



FORUM

SUFFOLK FREEMASONS NEWS

AUGUST 2024



Brethren and Companions,

It has been a little while since I was all dressed up visiting a lodge or a chapter but plenty has been done over the summer.

Work begun at the start of the year to create a 'Visiting Officer' scheme is almost complete. VO's will work with Lodges and Chapters as they visit the units of both orders in their groups and liaise with the Province as a point of contact. Time will be required to get used to the new system but I encourage you all to speak to your VO to get to know him and his role; clear communication is critical in so much that we do.

Regarding comms, the search for a successor to WBro Kelvin Avis PAGDC (Eng) who has been our PCO since 2018 has begun. In today's modern world where there is so much competition for our time, accurate, timely and relevant communications are more important than they have ever been, particularly as we tackle the Membership Challenge set by UGLE as part of the 'Strategy for Freemasonry 2022 and beyond'. The challenge is far from over although I am delighted to say that Suffolk has done very well to reverse a net loss of members sustained in 2023 while remaining on course to hit our Provincial growth target. I trust you are aware of your Lodge growth target and are on course to meet it? This challenge requires work by many Provincial and Lodge officers, but also requires contemplation by all. Every member should look out to ensure all brethren and companions are engaged and supported regardless of their rank and experience, and be confident about the reasons why he is a mason which enables us to be equally confident about discussing membership with potential initiates.

In June, I appointed a successor for WBro Trevor Tinley PAGDC (Eng) as Provincial Grand Secretary and Scribe E. Trevor suffered a heart attack in May, just before the Annual Meeting and decided that it was right for him to step down from these demanding positions. It was a privilege and an honour to make my first field appointments to Paul 'Cyril' Filby, at PJK Lodge and at Suffolk Installed Principal's Chapter, as Provincial Grand Secretary and Scribe E. Such a big change in the 'operations department' ensured that there was much to do during hand-over, however we are on course to restart our season well-rested after the recess and to continue with the progress that we have been making all year.

I look forward to seeing you in your Lodges and Chapters in the coming months and hearing about your plans to help us achieve our various goals, foremost of which is to ensure that we are having fun.

Jolyon Berry

R.W.Bro. Jolyon Berry Provincial Grand Master and Grand Superintendent



Date for your diaries...

**The joint Annual Meeting of Provincial Grand Lodge of Suffolk
and Annual Convocation of Suffolk Provincial Grand Chapter**

Will be held on Tuesday 27th May 2025 at Royal Hospital School, Holbrook

Jottings

from The Provincial Grand Secretary

This is my first attempt at providing an article for Forum so please bear with me. When everyone was saying we were entering the summer break in terms of masonic meetings I didn't get that message. With W. Bro Trevor Tinley having to step aside for health reasons as both Provincial Grand Secretary and Provincial Grand Scribe the Provincial Executive had to look at a solution. After numerous conversations I was offered the roles and was honoured to accept.

The title of this article is very apt as leading up to this appointment I was Trevor's assistant and had prepared jottings covering several processes we were reviewing from Provincial By-laws to the responsibilities of the Secretariat. I knew in the background there were several items the PGM / MEGS was discussing and was awaiting to assist. I am now responsible for the list and the jottings have expanded very quickly.

As we get ready for the new season, I can already see there are several events with a variety of themes which I do hope you will support. We have the launch of the VO's scheme starting on the 1st September which I believe is a great initiative and this will hopefully assist Lodges and Chapters with an extra brother at hand should they need help or assistance.

Following the successful Festival 2029 launch event at Bury St Edmunds Cathedral back in March I am looking forward to the Provincial Evensong which will take place on the Sunday, 6th of October, further details on this event will be available shortly. Planning is already taking place for the joint Provincial Grand Lodge and Chapter meetings which will be taking place at the Royal Hospital School, Holbrook on Tuesday, 27th May 2025, so if you have not yet been to a Provincial Grand Lodge or Grand Chapter meeting and you are able to attend then this will be an event not to be missed, get the date in your diary now. There is a planned trip to Philadelphia where representatives of Suffolk Freemasonry will perform the Ceremony of the Empty Chair, I would like to wish them every success and hope they all have an enjoyable trip, I am looking forward to hearing how the performance was received. The Suffolk Prostate Testing is coming up in September, I would urge members to book in, as a Suffolk Freemason your test is subsidised by the province to the amount of £10. W. Bro Trevor Tinley continues to champion these tests, and I am sure we are all very grateful for his efforts.

The Military Veterans Day is on the 20th September and following the huge success last year this is looking again to be another great day for all and if you wish to volunteer, please contact our Provincial Almoner.

The joint Almoner and Charity Stewards Conference is coming up on 13th October and I would recommend if you can attend to come along and support the event, we intend to present over £100k in MCF Grant donations on the day to three charities.



I am very grateful for the continued support of W. Bro Graham Saward, Provincial Assistant Grand Scribe and W. Bro Jason Flower, Provincial Assistant Grand Secretary who received a field promotion in June.

There is one person seldom mentioned within the secretariate whose dedication, knowledge and time makes the secretariate work and that is W. Bro Geoff Spencer to whom I am extremely grateful to for helping me transition into my new responsibilities.

Cyril Philby
Provincial Grand Secretary

NAMCSS Elect a new Chairman

The National Association of Masonic Clay Shooting Societies was formed at Great Queen's Street in London in 2016, where twelve founding provinces from all round the country were represented, including Suffolk. The executive committee elected at that meeting were Chairman Brian Saidman (Met Grand Lodge), Vice Chairman Mike Casey (West Lancs), Secretary Roger Wilkes (East Kent) and Treasurer Nick Jenkins (West Kent). The purpose of the society was to bring together the many individual masonic clay shooting societies around the country and to standardise the annual National Championships which had, up to that point, not been publicised throughout the country.



Since then, the society has increased its membership to over three quarters of the provinces in England and Wales and oversees both the annual National Championships, to be held in Sussex in 2025, and the Biannual International Championships, to be held in Jersey in 2025. A standard format for the event has been established and each year NAMCSS invites interested provinces to apply to host the competitions and offers friendly and experienced advice on how they should be run.

In 2019 the National was held in Suffolk and over two hundred shooters from all around the country travelled to High Lodge Shooting School near Yoxford for the event, hosted by the Suffolk Masonic Clay Shooting Society. SMaCSS was formed in 2008 by Roger Nash (Chairman) Ruffy Ruffles, Phil Ramsey, Shane and Lisa Brereton, and has held social shoots in Suffolk several times each year ever since, raising many thousands of pounds for local charities and the masonic Festival Scheme.

In 2023 Brian Saidman announced his intention to stand down as NAMCSS Chairman, and following a ballot held at the AGM in 2024 Roger Nash was declared his successor by an almost unanimous vote. As Chairman, Roger's role will be to further increase the number of provinces represented on NAMCSS, and to visit many of the numerous provincial shoots held every year all around the country.

Well, he's not got much else to do has he?



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Kelvin Avis, Provincial Communications Officer
Tel: 07771 644716 E: comms@suffolkfreemason.org.uk

"I am always pleased to receive your reports, particularly if accompanied by a photo or two, on what you, your lodge or chapter have been up to, what you are organising, your thoughts, donations and indeed anything you feel might be of interest to us all, simply get in touch"

Council for Freemasonry in England and Wales – Underpinning the Continued Progress of Freemasonry

In an unprecedented and historic move to dispel misconceptions and address challenges, English Freemasonry has announced the creation of the Council for Freemasonry, representing women masons, as well as the men, in England and Wales.



This new Council aims to enhance further existing and longstanding collaboration and promote the fundamental principles of Freemasonry, including merit, tolerance, diversity, and inclusion, between the United Grand Lodge of England (UGLE), the Order of Women Freemasons (OWF), and the Honourable Fraternity of Ancient Freemasons (HFAF).



Pictured are Pro Grand Master Jonathan Spence DL, Grand Master of Order Of Women Freemasons, Zuzanka Penn, and Grand Master of The Honourable Fraternity of Ancient Freemasons, Carol Cole

The establishment of the Council for Freemasonry will formally establish an overarching forum for collaboration. In addition, the Council will bring together the community service ambitions of all three bodies, coordinate communication and engagement with other organisations, drive the membership growth ambitions, particularly for women Freemasons, and allocate resources and facilities for the general benefit of both male and female Freemasonry.

