

**TOSTOCK
CHRONICLE**

More details and the latest up to date information, including a full colour version of the Chronicle

www.tostock.pc.org

HAPPY CHRISTMAS



To each and every one of you



Contacts in our Community

www.tostock.pc.org



Tostock Parish Councillors

Parish Council email: clerk@tostockpc.org.uk Sharon Burman
Chair: Pip Fletcher pip.fletcher2@btinternet.com 01359 270456
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NEXT EDITION: Is for

February/March 2021

Please may I have your
contributions on or
BEFORE 19th January

preferably in word or publisher format, much appreciated.

shirley.nice@btinternet.com

01359 271727

Footpath Officers

Adrian Malcom & John Cytaki

Tree Officer

VACANT

Litter Picker

Jim Langlois jimlanglois@btinternet.com 01359 270456

Suffolk County Council

Jane Storey JaneStorey@suffolk.gov.uk 01359 240555

St Andrews Church

Rector: Katherine Valentine kavalentine677@gmail.com 01359 235095

Friends/Warden: Jeanne O'Reilly 01359 270337

Bell Ringers: Sue Marriott 01359 270143

Poor's Estate: Sharon Markell 01359 271190

Village Hall

Chair: Graham MacDowell crispincottage@hotmail.com

Hall Bookings: Doreen Buckle tostocktvh@hotmail.co.uk 01359 270605

Pub

The Gardners: Steve & Jill Gardner 01359 270460

Clubs

Past & Present: Sarah Scully 01359 270482

Tennis Club: Elizabeth Dunn ejd1@talktalk.net 01359 270270

Susie Walton susiewalton85@gmail.com 07793406076

Book Club: Julie Harrison 01359 270247

Carpet Bowls: Doreen Buckle 01359 270605

Toddlers: Julie Harrison 01359 270247

Media

Emergency	Police/Fire/Ambulance	999
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Services

Health

Woolpit Health Centre 01359 240298

Out of Hours 111

West Suffolk Hospital 01284 713000

Samaritans 01284 750000

Drugs Hotline 0800 253 253

Police

Non-emergency 101

Crime Stoppers 555

Leisure

Cineworld 0330 333 4444

Theatre Royal 01284 769505

Apex 01284 758000

Picture House 01284 754477

Travel

Bus: www.travel-galloway.com 01449 766323

Rail:

Dial a Ride 01440 712048

Thank you

I would like to give a HUGE

John and Kath Lintin whom, for another year, generously gave their time to deliver almost all of the village Tostock Chronicles, also **Sue Marriot** who has delivered for many years, *come rain or shine*.



Thank you to all our residents, parish council, village hall, clubs, photographers, and business who contribute towards the producing of the **Tostock Chronicle**.

Wishing you all a very **Merry Christmas**

and a very **Happy New Year**



I do not have to contact you or moan very often but I wondered if you could put a couple of reminders in the Chronicle about these issues please.

Recently, someone has started allowing their dog to foul on the edge of my front lawn (on Leys Road).

A notice reminding everyone of the fine for fouling and also to be courteous to home owners and clean up if dog goes on frontage lawns/grass would be good. It is not much fun getting dog poo stuck in the lawn mower!!

Also, I frequently have to flag cars to try and slow them down when I am walking through the village particularly near the Church. That is a very narrow, windy bit of road and, with the potholes on each side, it is quite risky having to step as far into the kerb side as possible to avoid the speeding vehicle.

A note reminding drivers the speed limit is 30 mph throughout the village would be good.

During the summer horse hoof marks (and horses) have been seen on the footpath leading from the Leys towards Beyton. Whilst the ground is dry, this is not an issue **apart from not being legal (!)** but horses are likely to churn up the footpath in the winter. I know some of the riders believe that, as Mr Ollett allows them to ride on his field verges, this also includes the footpath. It does not.

So a **note reminding riders that they are not, in any circumstances, allowed on footpaths** would also be helpful.

From a concerned Villager

TOSTOCK ANIMAL PARKS

Dear kind people of Tostock,

We enjoy very much all the apples, courgettes etc you have been bringing for us at Tostock Animal Parks.

They taste lovely and also help to keep us warm from inside.

