stall holders to join us on the day so if you have something to sell or know of any doggy businesses that would like a stall please get in touch with me. There are 10 classes again this year including fastest sausage eating contest. Each entry is £2.00. Tea, cakes, and ice cream will be served by the WI in the village hall, or you can enjoy a BBQ burger or hot dog in the pavilion. Do come along to support this fund raising event (in aid of the church, the Guide Dogs, and the Ronald Macdonald charity) and have some fun. For more information I can be contacted on 01787 269862 or email me s.read317@btconnect.com

Susan Read Event organiser

Flag Flying Programme

1 July	British Virgin Islands Day	(1857)	British Virgin Islands
1 July	Canada (Dominion Day)	(1867)	Canada
4 July	American Independence Day	(1776)	Grand Union
5 July	Cayman Island Constitution Day	(1958)	Cayman
8 July	W.I. Meeting 2nd. Tuesday	(1915)	Essex W.I.
9 July	Anniversary of the White Ensign	(16th.C.)	White Ensign
10 July	Start of the Battle of Britain Day	(1940)	RAF
14 July	Bastille Day	(1789)	Tricolore
17 July	Birthday of the Queen Consort	(1947)	Union
18 July	Sandwich & Cake @ Village Hall		Essex W.I.
22 July	Birthday of Prince George	(2013)	Union
3 August	Battle of the Nile	(1798)	White Ensign
4 August	Cook Island Day	(1901)	Cook Island
5 August	British Colombia Day(1st. Monday)	(1858)	British Columbia
15 August	B'day Princess Royal (1950) + V.J. Day	(1945)	Union
15 August	Hawaii (3rd. Friday)	(1845)	Hawaii
15 August	Sandwich & Cake @Village Hall		Essex W.I.
24 August	Ukraine Independence day	(1991)	Ukraine
26 August	Battle of Crécy	(1346)	3-lions
28 August	W.St.P. Lady resident with the most birthdays		W.St.P.

The St. George flag will be flown most of the time in between other appointed flags. There's a lot of flag competition on the 15th. August, it's going to be busy swapping them over during the day!

The current flag of the United States is the twenty-seventh version of their national flag. The first official flag was the Continental Colours, also known as the Grand Union Flag, which consisted of thirteen red and white stripes and the United Kingdom's flag in the upper-left-hand corner, (the canton). It was used from 3rd. December 1775 to the 14th. June 1777.

PAST EVENTS

Wickham Lottery

Congratulations and a cheque for £25 goes to Helen Holton.

Notice Boards - Access to put up posters.

The notice board on the sheltered seat near the Victory Inn has a catch on one of the doors so anyone can put up notices and the left hand one on the bus shelter on Church Road now has a catch so you can post Quizzes, Dog Shows, Lost Cats and Bar Mitzvahs without a key.

Wickham St. Pauls Consolidated Trust (formerly The Herrington Trust)

The Trust is over 200 years old and has provided some financial support to those who may be struggling, particularly in this economic climate.

It offers grants to residents of W. St. P. and those who are employed in our village.

The support it can offer for example, could be toward the cost of garden maintenance, school uniform, repair work or say the cost of getting to hospital.

If you feel you need help, please speak to any of the Trustees in strict confidence.

Present Trustees:

Martin Cooper 01787 269236

Derek Stokes 01787 269284

Catherine Groom 01787 269893

Paul Shipperley 01787 269893

Our Village

We are very fortunate to be living in our village, not only is it a beautiful looking place, but we have an active community and amenities. Besides our village hall and various clubs, we have a church, a shop and a pub. Picking up on the last asset, Jeremy Clarkson (the great philosopher and champion of farmers) made a very poignant statement:

"If we end up at a point where there's no village pub then what is a village? It's just some houses. Pubs are the hub, and it should always be that way."

The same could be said of our church and farm shop. Please support your local amenities they are a treasure we don't want to lose.



Vacancy for Councillors on Wickham St Pauls Parish Council



We currently have a
Councillor vacancy on
Wickham St Pauls Parish Council.
If anyone is interested, in joining us,
please contact the Parish Clerk for
further information and an
application form.

E-MAIL:

parishclerk@wickhamstpaulsparishcouncil.org



Parish Assembly

The Parish Assembly held on the 22nd May at the Village Hall was a great success and had over 30 attendees. Reports received for the various groups included the W.I., Cricket Club, Bowls Club, the Consolidated Trust, the church, Lookout, and of course the Parish Council who hosted the meeting. Thanks to all who attended and particularly the W.I. for a splendid buffet, and our District Councillor David Holland who is always enthusiastic and informative. We left the event wiser and warm hearted (that was due to the friendship of our fellow parishioners and to some degree, the wine!)

and finally if it's not already been said, welcome to our new hosts at the Victory Inn, Ben and Georgia, and wishing you every success. **Their new number is 01787 326477**

Please let me have any material for the **September** edition of Lookout by **Friday 8th August**, with cut-off at **12.00 noon, Sunday 10th August**.

Thank you,
Susannah

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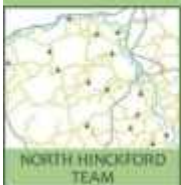
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Wickham St Paul Church
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17th July 2025

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and many more*



*Fun for all
the family,
plus your
four-legged
friends*

**1-5pm Saturday 6th September
Wickham St Pauls, CO9 2PT**



Guide Dogs for the Blind is one of the chosen charities to which proceeds will be donated. It costs £44,600 to train just one guide dog, so any donation you can make will be going to an excellent cause.

The funds raised from the classes will be donated to Wickham St Pauls Church. The maintenance of such a beautiful place of worship is always costly. Any donations will be greatly received.



Ronald Macdonald charity www.wickhamdogshow.co.uk

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