The Council will include the heads of each Grand Lodge, and each Grand Lodge will provide the President for a twelve-month period, charring Council meetings in strict rotation. The President for the first two years will come from the OWF and HFAF, with UGLE covering the third year.

The formation of the Council for Freemasonry in England and Wales marks a pivotal step towards enhancing cooperation, addressing misconceptions, and promoting the values of Freemasonry. This historic initiative reaffirms Freemasonry's commitment to integrity, friendship, respect and service, while keeping community service and charitable giving at the absolute forefront of this historic organisation.

UGLE

Composite make donation to the British Heart Foundation

As last year's WM of Composite Lodge No. 9480, I decided to donate the majority of the funds raised during my year to the British Heart Foundation.

The £1,000 raised included profits made from our Summer Event and Ladies Night which was held at Hintlesham Golf Club, along with monies given by members throughout the year and I was very pleased to present a cheque to Heather Hammond, the Manager of the BHF shop in The Buttermarket, Ipswich.



This charity is one very close to my heart due to my own mother very suddenly dying from a heart attack when only 51 back in 1973. According to latest statistics, there are currently 7.6m people living with some form of heart disease in the UK and every 3 minutes someone dies from heart or circulatory issue. This equates to 480 people every day.

Before the BHF existed, the majority of babies diagnosed with a serious heart defect in the UK did not reach their 1st birthday. Now, due to all the extensive research and treatments available, 80% survive to adulthood.

Unknowingly to me, I lived with a hole in the heart until I was 18, when it was diagnosed and treated about 6 months after the premature death of my mother. In a way, I was one of the lucky ones and owe a great deal to the doctors at Papworth Hospital and also the BHF.

Steve Long

Stewards Lodge receive a thank you gift from Norfolk Freemasons

Graham Colthorpe the current WM of Provincial Grand Stewards was delighted to accept the gift of an engraved decanter from Norfolk Freemasons which was presented to him at the Annual Meeting of Provincial Grand Lodge of Norfolk as a thank you for the support given by our Stewards at the recent investiture of the new Norfolk PGM and MEGS Richard Butler.



'Presented to Suffolk Grand Stewards Lodge for their support at the Investiture of the Norfolk PGM and MEGS Holbrook Suffolk February 2024'

Many thanks to all those Stewards who went along to Holbrook to assist our good friends from Norfolk



Festival 29 Skydive



Charity may be the distinguishing characteristic of a Freemason's heart, but most of the time it doesn't mean ignoring common sense – the kind of common sense that restricts us from jumping out of a moving aeroplane mid-flight, for example. However, for a number of Suffolk Freemasons including Provincial Grand Master, Jolyon Berry they set out to take Suffolk's 2029 Festival to new heights.

In this case, it was a height of 14,000 feet, from which the 25 volunteers took part in a sponsored skydive to raise money for the 2029 Festival. It was the culmination of almost six months of planning, fundraising and - for some of our members - careful dieting to meet the weight requirements of the skydiving crew!

On Thursday 27 June, the group met at Beccles Airfield in the north of Suffolk, where the experienced team at Virage Aviation began preparing each of them for the tandem jump. Nerves were calmed, or were at least until the jumpers were told they would be reaching speeds of 120mph on their descent, although not one of the volunteers abandoned the jump.

Before long the aircraft began lifting off from the airfield, climbing over the Suffolk countryside as final checks were made. A short flight didn't give the volunteers too long to dwell on what they had agreed to do before the first, strapped closely to their instructor, leapt from the door and began their descent.

It took a few minutes for each of the jumpers to reach the ground, but to those taking part there was scarcely time to take in the 120mph plunge, the sudden deceleration as the ripcord pulled them back to just 12mph within four seconds and the rollercoaster sensation of dipping and turning on the remaining descent with the chute open above their heads. Happily all 25 landed safely and with a smile on their faces.

Provincial Grand Master Jolyon Berry said: "It's impossible to know what to expect when you're first made Provincial Grand Master, but I suspect very few of my fellow PGM's had a skydive sitting in their in-tray almost as soon as the collar was placed on their shoulders! It's been a fantastic few months raising funds for the jump, and I couldn't have asked for a warmer or more supportive response from our Masonic community in Suffolk.

"Many times since, people have asked 'did you enjoy it? Was it fun?'. Well watching people slip from the relative security of a light aircraft and falling out of sight, then leaning out of the door, falling vertically for 1,500ft with the skin on my bare arms rippling like a wave on water and with every attempt to smile making my cheeks blow out was not simply fun or enjoyable - it was life-affirming. It was awesome. It was unimaginable and unforgettable.

"A huge thank you to everyone who supported us, from those who donated to the amazing crew at Virage Air who took us through the jump. I can't wait to see what comes next in our Festival plans, and I know Suffolk will beat it's previous fundraising record into the dust."

As a result of their efforts, the skydivers raised £18,200 for the Festival appeal, with that number continuing to tick up as late donations are made. These funds join the generous donations of Suffolk Freemasons towards the 2029 Festival, with over half a million pounds already pledged, setting the Province well on it's way towards the goal of beating the £1.6m raised in their 2019 Festival.

With five years to go, the adrenaline high of the skydive is just the beginning, with brave or perhaps foolhardy members being invited to raise funds by taking part in a firewalk next...

**For a full skydive photo gallery visit
www.suffolkfestival.org.uk**



Suffolk Freemasons continue to support the Suffolk Punch Trust

Over the last 3-4 years a team of Suffolk Masons led by Barry Bloomfield have committed themselves to assisting the Suffolk Punch Trust in their fundraising efforts.



Already the team has raised funds for a breeding facility, new site defibrillator and, more recently, has focused on improving their energy efficiency including the installation of multiple solar panels on the Visitor Centre roof with associated battery storage.

The team met with members of the Trustees to discuss ideas for future projects which would either improve revenue streams or reduce direct overheads. The clear outcome of this meeting, chaired by Bro Dr Berwyn Clarke was the significant concern regarding transport costs for the horses either for breeding purposes or to represent the Trust at agricultural shows throughout the UK.

In a remarkably short period Barry managed to identify a second-hand vehicle based in East Kent which was on the market for £25000. This vehicle has 9 stalls and can transport 5 Suffolk Punch horses at once as well as providing significant accommodation facilities for the staff with full camera coverage of the horse area for continuous monitoring.

The delivery of the vehicle itself, however, was only half the story because Trust staff then required registration and training courses to obtain the necessary HGV and animal transport licences to legally operate it. Much of this cost was kindly covered by funds raised by Lodge of Fidelity 555 and now two Trust employees and an additional volunteer are fully licenced and qualified to use the vehicle anytime and anywhere.



Masons who attended the fundraising BBQ at the Trust in June will have seen the PGM formally present the keys and witnessed the impressive red vehicle first hand.

It has been well used this summer - already saving around £10,000 in transport costs - with horses attending a variety of shows including the Norfolk show, Tendring show and the Suffolk Punch Extravaganza at BBC Countryfile Adam Henson's Cotswold Farm.

So, another milestone project successfully completed by the SPT masonic fundraising team Barry Bloomfield, Jimmy Jewell, Stu Bowers, Ole Krebs and Dr Berwyn Clarke but, also, important to recognise that this particular project was largely funded by non-masonic donations and for this we, and the Suffolk Punch Trust, are incredibly grateful.

Dr Berwyn Clarke

Suffolk Prostate Test Days 2024

The test days for the Province for 2024 are:

2nd September

Ipswich, Soane Street, 5.30 - 8.30 pm

4th September

Bury St. Edmunds, Ashlar House 5.30 - 8.30 pm

12th September

Lowestoft, 101 The Avenue, 2.00 - 5.00 pm

You can book in using the CHAPS website - <https://chaps.mypsatests.org.uk/Events/>

The password is the town in which the tests are taking place, all lowercase: ipswich - bury - lowestoft




The tests are being subsidised by the Province for all Suffolk Freemasons reducing the actual cost to £10.00 from £30.00.

Prostate cancer is still the number one killer in males and as there is no general screening available it is important that this opportunity to get tested is not missed.

Don't forget to invite your male friends and relatives, there is a separate booking system for non-masons, this is also on the web site. The programme has saved lives, a simple blood test which indicates there may be an area of concern which can be followed up.