Please keep them coming our way.

We also very much look forward to our Xmas/New Year treats, namely your Xmas trees. They last for weeks in our paddocks. Please don't chop of the branches from the main trunk, as we need it as counter weight when pulling off the branches to eat – you see, we camelids, unlike humans, only have bottom teeth.

Keep warm and stay healthy

From Iliana, the Head Llama Girl (my photo is also attached)

Tostock Animal Parks



McMILLAN COFFEE MORNING



I HAVE TO SAY JUST HOW MUCH WE WERE SO OVERWHELMED AND HAPPY FOR ALL THE PEOPLE WHO EITHER DONATED OR CAME TO THE GARAGE AND BOUGHT CAKES AND RAFFLE TICKETS DESPITE THE CRAZY WIND AND RAIN.

THE GENEROSITY OF YOU ALL WAS SO GEAT, THAT TOGETHER WE RAISED THE ENORMOUS SUM OF **£555.00!!**

I CAN ONLY SAY THANKYOU, THANKYOU SO VERY MUCH, I AM SURE THAT McMILLAN WILL APPRECIATE EVERY PENNY THEY HAVE RECEIVED DURING THIS DIFFICULT YEAR.



WELL DONE TOSTOCK!!



DIANNE & ARTHUR.

I don't believe we have met but my husband & I have lived in Tostock since 1982 down Flatts Lane. We both worked full time so never got involved in the village. In 2016 my husband was diagnosed with aggressive Prostate Cancer & died in July 2019. We had a great love of the countryside & walking & spent most of our spare time walking all over Britain. However in the last couple of years of his life we mostly walked around Tostock, a village we have grown to love & I feel now very much at home.

The reason I am sending you this Email is that I have had a chair placed in a spot on the footpath off Norton Road that takes you round the paddocks of Rectory Farm that Adrian used to love the view from. To get to the point, I was sitting on the seat one day last week & Judith Goodborn came round the corner with table, basket which contained a vase of flowers, cake & serviettes, & said "Oh I'm so sorry to disturb you but I was going to meet my friend Lynn Jones here for coffee, I said that's quite alright I was just going, but said could I take a picture of you with table vase of flowers etc as a memento" because I was so pleased to see people using it & felt it was an asset to the people of Tostock. I mentioned this to Rosemary Lister & showed her the picture & she said "Why don't I put it in the chronicle" I have had a word with Judith & she is fine with the idea but has taken another picture of her & her friend Lynn (who is also O.K. with it) which she would prefer to be put in.

Judy Swallow.



It is so nice and heart warming to see that no matter what is thrown at us we are still able to find a way to have a positive outlook on life, friendship and humanity.



With 2020 fastly drawing to a close and because of the Corona Virus Pandemic dominating all our lives ever since the beginning of March and now a 2nd wave outbreak of this wretched disease affecting us all one way or another. This year we've all had our lives turned upside down. It will be a year I want to forget, rather than one I will try to remember. Because of what's gone on before us this year I really want to bring you all something really extra special for this last edition of 2020. But with this Corona Virus playing havoc with my head and because of all the restrictions in force as to what you can do and as to where you can go, then I will have to admit I have struggled to think of anything in particular to bring you. Then one day in the middle of October whilst I was working away in the back garden doing some digging, this little bird kept chirping and flipping away behind me, I could feel it's presence, but it was crafty enough not to be seen. It was though it was trying to tell me something. My immediate thoughts was to capture a photograph of it, so I quickly dashed inside to fetch my camera in the hopes of capturing a shot. Indeed it was trying to tell me something, I suddenly got a glimpse of it. It was Britain's number 1 favourite bird, in case you have not guessed it, it was the Robin redbreast. 1961 there was a vote conducted by The Times newspaper and the Robin was selected as our National Bird. And then *the penny dropped* this could become my special subject for the next edition in the Chronicle. The Robin stays with us throughout the Winter months, this characteristic quaint essential little bird has a long-established association with the Church and Christianity.

Here are some photographs I managed to take in the garden for your enjoyment.



Our Robin is undoubtedly a survivor, an abundant bird with nearly 6 million pairs in the U.K. making it among our top 5 commonest species along with the Chaffinch, Wren, Blackbird and Blue-tit. I have always had a Robin in my garden ever since I moved to Tostock, so I guess that if every other garden have one too, then I estimate as many as 100-200 Robins must be present inside Tostock which is very good numbers. Now for some facts - The British Robin is known for shadowing digging gardeners in the hope of a fresh worm. Adorning Christmas cards is a tradition that began in the Victorian era. They use their beaks as weapons and any object that is the right colour, size and shape attracts attention, such as semi ripe tomatoes. A discarded shoe or boot could become a nesting site in Spring. Bird tables provide a much-needed source of food in the middle of Winter, when their usual diet of insects, worms and berries became more scarce. Robins readily use manmade features to build their nests, such as inside garden sheds, or old kettles and teapots, or a peg bag hanging from a clothes line. Robins display their redbreasts to warn off any intruders. They lay 4-6 eggs in a clutch. The breeding season begins in March until June. If they get really cold they resort to one of their endearing habits fluffing themselves up into a spherical ball with a cushion of air trapped between their feathers, don't be fooled by their fat appearance though, as these are essentially very small birds weighing in at just 16-22 grams. British birds sing throughout the Winter. Both sexes give voice using their song to tell other Robins that, that particular territory is theirs. The song consists of phrases interspersed with pauses. These gaps are used by the bird to listen to the song phrases of neighbouring, and potentially rival Robins. Come early Spring, only the male will sing but the purpose of the song then is quite different. He sings to proclaim occupation of a territory and to attract a female to it, using prowess as a singer to demonstrate his productive fitness. It is said that the Autumn and Winter song is softer and more wistful than the Spring song and contains longer phrases. In practice, the difference is very subtle. It may be that the apparent wistfulness comes from the lonely isolation of the Robin's songs. In Spring, by way of contrast, the notes are competing with the songs of many other birds. Usually Robins will also sing at night. Some think this has been triggered by modern street lighting, but others believe that they have always sung in the dark when no nearby Robins can miss the song. The lovely warbling notes are not the only vocalisation you will hear from Robins. The commonly produce a sharp, clicking "tick" contact call, often repeated machine gun fashion. This is used primarily as a territorial defence as well as an alarm call, and is a more clean sound than the superficially similar rattle of the wren. Anxious Robins also produce a high, thin, drawn out (seeee) call, often while concealed in a bush, which may easily be confused with a similar sound made by the nervous Blackbirds.

Continued

Our Garden Robin has not always had that name. Until the 20th century, the bird was simply known as the redbreast. This name in itself may appear curious, as adult Robins clearly have orange faces and breasts. However, orange as a colour name was unknown until the 16th century, so red was used instead. The name Robin has little etymological association with the colour red. The bird more likely got the name through alliteration – Robin redbreast – and an extrapolation of a trend to give birds people's names. Other examples of this are Jack – Jackdaws and Jenny – Jenny wrens. That said, there is similarity with the Latin word *Ruber*, meaning ruddy, which is the diminutive form gives the Robin its species name *Rubecula*. Part of the emotional reasoning behind the personal naming of the bird is almost certainly attributable to the tameness, often interpreted friendliness of Robins, it epitomised by the renowned perching on the gardeners spade and the easy training of a wild Robin to feed from the hand.