**Don't miss this opportunity - Book in now!
It could save your life**

If you have any questions please do not hesitate to contact Trevor Tinley on 07711 680246 or trevor.tinley1@btinternet.com

PROSTATE CANCER SCREENING

DON'T GET CAUGHT BY THE NUMBER 1 MEN'S CANCER!


2nd September
Ipswich, Soane Street, 5.30 - 8.30 pm

4th September
Bury St. Edmunds, Ashlar House 5.30 - 8.30 pm

12th September
Lowestoft, 101 The Avenue, 2.00 - 5.00 pm

£10 PER TEST

The password is the town in which the tests are taking place, all lowercase: ipswich - bury - lowestoft

 Scan here to book your test

BOOK A SIMPLE PSA BLOOD TEST NOW

BOOKING INSTRUCTIONS

Prostate Cancer Screening



- YOU MUST book an appointment to be tested (no walk-ins)
- YOU MUST have your NHS Number to book an appointment
- YOU MUST book online at www.chaps.uk.com/events
- YOU MUST print out and bring your appointment confirmation

Important - when booking please ensure you give your full first name/s do not use shortened names such as Bob or Andy etc. Please make sure it is your full given name. Please also ensure your NHS number is correct. Failure to do so will result in your sample being rejected by our labs.

NB. PSA screening blood tests are for men aged 40-80 who are not already on treatment or under care for a known prostate condition. Screening is strongly recommended for men of Black African and Caribbean heritage and men with a family history of prostate cancer, breast or ovarian cancer who are at high risk from prostate cancer.

EARLY DETECTION SAVES LIVES

Event supported and sponsored by:



Charlie Neale

Provincial Senior Grand Warden

Charlie was born in Ditchingham, Norfolk in 1957. Charlie's parents met in wartime and although his father originated from Wrexham and his mother being born in Kirby Cane, Horace and Lorna made their home at The Lodge, Kirby Cane

where Charlie spent his early childhood and in his teenage years moving to Ellingham so that the family could care for an elderly relative.

School years were at Ellingham Primary and Bungay Secondary Schools and being eligible to leave school at the age of 15 he considered joining one of the Forces, however not being able to join until the age of 17, his father encouraged him to attend Lowestoft College where Charlie completed an Engineering Course resulting in him being offered a 5-Year Apprenticeship as a Trainee Electrical Engineer with the Eastern Electricity Board based at Finborough Hall, this enabled him to continue studying and to gain an ONC in Electrical and Mechanical Engineering and an HNC in Electrical and Electronic Engineering.

In 1980 Charlie left the Eastern Electricity Board and joined Fibrenyle, a plastic processing company, based in Ellough. Some 5 years later he was approached by the Owner of M & H Plastics, a very successful family-owned plastic processing company, to join their Engineering Team, where he remained until the end of 2021 retiring after 37 years as a Senior Manager.

Charlie married Benita, who is a member of the Order of Women Freemasons, in 1979, they have two daughters, Ellen and Alison, both married with young families, one living in Cambridge and the other St Albans. Charlie and Benita have never moved house since marrying and live in Ringsfield, they would say 'the house doesn't change just gets updated!'

His introduction into freemasonry came from his father-in-law, W.Bro. William (Billy) Hall PPJGW, eventually being initiated into Apollo Lodge No. 305 in 1999, becoming Master in 2008 and then Secretary and thereafter Lodge Mentor, appointed as a Prov. G. Steward in 2015, 2 years later was asked to be Lodge Secretary of Suffolk Provincial Grand Stewards Lodge No. 9215 a post he held for 5 years, promoted to Prov. SGD in 2019 and Group 2 Rep. in 2022.

Outside of the Craft Lodges Charlie joined; St. Michael's Chapter No. 305 becoming First Principal in 2015, appointed as Prov. Steward in 2018 and Prov. DGDC in 2022; Lowestoft Lodge of Mark Master Masons No. 686 becoming Master in 2017, Prov. G. Steward in 2018, Prov. AGDC in 2021 and Prov. AG Secretary in 2023.

Masonry is not Charlie's only interest, he has been known to watch the occasional football match however his main interest is Formula One and Oval Racing or basically anything that has wheels, he enjoys the outdoor life and spending as much time as possible with the family and four grandsons.

Charlie is passionate about freemasonry and sees it is an honour and privilege to be appointed as Provincial Senior Grand Warden as well as Provincial Membership Officer, he will do his very best to be worthy of both those offices and looks forward to visiting the Lodges within the Province and meeting as many members as possible.

Will Austin

Provincial Junior Grand Warden



I was born in September 1964 in Carshalton Hospital Surrey, and put up for adoption in October of that year. My adopted mum Maureen gave me the best of starts in life with family life and educational. I was mainly educated at Christ's Hospital School in Horsham, Sussex but spent my last year at Sharnbrooke School in north Bedfordshire.

When my father retired from being a headmaster at a school in Bedford he and Mum decided to come to Suffolk to live and they moved to Reydon November in 1981, I followed in December of that year. As Dad was a Freemason in Bedford he subsequently became a Joining Member of Martyn Lodge in Southwold in 1982 and became Master in November 1990.

After Dad died in 1996 I decided it was time to trace my birth Mother, and in 1997 I began that search which turned out to be very successful as my birth parents married two years after putting me up for adoption and I have a further 3 brothers and a sister who are my blood siblings. Coincidentally, I have 3 sisters and a brother in my adopted family, they seem to mirror each other, and

more importantly we all get on tremendously well. I had a brilliant 15 years with Rosemary, my birth mum before she passed away in 2013 due to cancer.

I have a son called Ben who is now 36 and two grandchildren, Freddie, who is 2 and Penelope, born March of this year. I'm hoping Ben will one day follow in my footsteps and join Martyn Lodge.

In January 2002 when I became self employed, the first thing I did was to ask to become a Mason. Being on the milkround and working 6 days a week, I knew that there was no way I could go to a meeting on a Friday night then go to work straight after. I also knew I wanted to follow in my Fathers foot steps into Masonry. So I joined Martyn Lodge in November 2002 and joined the LOI straight away because I used to see dad go out on a Wednesday night and thought that's what you do, so I just went along and joined in. If you want to start to understand Freemasonry then go to LOI. I became Master of the Lodge in October 2009.

I enjoyed my year as Master, what a fantastic experience and privilege to be a WM of your own Lodge, just wonderful. After being Master I was IPM, Tyler, Chaplain, ADC and then in October 2016 DC of the Lodge. I became a Suffolk Provincial Grand Steward in 2013 and Active Provincial AGDC in 2017.

Then, unexpectedly, I was asked to become Provincial Group 4 Rep. A great honour for me. I am also a staunch support of Chapter, being MEZ in 2014 and 2015 for Chapter of Prudence 388, active ADC last year and helping out again this year, MW in Rose Croix at Southwold in 2020 for two years and also I am in Mark. And now the unexpected pleasure and honour of becoming Provincial Junior Grand Warden. I'm certainly looking forward to going around the Province and visiting lodges that I may not have been to and meeting Brethren along the way.

I only mentioned the adoption because life has many twists and turns that we all have to face and learn from and fate has brought me where I am today. Masonry has been a huge part of my life even when I didn't realise it, just as small boy seeing Dad disappear on a certain evening all suited and booted for some unknown reason!! Now I know! Wish he could see me now, I'm sure he would be immensely proud of his boy.

Meet the Wardens



Rose Croix now open to all Master Masons of at least six months' standing

Are you thinking about your next step in freemasonry? Around the world, the second largest order after the Craft is the Ancient & Accepted Scottish Rite, consisting of thirty-three degrees. In England and Wales it is known as the Ancient and Accepted Rite, and is often referred to as 'Rose Croix', because candidates join at the 18th degree, which has the formal title Prince Rose Croix of Heredom.



Building on what you have learnt in the three Craft degrees and the Royal Arch, the 18° ceremony considers the principles of brotherly love, relief and truth through deeper philosophical and spiritual teachings, guiding candidates towards a greater understanding of themselves and their connection to the universe. It is a ceremony unlike any other in freemasonry and is often described by candidates as their most profound experience since Initiation.

As the Royal Arch draws on themes from the Hebrew Bible (Old Testament), so the 18° draws upon various books of the New Testament, but you no longer have to be a Christian in order to join: the Order is now open to all Master Masons who will be of at least six months' standing at the time of their 'Perfection', as the joining ceremony is known. The ritual uses the life and teachings of Jesus to illustrate masonic virtues, which Christians will recognise as the basis of their own faith, but these virtues are shared by all the major world religions and the teachings are of contemporary relevance to all, regardless of their faith.

Most Rose Croix chapters meet only three times a year, so membership is not a significant addition to your current masonic commitments, and the dues are among the lowest of any masonic Order. The regalia of the 18° consists only of a beautiful collar and jewel.

Interested? To find out more, please contact Ill. Bro. David Deal 32° District Recorder of the District of Suffolk, details are in the Provincial Yearbook, or email dave3833@ntlworld.com and he will be delighted to give you further details.

*V. Ill. Bro. Ralph Robertson 33°
Inspector General District of Suffolk*

Jeremy makes donation in memory of his brother Chris

During my year as Master of St. Lukes Lodge my chosen charity was the Motor Neurone Disease Association (MND) as my brother Rev Chris Gregory was diagnosed with this condition three years ago.

Fundraising kicked off with our Ladies Night which was a fabulous occasion and raised over half the total, but the very next day unfortunately I received the sad news that my brother had succumbed to the disease.

We continued fundraising and managed a total of £1000 which will go towards supporting those with Motor Neurone Disease and their families. Pictured above presenting a cheque is L-R Mark Abbott, Jeremy Gregory and Janet Oliver, the MND local representative.



East Anglian Mark Master Masons



East Anglian Mark Masons held their Annual Meeting at Venue 16, Ipswich and was attended by around two hundred brethren and guests on one of the hottest days of the year.

The busy agenda included the Investiture of our new Assistant Provincial Grand Master W.Bro David Good who succeeded W.Bro Richard Styles, and W.Bro Terry Larkowsky taking over from W.Bro Mike Staff as Provincial Grand Secretary.

Provincial Grand Master RW.Bro David Boswell was very pleased to accept £2,100 from Provincial Charity Steward W.Bro Nick Berry, which is the profit raised so far from the Bonus Ball Game organised by Nick and W.Bro Richard Pryor. This was passed to our own charity the East Anglian Mark Benevolent Association and will help the EAMBA support East Anglian Mark Masons, their families and charities across Norfolk, Suffolk and Cambridgeshire.

The PGM also presented £500 to W.Bro Geoff Spencer of East Anglian Royal and Select Masters for their Sesquicentenary charity appeal.

At the Festive Board, everyone received a splendid lapel pin in the shape of an axe. If you see someone wearing it, feel free to ask them about Mark Masonry and it's significance.



We started our new season of social events with a very enjoyable River Cruise along the Norfolk Broads on the Southern Comfort Mississippi Riverboat from Horning. Just under one hundred brethren and friends enjoyed a two course buffet and jazz band, with many joining in the fun and entering the sailing themed fancy dress competition – including the PGM David Boswell and his wife Jenny.

Prizes for the best dressed sailors went to W.Bros Brian Durrant, David Blair and Ted Woods.

Richard Pryor

Annual Meeting at Holbrook 2024



A big Bicentennial in Suffolk



Seeing a 200th Bi-Centennial Meeting is a rare thing and it's even more special when you see it delivered with such attention to detail, warmth and the quality that was on offer from The Lodge of Perfect Friendship No. 376 as it celebrated its 200th Anniversary at the Town Hall in Ipswich on the 20th of March 2024.

It was attended by 120 masons with representation from the Provincial Grand Master of Suffolk, R.W. Bro Jolyon Berry, and his officers as well as a delegation from UGLE, R.W. Bro Raymond John Smith, Junior Grand Warden attended with his team together with many other Grand Officers and by the looks on everyone's faces they all had a thoroughly wonderful time.

Upon arrival, people quickly began mixing with friends old and new and as the numbers swelled you could tell the time to begin was at hand.

Freemasons from many parts of the Province and further afield were in attendance to mark this special occasion as not only was it the Lodge's Bicentennial meeting but it was also the chance for the Worshipful Master Paul Taylor to Initiate his son-in-law, Lewis Taylor-Good, in what was a truly wonderful ceremony with many key parts taken by Light Blues. In addition we had the presentation of three Grand Lodge Certificates as well as a 50-Year Certificate to Lodge Treasurer Mike MacGregor.

The Festive Board matched the grandiosity and intimacy of the earlier ceremony with a seven-course dinner, musical accompaniment and many other wonderfully memorable moments. Incredibly well-delivered speeches encapsulated the day before people retired at around 6 pm. However, in keeping with the celebratory mood, the social activities and fun continued as many retired to Ipswich Masonic Hall where families, wives and partners joined us.

So many people have put in a vast amount of work into what had been years in the planning, and it is truly heartwarming seeing it come off. Also, what is even more rewarding was knowing your guests really 'got something' from the day. There would be too many to thank in this article but we all feel the Lodge did itself, its founders and forefathers proud. Also, above all else, we really do live up to our name ... Lodge of Perfect Friendship.

Craig Sennett



Felix Lodge hold their Summer Charity BBQ

On Saturday 10th August, Felix Lodge No. 2371 held their summer BBQ for the 3rd year in succession in the garden of Jeff Deslandes. The event was well supported by masons and their families with over 50 attending, including guests from the other Felixstowe Lodges.



Fortunately, unlike previous years, the weather held for the day, with warm cloudy skies giving us a pleasant temperature.

The day was a great success thanks to the army of helpers. The burgers and sausages were accompanied by a wide range of salads, including a range of paella dishes, all prepared by our members and their wives. The atmosphere was friendly and relaxed with background music helping with the ambience. The event was primarily to provide an opportunity for the Lodge to get together socially during our summer break from meetings. However, with the help of a raffle, we were able to raise £600 for the Suffolk 2029 Festival. It was an excellent day and a great success. Let's hope we can hold it again next year.

Jeff Deslandes

Joint Almoner and Charity Stewards Conference 2024

SUNDAY 13TH OCTOBER
9.30am - 12.30pm

Ashlar House, 23 Eastern Way, Bury St Edmunds IP32 7AB

TIME CONTENT

8.30 am	Registration and Breakfast
9.40 am	Session 1 - welcome
9.45 am	Session 2 - Festival Update
10.05 am	Session 3 - Relief Chest Scheme, Envelope Guidance
10.30 am	Session 4 - Charity Impact case studies
11.00 am	Session 5 - Suffolk Almoner Service Update
11.20 am	Session 6 - Compassionate Conversations
11.45 am	Session 7 - Almoner Impact case studies
12.15 am	Final Questions
12.30 am	Conference Close
1.00 pm	Three Course Sunday Lunch

SAVE THE DATE!
13th October 2024

Who Should Attend:

- Lodge Almoners, Charity Stewards & their partners
- All Freemasons who are interested in charity and pastoral care
- Lodge WM/Chapter MES and their wives/partners
- Visiting Officers and their wives and partners
- Provincial Group Almoner Team and their wives/partners/husbands
- Festival 2029 Fundraising team and their wives & partners
- Provincial Chains
- Exhibitors
- Heads of Suffolk Progressive Degrees

Why should delegates attend and what will they learn:

- Get an update on the festival 2029
- Understand how to set up and manage a Relief Chest
- Appreciate the impact of charitable grants
- Get an update on the work of the Provincial Almoner Team
- Learn about how to undertake Compassionate Conversations
- See the impact of support from the Provincial Almoner Team & MCF

50 Years for Trevor

Trevor Winship's journey in Masonry is a testament to his dedication and passion for the craft. Initiated into Royal Oak Lodge 5119, West Lancashire in 1971, Trevor was proposed by his late father, Ernest Winship. His early years in Royal Oak Lodge were marked by active participation until 1975, when a career advancement led to a significant relocation. Promoted to an Instrument Engineer by his employer, ICI Plastics Division, Trevor moved with his family to Welwyn Garden City, eventually settling in Hitchin. There, he joined Fairlands Valley Lodge. Trevor's commitment to Masonry then saw him become a founder of Codicote Lodge 9129 and he became Master in 1988.



Trevor's professional life took another turn when he relocated to Lowestoft to work with Shell Offshore. His Masonic journey continued as he joined Orient Lodge 1993, where he has held the position of Secretary three times and served as Worshipful Master on two occasions. Trevor's first 50 years in Masonry have been filled with service, leadership, and a steadfast commitment to the values of the fraternity.