The beak will be used as a weapon if the Robin's posing is ignored. Come early Spring, Robins defend their territory even more strongly but will give up pugnacity to pair up. As if to emphasise their association with man, they will use what we provide as nesting spots such as I have already described. Famously, one was reported nesting in the engine of world war 11 plane in Suffolk, which was still flying. This, it turned out, kept the eggs warm whilst the plane was away from the parents – it could well have been a plane flown out from Rougham aerodrome, we'll never know. The Robin has a long-established association with the Christian Church. There are many stories about the birds entering and singing in churches for extended periods, and nesting in church buildings. In one well documented story, a pair nested in the lectern of a Suffolk church in 1948, it could well have been Tostock's St Andrews, but undoubtedly we would have heard about it before now surely. In another it is said that a brown Robin tugged to remove thorns from Christ's brows and the crown of thorns, worn by him at the crucifixion, causing its breast to be stained red, smeared with the blood of Christ for evermore. In a Welsh legend the Robin's breast was scorched red when it carried water to tormented souls languished in hell fire. There are many more religious myths so it is not surprising that the Robin has become one of the most iconic symbols of Christmas. In 1843 Sir Henry Cole a civil servant, who set up what is now the Post Office, introduced the idea of sending Christmas cards through the post taking advantage of the newly introduced postage cost of 1 half penny (ha'penny or 2 farthings) to send a card. Until 1861 the cards were delivered by postmen in scarlet uniforms, who became known as Robins. After 1861 the postmen wore blue uniforms. The first Christmas cards were divided into three panels, the two outer ones showed carers feeding the poor, while the centre was occupied by a rich family enjoying a sumptuous meal including a child drinking wine. At first Nativity scenes on cards were popular but by Victorian times these had given way to snow scenes. Another possible explanation of the Christmas Robin is the Pagan Yule tide festival. This was traditionally the time for the (battle) between the holly king the Wren with the oak king the Robin. The Robin represents the New Year, and inevitable beats and kills the Wren the old year out for the new to come in. What we all need to do now is to take a leaf out of the Robin's book and all get pugnacious and fight off this horrid Covid 19 disease and destroy it once and for all, so all please keep safe and well. The iconic Robin, a tame, friendly cheerful and colourful little bird which sings its heart out through-out the Winter has remained the most popular Christmas icon up to this present day and **Merry Christmas to you all.**

Happy New Year to you all

I said before that January can be a very dull and boring month of the year, short days and long nights. Particularly this coming January because of the present Corona virus lockdown still giving us grave concern. Just recently the 1st week in October in fact Penny and myself took a little holiday away, I must emphasise after the lockdown had lifted and before the second wave outbreak had begun to take hold I came across this poem, I found it on a small card which was in the draw of the little bedside cabinet at the lovely barn conversions we were staying at. After reading it through I immediately came to the conclusion and believing it would be most appropriate to us all right now because of all the hardship we have had to endure throughout this most gruelling challenge. I must emphasise these are not my words but the ones in which were on the card. I'm hoping will give us all some much-required needed inspiration.



The poem is called Don't Quit



When things go wrong, as they sometimes will
When the road you are trudging seems all up hill,
When funds are low and debts are high
And instead of a smile you have a sigh
When care is pressing you down a bit
Rest in God's love and never quit
Life can be strange with its twists and turns
When with God's help he'd have won the day



Life is queer with its twists and its turns
As everyone of us sometimes learns
And many a failure turns about
When they might have won had they stuck it out
Don't give up though the pace seems slow
You may succeed with another blow



Often the goal is nearer than
It seems to a faint and faltering man
Often the struggler has given up
When he might have captured the victor's cup
And he learnt too late when the night came down
How close he was to the golden crown



Don't give up though the pace seems slow
For you may succeed with another go
Success is failure turned inside out
The silver glint in the cloud of
The goal may be near when it seems so far
So turn to the Lord when you're hardest hit
Put your trust in him and PLEASE don't quit



Tostock Village Hall News

December 2020 / January 2021

Tostock Village Hall currently closed (during November lockdown)

Following a detailed risk assessment process, Tostock Village Hall was able to re-open on a trial basis in the weeks just before the national November lock-down. At the time of writing this newsletter, the hall has had to close again in line with the current Government guidelines.



New Outdoor Gym Equipment in the Village Hall Playing Field

A number of pieces of outdoor gym equipment have recently been installed in the Village Hall Playing Field. Many thanks to Tostock Parish Council and also Mid Suffolk Council for the funding that they have provided towards this exciting new addition to the hall's external recreational areas.

Whilst we are excited to have the new equipment installed, current National Lockdown Restrictions mean that it cannot be used. As soon as this situation changes, the tape will be removed.



TOSTOCK PLAYGROUND REMAINS OPEN

Please ensure your children follow social distancing & safety guidelines to help keep everyone covid-19 secure.



HOLD THE DATE: The next **Tostock Art Show** is being planned to take place from **Saturday, 19th – Sunday 20th June 2021.**

Finally, may we wish you all a **Happy Christmas.** We very much hope that 2021 will see a safe return to the aspects of Village life that we have all so missed.