Suffolk Freemasons engaging with the community through fishing...



The Suffolk branch of the Masonic Fishing Charity will be holding its next event on the 18th September 2024 at Hintlesham coarse fishery, the event is a great example of the work we undertake as Freemasons in our community by supporting those in need. We need coarse fishing casters for this event urgently, so if you have helped before and can help again, please book in with Jon on jnneill20@gmail.com, casters must be registered with us with a current DBS certificate, we can have this completed free of charge for you on the link below.

If you have never helped and would like to assist with casting and helping someone to fish please select 'Suffolk' on the 'Areas and Events' page at mtsfc.org.uk and cc in Jon on jnneill20@gmail.com

The results of the 2023/24 500 club and exciting news for the new 500 Club

Yes! Finally the long wait is over...having had a very successful 500 club for a number of years AND with the proceeds going to our last festival and the province...we have some exciting news for you.

The new 500 club will be going online, starting from September 2024. You can manage your account online, family and friends can all purchase tickets and the more people that play, the higher the prize money. By going online it will save many hours of administration and draws will be automated with winners notifications and reminders to renew.

Tickets are just £5 per entry and your lodge can also take part and purchase lodge tickets with some lodges very successful with the last 500 Club. Please take one of the Seven Steps and help us to our Festival target of raising 1.5 Million pounds by 2029.



Find the 500 club on our website at <https://suffolkfestival.org.uk/500-club/> is you have any questions do not hesitate to contact Chris Drinkald on chris.drinkald@icloud.com

Finally, congratulations and thank you to all the winners below, we will be making contact to send you your winnings.

Remaining 2023 winners

Draw 4					Draw 5					Draw 6				
Winners	Name	No	Lodge No/F&F	Prize money	Name	No	Lodge No/F&F	Prize money	Name	No	Lodge No/F&F	Prize money		
1st	Bridget Warnes	12	F&F	£127.56	Phoenix lodge	156	516	£127.56	Andrew Hare	205	332	£127.56		
2nd	Colin Hammond	45	3093	£95.67	Anonymous	167	1592	£95.67	Jack (David) Clarke	213	9479	£95.67		
3rd	Anonymous	78	9894	£63.78	Prov Gr R Arch Chap	182		£63.78	Michael Wheeler	224	8122	£63.78		
4th	Ralph Masterson	93	929	£31.89	Mark Whinney	199	4254	£31.89	Anonymous	261	4254	£31.89		

Draw 7					Draw 8					Draw 9				
Winners	Name	No	Lodge No/F&F	Prize money	Name	No	Lodge No/F&F	Prize money	Name	No	Lodge No/F&F	Prize money		
1st	Felix Chapter	296	C3833	£127.56	Doric Lodge	368	81	£127.56	Stephen Martin-halls	16	4618	£127.56		
2nd	Corinthian Lodge	307	3093	£95.67	Colneis Lodge	372	8298	£95.67	Neville Warnes	28	1008	£95.67		
3rd	Unity Lodge	342	71	£63.78	Apollo Lodge	391	305	£63.78	Kelvin Claxton-Middleton	89	9536	£63.78		
4th	Royal St Edmunds	355	1008	£31.89	Apollo Lodge	395	305	£31.89	Landguard Lodge	141	9346	£31.89		

2024 winners

Draw 1					Draw 2					Draw 3				
Winners	Name	No	Lodge No/F&F	Prize money	Name	No	Lodge No/F&F	Prize money	Name	No	Lodge No/F&F	Prize money		
1st	Landguard Lodge	154	9346	£106.00	Anonymous	299		£106.00	Robert Lee	116	1983	£106.00		
2nd	Mark Whinney	198	4254	£79.50	Bridget Warnes	3	F & F	£79.50	Anonymous	132	9894	£79.50		
3rd	Peter Seddon	220	6411	£53.00	Robert Lee	22	1983	£53.00	Alistair Sims	33	1823	£53.00		
4th	Gainsborough Lodge	275	9332	£26.50	David Dumbrell	37	1224	£26.50	Robert Kirkwood	57	71	£26.50		

Draw 4					Draw 5					Draw 6				
Winners	Name	No	Lodge No/F&F	Prize money	Name	No	Lodge No/F&F	Prize money	Name	No	Lodge No/F&F	Prize money		
1st	Waveney Lodge	86	929	£106.00	Neil Gregory	108	8656	£106.00	Rick Orme	51	305	£106.00		
2nd	Anonymous	132	9894	£79.50	Gainsborough Lodge	277	9332	£79.50	Stephen Martin-Halls	16	4618	£79.50		
3rd	Stephen Bye	243	1008	£53.00	Francisco Mackenzie	344	2438	£53.00	Antony Williams	272	9194	£53.00		
4th	Anonymous	379	9704	£26.50	Robert Lee	22	1983	£26.50	Anonymous	164	114	£26.50		



Suffolk Provincial Almoner Team

Suffolk Local Support Providers Update



There are a number of local support services which are offered throughout the Province which Lodge Almoners and Brethren/Companions need to be aware of. Some of these are set out below:

Dementia Day Care

Are you seeking compassionate, engaging care for your loved one living with dementia? Based near Ipswich our newly opened day centre is here to provide a safe and welcoming haven.

Honeysuckle-ourworld@outlook.com Tel: 07375 708891/07715 581450

Cancer Care Suffolk

Cancer Support Suffolk is run with a passion to help the community that we live in. Our dedicated team includes complementary therapists, counsellors, educators, ambassadors and business brains that come together to educate and support the people of Suffolk.

<https://www.cancersupportsuffolk.co.uk> Tel: 01473 211 884

Email: theteam@cancersupportsuffolk.co.uk

Drug & Alcohol Rehab in Suffolk

Rehab 4 Addiction

In England, over half a million people are dependent on alcohol and, sadly, Suffolk is no exception. It is estimated less than 20% of these people are receiving any form of treatment programme for their alcoholism and/or drug addiction. The good news is that help is at hand. At Rehab 4 Addiction, we believe nobody is a 'lost cause'.

<https://www.rehab4addiction.co.uk/country-wide/drug-alcohol-rehab-suffolk>

Art Therapy Books (Essex Freemasons)

Get Started Art is a community interest company which has produced over 55,000 large and small Art Therapy Books for day centres for Alzheimer and dementia sufferers, people with neurological needs, stroke survivors and senior wards in hospitals.

David Barton, Press Officer Essex Freemasons

david.barton@essexfreemasons.org.uk 07982 630036

Suffolk Mobility Equipment Scheme (Suffolk Freemasons)

The Suffolk Mobility Equipment Scheme will loan free of charge, basic mobility aid equipment that may not be easily available from the NHS or MCF. The range of equipment includes wheelchairs, walking frames, sit and stand movement trolleys, crutches etc. The completion of a loan agreement and refundable deposit is required.

Contact the Gatekeepers: Paul Durrant: East 07770 594623; Dougie Paine: Central 07947 355893; Jamie Gwatkin: West 07976 736393

If you have any redundant mobility equipment which is in good condition, and which you wish to donate to the Scheme, please contact the Gatekeepers.

Suffolk Family Carers Ltd

Suffolk Family Carers provide care and support for carers in the community who are looking after a family member. Particularly helpful with assessments for dementia and Alzheimer's

Unit 6-8 Hill View Business Park, Old Ipswich Road, Claydon, Suffolk IP6 0AJ Tel: 01473 835477

Male Mental Health

MANUP?

Men, talking to men changing people's THOUGHTS, OPINIONS & minds about men & mental health.

manup@manup.how

MANMADE: Supporting the men of Lowestoft

MANMADE is a new men's mental health charity based in Lowestoft. We are deeply concerned about the critical issue of male suicide rates.

Recognizing the limitations in accessing mental health services and the significant impact of social isolation, MANMADE is dedicated to building a comprehensive support network for men's well-being in our community.

Jake mason jakemason31@yahoo.co.uk Tel: 07840 692352

Effective Online Safety Tips

As seniors engage more with the online world, they are more likely to become targets for cybercriminals. It has been estimated that older people in the US lose \$30 billion annually due to cybercrime. Arming yourself with a few simple, effective, and memorable safety tips is the best way to protect yourself from online risks like scams, fake news, and abusive trolls. This guide will keep you safe online.

<https://www.wizcase.com/blog/simple-and-effective-online-safety-tips-for-seniors/>

Hospice Care

St Elizabeth Hospice is here for people living with progressive and life-limiting illnesses. We offer expert care and support to help them, and their families, maximise the potential from the time they have left. We provide specialist support in your home, in the community or at our hospice. Our team of professionals work together to identify the clinical and psychosocial needs of patients and refer them to any of our wide-ranging services that could help.

<https://www.stelizabethhospice.org.uk/how-we-can-help/st-elizabeth-hospice/how-can-st-elizabeth-hospice-help-you/>

Compassionate Companions

Our companion volunteers have time to listen and understand what's important for you. There may come a time when you are unwell and cannot tell the people around you what you do and do not want to happen. By making plans now, you can document your preferences for treatment and care so your wishes are known by the right people involved in your care.

Please contact bill.thompson1@nhs.net or call 07443 020291

Military Veterans

1/3 off most rail fares if you get a Veterans Railcard. It costs £30 per year. Visit: gov.uk/veterans-uk Call: 0808 1914 218

UK Veterans (Facebook Group) works with www.forcesonline.org.uk and provides information and support from many military veterans support organisations, partners, & charities across the UK.

The Not Forgotten supports any serving man or woman who is wounded, injured or sick and any veteran with a disability, illness or infirmity; whatever the cause and whenever it arose. Any serving or former member of The Royal Navy, The Royal Marines, The British Army, The Royal Air Force and The Merchant Navy, both Regular and Reserve Forces, may be eligible for our help.

<https://thenotforgotten.org> Tel: 0207 730 2400

Children's and Adult Cancer Support

Ipswich Cancer & Wellbeing Information Centre Woolverstone Wing, Ipswich Hospital IP4 5PD provide support and guidance on all cancer issues and have extensive knowledge of cancers in children and young people. Contact: Julie Finbow (Centre Manager) Tel: 01473 715 748

Macmillan Cancer Information and Support Centre

West Suffolk Hospital, Bury St Edmunds offers Cancer information materials, Complementary therapies, Counselling, Financial support, Information, Benefits Advice and Self Help & Support Groups.

Jules Parker, Lilla Babraff & Louise Steggall on 01284 713 023
Cancer.infocentre@wsh.nhs.uk www.macmillan.org.uk

Cancer Wellbeing and Information Centre

Woolverstone Wing, East Suffolk and North Essex NHS Foundation Trust, Ipswich Hospital IP4 5PD offering Cancer information materials, Complementary therapies, Counselling, Financial support, Information, Benefits Advice, Self Help & Support Groups

Gillian Clarke and Julie Finbow on 01473 715748
cancer.support@esneft.nhs.uk

www.ipswichcancerinformation.co.uk

If you are aware of other service providers which are not on the list, let your Group Almoner know and The Provincial Group Almoner Team will distribute details across the Province.

Field Promotion for Sid's Cessna

Having put my old 1967 Cessna up for a return flight to Beccles by Auction for a trip to the Festival Skydive it was taken up by one of our esteemed members who then donated it to the PGM who to his fearless credit helped fly the old crate into the uncharted heartlands of deepest Suffolk. The old girl wheezed there and back without complaint, she now believes she is entitled to a 'By Appointment' Apron which she now wears with pride.



Sid Turner

Dave delivers the 25,000th TLC Teddy Bear to Ipswich Hospital



A very proud moment for Suffolk Freemasons as Dave Wilson our Teddies for Loving Care co-ordinator accompanied by APGM Ralph Robertson delivered the 25,000th TLC Teddy Bear to Ipswich Hospital Children's A+E Department.

Sandra Gosney, Community Fundraising Manager commented "The support Dave and Suffolk Freemasons have given us over the last 21 years has been incredible, knowing that 25,000 children have received one of these teddies during their stay. We can't thank them enough for their continued support and look forward to the next huge milestone they reach."

Suffolk started delivery of TLC Bears in 2003 with Trevor White, then John Jarman with Dave Wilson taking over in 2017.

We are currently delivering approximately 400 bears a month throughout Suffolk to two hospitals, two ambulance stations, womens refuge centers, and Bury St. Edmunds Cathedral Workshop for anxious children.

Dave commented "I thoroughly enjoy this part of my Masonic career, the joy the children get from receiving a bear and working with the nursing staff who all agree that the bears are one of the best medicines they have, all this is done in my spare time with no cost to TLC".

Find out more about Suffolk TLC here:
<https://www.tlcsuffolk.org.uk>

The Felixstowe Lodges support the Felixstowe Opportunity Group

Felixstowe Opportunity Group (FOG) provides a much needed club, for disabled children and their families, all year round, and organise a range of fun, activity days during the summer holidays. FOG needed help with replacing a fence and other works to improve safety, in time to deliver their summer programme of activities.



Given his many years in social work with disabled children, Mark Campbell, who is currently Master, and Andy Sochon, Charity Steward of Landguard Lodge, offered to help out. Andy very quickly rallied support from the other Felixstowe Lodges and in no time at all, Felixstowe Freemasons had raised the funds. A formal presentation was made at FOG's activity session on 5th July, attended by staff, parents, children, Nigel Palmer and Ole Krebs.

Mark Campbell

Mike Richards

Mike Richards was a well known and respected Suffolk Mason of many years he rose through the ranks to PPSGW and on his way spent many happy years at Ala lodge until latterly at Abbot Baldwin Lodge. He was a Provincial Grand Steward and also served as Group 9 Representative. Mike was a rock solid family man who will be sadly missed by his wife Lin, daughter Jennifer and son Anthony.



For a number of years Mike had suffered from Muscular Dystrophy which he fought with both courage and dignity until it rendered him with a lack of mobility that became ever more difficult for him and his family to manage. It is doubtful that Mike would have lived such a fulfilling life without the staunch support of his wife Lin.



Mike was a very keen sportsman who played cricket in his younger days for Long Melford and played golf for many years at Stowmarket. A self made businessman who started from scratch to become very successful in his field of Flavours and Fragrances.

Mikes funeral service was held at St. Ethelbirts Church, in the village of Hessett, it was as a Masonic sellout and attended by more than fifty freemasons and in many cases supported by their wives. It was packed congregation that said its farewell to Mike who was saluted by a thirty strong Masonic Guard of Honour lining the route into the Church.

May he rest at peace in the Grand Lodge above.

Sid Turner

Golfing for a Cause: Copperfield Lodge Charity Mini-Golf Evening

On a sunny Friday evening, the picturesque Lost World Adventure Golf in Hemsby played host to an event that combined fun, camaraderie, and a worthy cause. Members of Copperfield Lodge 9581, along with their friends and family, gathered for a charity mini-golf competition. The goal? Not just sinking putts, but also raising funds for a meaningful purpose. The event was well-attended, with masons from Suffolk and Norfolk coming together to support the cause. Their swings weren't just about golf balls; they were about making a difference. And make a difference they did! A grand total of £1500 was raised during the evening.

The proceeds from the mini-golf competition will go directly to the children's ward at James Paget Hospital (JPH). Specifically, the funds will be used to purchase sensory equipment. These tools enhance the hospital experience for young patients, providing comfort and stimulation during their stay.



The competition was fierce, but it was two Copperfield Lodge members who claimed victory. Mark Bullent and David Mills secured the first and second places respectively. But their generosity didn't stop there. Instead of pocketing their prize money, they selflessly donated it back to the fundraising pot.

As the sun dipped below the horizon, attendees left with smiles on their faces, knowing they had contributed to a worthy cause. Copperfield Lodge expressed their thanks to everyone who participated, making the event not only successful but also enjoyable. Cheers to the next mini-golf charity evening, where swings become a force for good! Remember, it's not just about sinking a ball into a hole, it's about sinking hearts with compassion and kindness. A special thanks to James Gray and family who donated food and the use of their Mini Golf to make it all happen.

Suffolk Freemasons coming together for the good of our community

Craft Masons, Mark Master Masons and Royal Arch Masons all came together to help the Bumblebee Children's Charity, based in Ipswich with their wonderful work in our community. Hartismere Chapter of Royal Arch Masons decided to support Bumblebee when they heard of the enormous help they had given to Ada, the Granddaughter of Robert and Denise Crozier. Robert is currently 2nd Principal and the Chapter decided to make a donation of £500. At the same time Freeman Lodge of Mark Master Masons in Bury St Edmunds were looking for local charities to support and decided to make a donation of £200 to Bumblebee. Prince of Wales Craft Lodge in Ipswich were also similarly inspired to donate £500 from their members charity funds to Bumblebee.