NEWS FROM ST ANDREWS

At least eighty residents, adults and children, socially distanced, gathered on the Green on Remembrance Sunday to take part in a short Service, led by Barney Harrison.

The Bible Reading was given by Martin Davies.



The names of the thirteen Tostock men who died in WW1 and the one who died in WW2 were read out by Alan Jones.

After the two minute Silence, wreaths were laid by Jim Langlois and Richard Duvall, followed by a reading of the Kohima Epitaph by Jon Walker. At the end of the Service, a wooden cross for each of the fallen was set into the grass around the memorial by the children. It was a very moving occasion and thanks to Barney for leading the Service.

At the moment, we do not know what will happen about our usual Christmas Services but the Church and porch will be decorated. Each Christmas for many years it has become a Tostock tradition to collect presents for the children in the care of the Bury Refuge. We hope to continue this year as all charities are in difficulties. If you have already bought your **2021 Tostock calendar**, turn to December and see the amazing response last year! The ages of the children in the Refuge goes from two months to fifteen years – please mark your gift with an approximate age, or for the mothers.

The Church will be open on **Sunday Dec.13th**, from **10am to 3pm**, and someone will be there to receive your gift. If you are unable to get to Church, gifts can be left at any time until **Tuesday Dec.15th at 6, Wood Close, Barney & Julie Harrison: or Flinders, The Green, Jeanne & Mike O'Reilly** .

The Refuge will be very grateful .

The Church AGM was held in October, Mrs J O' Reilly and Mr B Harrison were re-elected as Church wardens. New members of the PCC are Mrs M .Cytacki (Secretary) Mr T Newbold, and Mr J Langlois, who were welcomed to the PCC . Other members are Mrs G Moyle, Mrs S Marriott and Mr M Davies .

The Floodlights for December are sponsored by Di Plester, in loving memory of Dave, also by Joanna Buxton & Doug Patterson to celebrate their Golden Anniversary.

The Prayer Tree in the Church porch will be re-newed for Christmas. There have been so many messages left during these difficult times that there is little room left. We hope the Tree has given people a place to leave their worries and sadness in God's hands – please continue to leave your messages, the door may be locked but He is always there for us.

Jeanne O'Reilly

News from The Tower

Many of you may have seen and used the Prayer Tree which has been in The Church Porch since the beginning of the lockdown in March. Now with Christmas approaching, the current tree and prayers are going to be removed and a new, more seasonal tree will be in the porch for you to leave your prayers and messages on. All the prayers and messages are going to be saved and displayed at a later date.



Although we are unable to ring at present, we wish you all **a Very Merry Christmas** and a safe and **Happy New Year**.
From The Tostock Bell Ringers.

Sue Marriot

TOSTOCK PARISH COUNCIL

As we have not had regular Parish Council Meetings this year, due to Covid lockdowns and restrictions, we would like to take this opportunity to assure you that council business has mainly been carrying on as usual, but with no major projects debated or voted on.

The volunteer grass cutting team have kept the Village Green and the Leys edges and paths looking well-kept and smart – a massive thank you for your fantastic hard work.

The Tostock Tidy Group managed to organise a socially distanced tidy day in October – again, a massive thank you to the group organisers and those who came and took part - and the organisers themselves have individually undertaken various tasks around the village to keep Tostock looking good.

The joint footpath wardens have walked the footpaths and produced a very comprehensive report which has been passed on to Suffolk County Council. Unfortunately, SCC have not had a footpath officer in post over the summer so we will have to wait for things to get back to 'normal' before any action is taken!

Contact with the Woodland Trust, who manage Armstrong's Wood, has resulted in them notifying the Parish Council that in December the growth on the side of Church Road will be cut back, and some of the trees removed, which should make life much easier for motorists, cyclists and pedestrians using the road. In order to carry out this work the Woodland Trust have contacted Suffolk County Council to request a road closure from 21st to 23rd December 2020.

The request has gone to Suffolk County Council Highways for the posts to be erected to hold the Speed Indicator Devices (SIDs) although we have no idea of the time-scale involved in getting this work done. Once the posts are in place, we should be able to complete the project with very little delay.

Also, the village should be proud of the wonderful community spirit that has been apparent throughout this year, with neighbours keeping an eye on each other, medication and essential shopping being delivered and socially distanced events being organised where possible.

It's the time of year to wish you all a **Happy Christmas**, however you manage to celebrate it, and join you in hoping that 2021 brings us back to 'normal' as soon as possible.

Pip Fletcher & Julian Kearsley
Chair & Vice-Chair, Tostock Parish Council





St Andrew's Church Tostock

**(Benefice of Pakenham, Norton & Tostock with Great Ashfield,
Hunston & Stowlangtoft)**

Rector: Revd Katherine Valentine Tel 01359 235095

Email: kavalentine677@gmail.com (new email!)

Website: for more details of all our churches - including Tostock - see the national Church of England website www.achurchnearyou.com

Our benefice Church magazine is also available online at www.vcnews.org.uk

Church News December 2020

BENEFICE CHURCH SERVICES & OPENING TIMES

Please find below details of the services we plan to hold in December, including some special Christmas services - **if places of worship are permitted to re-open for services!** All our services have hygiene protocols in place, so we can enjoy worshipping together safely. Norton, Tostock & Pakenham will continue to be open for private prayer Sundays and Wednesdays 10am-4pm, and Great Ashfield Sundays only 10am-4pm.

DECEMBER 2020 SERVICES

WEDNESDAY 2nd	10am	Holy Communion (BCP) followed by Living Advent (see below)	Norton
SUNDAY 6th	10am	Family@Church - CHRISTINGLE	Pakenham
WEDNESDAY 9th	10am	Holy Communion (BCP) followed by Living Advent	Pakenham
SUNDAY 13th	10am	Morning Worship	Norton
WEDNESDAY 16th	10am	Holy Communion (BCP) followed by Living Advent	Tostock
SUNDAY 20th	10am 3pm 3pm	Benefice Holy Communion Outdoor carols at ST ANDREWS with SALVATION ARMY BAND (see below) Carols and Readings	Great Ashfield Norton Stowlangtoft
CHRISTMAS EVE 24th	3pm 11.30pm	Crib Service Midnight Communion	Tostock Norton
CHRISTMAS DAY 25th	10am 10am 10am	Family Festival Communion Family Festival Communion Crib Service	Hunston Pakenham Great Ashfield
SUNDAY 27th	10am	Benefice Holy Communion	Tostock

JANUARY 2020 SERVICES

3rd EPIPHANY SUNDAY

6th Wednesday	10am 10am	Family@Church Wise Men! Holy Communion	Pakenham Great Ashfield
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10th BAPTISM OF CHRIST

13th Wednesday	10am 10am	Benefice Holy Communion Holy Communion (BCP)	Norton Tostock
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17th 2ND SUNDAY OF EPIPHANY

	10am	Morning Worship	Great Ashfield
20th Wednesday	10am	Holy Communion (BCP)	Norton

24th 3RD SUNDAY OF EPIPHANY

	10am	Benefice Holy Communion	Tostock
27th Wednesday	10am	Holy Communion	Pakenham

31st 4TH SUNDAY OF EPIPHANY

	10am	Benefice Holy Communion	Hunston
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CHRISTMAS AND A NEW YEAR PRAYERS TO USE AT HOME.

Celebrating Christmas - a prayer by Robert Louis Stevenson

Loving Father

help us remember the birth of Jesus,
that we may share in the song of the angels,
the gladness of the shepherds
and the wisdom of the wise men.

Close the door of hate
and open the door of love all over the world.
Let kindness come with every gift
and good desires with every greeting.
Deliver us from evil by the blessing which Christ brings
and teach us to be merry with clean hearts.

May the Christmas morning make us happy to be your children
and the Christmas evening
bring us to our beds with grateful thoughts,
forgiving and forgiven, for Jesus' sake. Amen.

New Year by Francis Brien

God of all time who makes all things new,
we bring before you the year now ending.
For life full and good, for opportunities recognised and taken,
for love known and shared, we thank you.

Where we have fallen short, forgive us.
When we worry over what is past, free us.

As we begin again and take our first few steps into the future,
where nothing is safe and certain, except you,
we ask for the courage of the wise men
who simply went and followed a star.