Roger Young the current Master of Suffolk Installed Masters lodge, also being a member of Hartismere Chapter and Freeman Mark Lodge decided that it would be a good idea to pull all of these donations together and add a donation and money raised by the raffle from their May meeting to this very deserving local charity.

Jon Neill, the Suffolk Provincial Charity Steward just happens to also be the Charity Steward of Suffolk Installed Masters Lodge. So with his assistance all of the money was put together, and the Province then provided some match funding by way of an additional £1,000, altogether making an amazing total of just over £2500 raised.

At the May meeting of the Suffolk Installed Masters meeting held in Felixstowe the Brethren and partners/wives were treated to a presentation by the Bumblebees from Ms Bernadette Patai, Professional Team Leader, illustrating the vast difference it can make to the children's lives and to their parents. Many of those watching could not help but be moved by the stories and the difference this outstanding small charity makes right here in our community.



Mr William Petersen, the Charity's Chairman of Trustees, was also present and explained how this money will help with the running costs and assist the charity to expand its operations in Suffolk. He went on to say how children and their family's lives are changed by the generosity of Suffolk Freemasonry and others that so generously give, enabling them to keep their services operating as they rely solely on peoples generosity.

The charity was expecting a small donation of a few hundred pounds but were shocked when the members of these Suffolk orders came together and presented them with donations totalling over £2,500. The WM of Suffolk installed Masters Lodge, Roger Young, said, "It has been great to see that three of our orders here in Suffolk have come together in this way and managed to increase the giving. This demonstrates the power of Freemasonry in Suffolk and the generosity of its Brethren, I cannot thank you all enough".



Dear Companions,

Following a year of great changes, we can now look forward to a season of great expectations. In November, we welcomed our new Most Excellent Grand Superintendent, Ex Comp Jolyon Berry and he has already introduced a number of practical initiatives to help the Province run more smoothly, bring RA and Craft closer together, encourage us to connect more with our community, but above all to have fun. Certainly, I sense a growing spirit of anticipation and enjoyment on my visits.

As many of you know, we have a Craft Membership Challenge and the signs are that we made a great start in 23/24. It goes without saying that anything we can do as Companions to support the growth of Craft numbers ultimately rewards RA as “a rising tide will lift all boats”. In addition to the Challenge however, we also would like to focus this year on improving the proportion of Brethren who join RA and on encouraging unattached Companions to find and join a suitable Chapter.

I am sure that there is a great deal that we can all do to make this happen. In essence we need to spend time this year exploring what we think might encourage Brethren not just to join us but to feel at home and engaged. We might reflect on our ceremonies, dividing the work, giving our ceremonies context and how we run and arrange our festive boards. Done well, we have the most wonderful ceremony and there is nothing quite as friendly and inspiring as a good Chapter meeting.

To this end we will be holding our first Provincial Chapter Forum on 5th September at Ipswich. Delegates from all Chapters have been invited but everyone is welcome to come (but please book in with the Assistant Scribe E asstscribe@suffolkfreemason.org.uk). This is our chance to come together as Suffolk companions and share ideas and best practice. We will take the opportunity to launch the new Archway initiative but the main theme will be “The RA Experience” – ideas to improve ceremonies, involvement and retention.

One thing I was pleased to see in the second half of last season was an improvement in visitor numbers. We seemed to have struggled post Covid, but slowly numbers are coming back. What should help moving forward is pulling out all the stops to advertise our meetings – especially the exaltations. Our Communications Officer Ex Comp Kelvin Avis is always happy to post details of forthcoming meetings on the various social media sites – but we do need to let him know in plenty of time. I am convinced that most of us would make time to visit an exaltation if we personally knew the candidate. So, let's try to be better at getting the message out. We don't need to wait for the summons to be ready – a simple email to the Comms Officer and local craft secretaries will help spread the word.

Companions, if you are not a regular visitor, then I invite you to get out your diaries and plan to attend a few meetings this season– you will be made most welcome. There are more than a dozen installation meetings in September and October and I've already had word from Scribe Es of approximately one exaltation meeting planned every week including a least two doubles (Orwell, Hartismere) and I am sure that I will be getting news of many more. And, in October C388 Prudence will have their Bi-Centenary meeting which should be a wonderful occasion.

I would also encourage Companions to support the various social and charitable events that will be organised by your lodges and chapters in the year ahead. Coming together with brethren/companions, family and loved ones helps underpin all that we do. To this end, in June we held our first Charity Walk and Picnic at Needham Lakes. A great venue and a great cause but.. terrible weather!! Thank you for all those hearty souls who braved the elements on probably the worst day of the summer, not just to raise money for the Festival, but to be part of a Chapter social event. I am pleased to say that our aim is to have an annual summer picnic. So, fingers crossed for sunshine next year.

Another event that we hope will become a regular fixture is the Evensong Service at Bury St Edmunds' cathedral followed by tea at Ashlar House. The Dean of the Cathedral has been a great friend of Suffolk Freemasonry and we are very grateful to have his support. Please put 3.30 Sunday 6th October 2024 in your diary.

I would like to thank, in advance, our Chapter Stewards, who will supporting the Evensong service and also thank them, belatedly, on behalf of all the province, for their wonderful efforts in making the provincial meeting such a success. The meeting will be our last at Venue 16, but possible one of the most successful. Thank you too, to the great team of DCs and active officers, led by Ex Comp James Orlopp for making the day run so smoothly. I am particularly grateful to outgoing Provincial Scribe E, Ex Comp Bob Heavisides for a monumental effort in co-ordinating the day ably assisted by Provincial Assistant Scribe E Ex Comp Graham Saward.

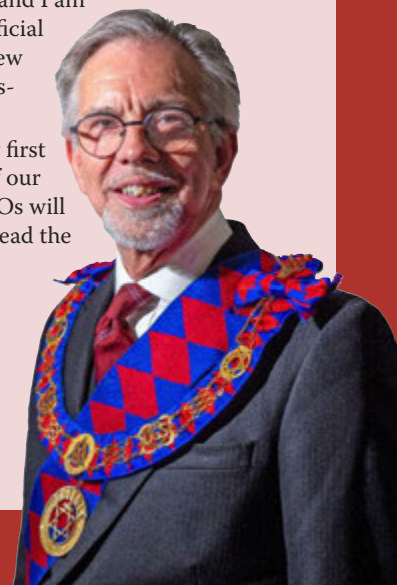
As many of you may know, Bob's successor, Ex Comp Trevor Tinley, has had to step back from the role for health reasons, but we are very pleased to welcome 'Cyril' Filby to the role. Ex Comp Andrew Pryke was appointed Active Scribe N in May and I am pleased to announce that our Most Excellent Grand Superintendent has asked Andrew to join the team of official visitors for the season ahead. I know that you will all extend him a warm welcome. I also congratulate Andrew and Ex Comp Bob Heavisides and Ex Comp John Kirk for gaining Grand Rank appointments and promotions– all very well deserved.

Finally, I am pleased to confirm that this month the Most Excellent Grand Superintendent has appointed our first Visiting Officers (VOs) who will not only cover craft lodges but will be supporting our RA chapters as well. If our goals are to be build connections with our community, our groups and our local lodges, then I believe that VOs will play an important part in gaining these targets. The VOs give us an opportunity to develop closer ties, to spread the word and to recruit more members. Congratulations to all the VOs who have been appointed and we look forward to seeing at our meetings.

Companions, The Second and Third Grand Principals and I also look forward to seeing you all on our travels this coming season and if we have as much fun this year as last then what more could we ask for.

Tim McCormick

Deputy Grand Superintendent



Gippeswyk Lodge Banner Restoration



Before restoration

When Gippeswyk Lodge No 4254 came to life in April 1921, a lodge banner was commissioned by the Founders. The project was undertaken by the Ipswich School of Art under the watchful eye of the principal, who may, or may not have been a Freemason. The Anglo-Saxon name for - what is now Ipswich - was Gippeswyk, 'the settlement on the River Gipping'. For this reason, the design of the banner closely followed the coat of arms of the county town of Suffolk with masonic emblems included to strengthen the ties between the town and Freemasonry. Skilled artists and embroiderers set to work and produced our banner. It is a beautiful piece of work. The banner has served us well, with a little bit of TLC from time to time, for over 100 years, and has hung proudly at every meeting since the consecration of the lodge.