We ask for their wisdom,
in choosing to pursue the deepest truth,
not knowing where they would be led.

In the year to come, God of all time,
be our help and company.
Hold our hands as we journey onwards
and may your dream of shalom,
where all will be at peace,
be our guiding star. Amen.

MAKE YOUR OWN CHRISTINGLE!

CHRISTINGLE SERVICE 6th DECEMBER 10am AT PAKENHAM **IN AID OF THE CHILDREN'S SOCIETY**

This year, because of the need for social distancing, it will be difficult to make these together in church. So we invite you to make your own at home - means you can choose your favourite sweets!! - all except the candle. Bring them to church and candles will be provided for you to complete the Christingle. Don't know what a Christingle is?

Find out more at [**www.childrenssociety.org.uk**](http://www.childrenssociety.org.uk)

CAROL SINGING

STOP PRESS!! - DOORSTEP CAROLS WITH RADIO SUFFOLK WEDNESDAY 16th DECEMBER 6pm-7pm- LOOK OUT FOR LOCAL INFORMATION ON HOW TO JOIN IN!

SAFETY PRECAUTIONS IN OUR BUILDINGS

As you enter the building please use your own hand sanitisers if possible, but if not hand sanitisers for your use are available in the church. Please replace them afterwards. It's important to respect other people's space by keeping a 1m plus distance and note that not all areas of the church may be accessible. Please follow distancing and safety notices inside each building, including the wearing of face coverings.

Church services are also still available for you to join in remotely via the Cathedral website: [**https://stedscathedral.org**](https://stedscathedral.org) or the Bishops are live streaming Daily Prayer and you can link to this via the Diocesan website: [**https://www.cofesuffolk.org/**](https://www.cofesuffolk.org/)

Our benefice [**You Tube Channel**](#) is still running with a weekly reflection for you to watch and join in with. Go to You Tube and search for 'Pakenham Benefice' where you should find the latest services, reflections and music that we have put up.

Revd Katherine Valentine.

TOSTOCK POORS ESTATE

IF THERE ARE ANY OLDER RESIDENTS OF TOSTOCK (MUST HAVE BEEN A RESIDENT FOR AT LEAST TWO YEARS) WHO WISH TO APPLY FOR THE CHRISTMAS CONTRIBUTION, COULD THEY PLEASE CONTACT:

SHARON MARKELL TEL: 01359 271190 FOR AN APPLICATION FORM.

ALL ENQUIRIES ARE TREATED WITH STRICT CONFIDENCE. PREVIOUS RECIPIENTS NEED NOT APPLY

TOSTOCK CALENDAR 2021

The calendars are available at £6 each,
with the profits going to St Andrews Church, Tostock

They can be purchased from any of the people listed below:

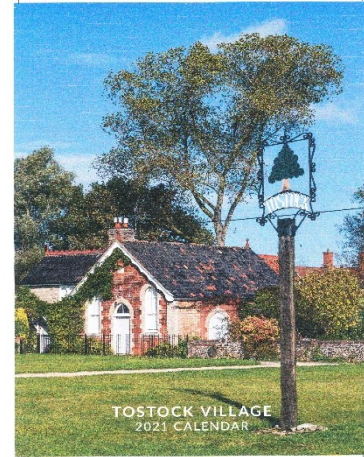
Jim Langlois, Pynnor, Norton Road, Tostock.

Tel No 01359 270456.

Derrick Poole Tel No 01359 270197

Gail Moyle Tel No 01359 270787

Shirley Nice Tel No 01359 271727



Greeting Cards

I have a selection of Suffolk and Tostock local scenes printed onto A6 Greeting Cards at a cost of £2.50 each. They are all my pictures, taken on my travels. Each card is individually wrapped in a sealed cellophane wrapper, with a white envelope and are blank allowing you to add your own personal greetings.

If you are interested please contact me for a full list:

Jim Langlois, Pynnor, Norton Road, Tostock

Tel No: 01359 270456

jimlanglois@btinternet.com



Gaya Make Up Artist

Located in the lovely quiet village of Tostock. Certified with over 20 years of experience. I am here to help you look more beautiful and fresher, nothing better than a perk me up for that special occasion!

Parish free, Vegas and Cruelty free makeup available. Make an appointment Now!

Gaya
Hayman

07734713992 or find me on Facebook!

HOURS OF OPERATION

Monday, Tuesday - Wednesday
9am - 2pm - 3pm - 8pm
Thursday, Friday
9am - 2pm
Saturday 11am - 3pm

Services	Adult	Student
Make Over	£40	£30
Eye Brow Threading	£15	£10
Face Threading	£25	£25
Lashlift & Tint	£30	£5
Tint	£5	£5
Hair blow dry/ plaits/braids/ buns	£15 - £100	Depending on hair length.

Bridal Make Up £80 - £250
(Depending on location and intricacy of the hair and makeup style you would like. Trials are 30% of cost)

Face painting £3 - £10
Depending on the Event & size of facepaint, Halloween, summer fair etc.

Gaya Make Up Artist

07734713992

Stroudley Garage
Norton Road, Tostock, IP31 3LU
goyaph2@icloud.com
facebook: Gaya Make Up Artist

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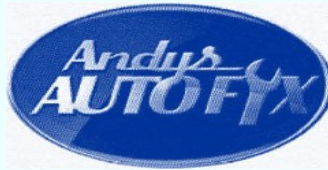
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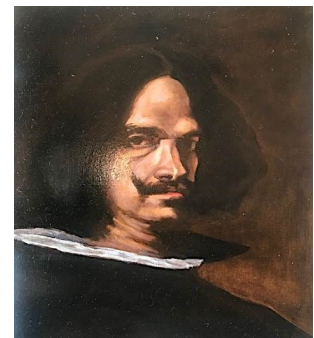


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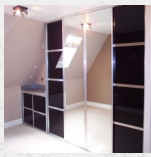
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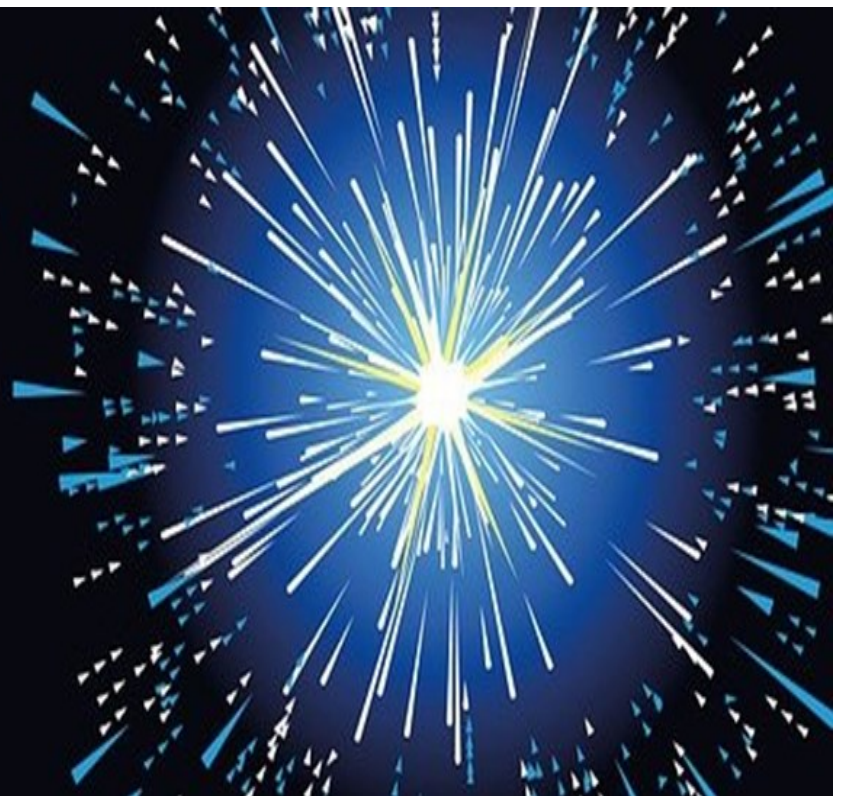
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Happy New Year



Wishing you all a happy, healthy, prosperous covid free **New Year 2021**