After restoration

In January of this year disaster struck, the main structure collapsed. The internal panel on which the strength of the banner depended gave way which

resulted in the bottom fringe falling apart. We then discovered that the old silks on which much of the embroidery depended had rotted and the whole thing looked so sad.

The big question was, "What do we do now?" Several options were explored, including commissioning a new banner the same. This proved to be quite a challenge, as none of the alternatives came anywhere close to replicating the beautiful piece of art we had been used to. A much-loved Brother came forward and offered to pay for the restoration of the banner, an offer which was accepted with grateful thanks. Fortunately, we have, on our doorstep a company called Mary Collings Church Furnishings, who are experts in embroidery and make church vestments and many fine furnishings for churches of all denominations. They are renowned throughout the country and acknowledged as among the leading suppliers of ecclesiastical goods.

As it so happened, some years ago we had cause to have some remedial work carried out on our banner, and a former Provincial Grand Chaplain recommended Mary Collings to me. It therefore made sense to ask them to examine the banner and give us an opinion as to whether it could be restored. The advice was, to the effect that there was a 90%+ chance of a successful restoration, and that it would be possible to bring it back to life. Having made the decision to proceed, in late February the banner was entrusted to their care. Once again, fortune favoured us. Mary Collings was able to source the special silks from a well-known company in Sudbury, the colours being an almost perfect match for those that had rotted.

Specialist embroiderers were commissioned to work on the project, and the banner spent some time in London being worked on by highly skilled ladies, one of whom had been involved in the remedial work some 20 years ago and remembered what she had done. We were kept updated on the progress of the work during the entire process, and in early May the banner was returned to us. It was magnificent. All the damaged panels had been replaced, the fringe renewed, the broken tassels repaired and the gold threads had been treated with a special preservative which should maintain their lustre. We were also given a photographic record of the work carried out during the restoration.

Sadly, our brother who had sponsored the restoration died suddenly a few days before the banner was returned to us, and at our meeting in May I had the honour to deliver his obituary oration as the banner hung proudly in our lodge once again.

We had a special cover made which was paid for by two of our brethren and will protect the banner when it is not in use, and we have resolved to ensure that it is kept in its cover, and that it will not leave Ipswich Masonic Hall again.

Brethren, our lodge banners, and artifacts are of great importance to us. You will no doubt recall that the Hebrews gathered under their respective banners during their journey from Egypt to the Promised Land under the leadership of Moses. So too do we assemble under the banners of our respective lodges, and hopefully we always will.

Our banners are special, and their cost considerable. The more ornate the design, the more they cost. On completion of the restoration, we were told, that should catastrophe befall us, and assuming the necessary embroidery skills were available, it would take around 18 months work to remake an exact replica and would cost - at today's prices - around £25,000. So, look after your treasures, they will not be easy, or cheap to replace.

John D. Frew. PJGD (Eng)

A Fantastic day was enjoyed by
Companions and their families

Suffolk
Chapter
Charity Walk
and Picnic
In aid of Suffolk Festival 2029

Needham Lakes and Gipping Valley River Walk

"A big thank you to all that came along and joined us for a walk around such a beautiful part of Suffolk, we all wonderful day spent together. We look forward to next years Annual Walk and Picnic - let's just hope for slightly better weather!
Watch this space for details of the Suffolk Provincial Chapter donation to the Suffolk Festival 2029 - fantastic effort Companions!"
Tim McCormick, Deputy Grand Superintendent



Festival 2029 FAQs

What is a Festival?

A festival is a fundraising appeal that is held to raise funds in support of the Masonic Charitable Foundation, MCF. The festival consists of an 'appeal' and a 'finale'. During the appeal, members are encouraged to donate, raise funds, participate in events, to learn about and promote the work of the charity, and join together for the benefit of the province, the members and the MCF. The result of the appeal is celebrated at a final event where the total amount raised through donations is announced and the achievements and activities of the province are celebrated. A festival is very much a partnership with the MCF. Through participation in every aspect of the festival, the MCF aims to work with the province to deliver a successful outcome.



What does Suffolk achieve from the Festival appeal?

We receive grants, support and assistance from the MCF throughout the year, not just during the Festival. The amount of money we get back and the support we receive is often more than what we raise.

How does Suffolk get this money back?

We receive this money back by the grants and support which is accessed through the Prov Charity Steward, the Prov Almoner or by direct contact with the MCF. See the MCF website for further information on grants.

When does the Festival finish?

It started 1st January 2024 and is planned to finish in Summer 2029 with an event where all Masons and families will be welcome to celebrate our success.

Do we qualify for gift aid on our donations?

Yes, you can use the Festival relief chest then the gift aid is automatically paid in for you, straight into the relief chest.

Do we get interest on the money we donate?

We can receive up to 10% back in interest making it better than any bank.

What happened to the old masonic charities?

They were all combined and now operate under one umbrella, our own charity the MCF.

Where can we get more information about Festival29?

The Festival website is now live giving you full information on all our plans and projects, but in the meantime if you have any question at all, would like to be part of the festival team or undertake a fundraiser, please email our Festival Chairman Jon Neill on chstdw@suffolkfreemason.org.uk

www.suffolkfestival.org.uk

St. Lukes Lodge and St. Lukes Chapter join forces to present Educational Boxes to Northgate High School, Ipswich

A donation has been made to equip Students within the Special Educational Needs Department of the school with a number of LEGO Educational Boxes. This is a system designed to have a learning approach that combines the joy of building with engaging curriculum materials to help students develop essential skills for the future.



During the visit David Broughton the Secretary of St. Lukes Lodge, Mike Staff the Scribe E of St. Lukes Chapter and Trevor Tinley were able to observe students engaging with the 'Boxes' and saw first hand the users staying focused and on task.



Those requiring extra help are now able to improve in a number of areas that may otherwise not be open to them. The LEGO System offers development of key skills, encouraging creativity and innovation and makes learning engaging and fun which promotes team work and collaboration.

This computer based concept has been teamed with the LEGO building platform and enables students to select and build, to their own specification, numerous working

objects from cars and ferris wheels to pinball machines and creative buildings.

The Deputy Head Teacher wished his thanks to be recorded to St. Lukes for their donation of £1,500 and this was seconded by the SEND Department of the school. Everyone agreed that the visit, the presentation of the boxes and seeing the pupils engaged with the new system was a highlight not going to be easily beaten.

The Lodge and Chapter members unanimously supported the proposal to pool resources for this donation, showcasing joint working between Craft and Royal Arch at its very best.

Trevor Tinley

Rotary Lodge Annual BBQ

The Rotary Lodge of Suffolk held its annual BBQ at Ross Lunney's home. Sixty six Brethren, their families and friends enjoyed an excellent afternoon in glorious weather shared with friends.

The meat was, again, provided by George Debman and excellently cooked by our Worshipful Master Ross Howard, ably assisted by Ryan Downing.

The Raffle was run by Barry Bloomfield, the monies raised to be allocated to our Worshipful Master list. Our thanks to Ross Lunney and his wife Pauline for hosting this event in their beautiful garden. Hopefully they will host us in 2025!



Allen Snow



A message from the Festival Chairman

When I was asked to lead the 2029 Festival appeal, I knew it would be a very busy and active role, I am slowly working my way round the lodges to say hello and update you on all things Festival and Charity, but if you need my help in the meantime please don't wait for me to visit, just drop me a line I'm always happy to help.

We are eight months into our appeal and we are still working on some projects going live shortly, the Festival merchandise is on its way to the lodges and the new style 500 Club will start very soon.

The highlight so far for me was the launch night at the Cathedral, the Festival team behind me worked hard to ensure it went with a bang and the pictures tell a thousand words. It was clear to see it was enjoyed by all and set the Masonic bar high, the MCF told us they had never seen a launch night quite like ours. To report that night on our total hitting half a million in just three months was an amazing feat and no other organisation has set fireworks off and driven a motorcycle through the cathedral quite like us. Having the Dean say such kind words was a moving moment and I hope we can support him and send a good delegation along to their Evensong on the 6th October at Bury Cathedral.

To top that as the Torch was walked down the nave by Andy Gentle to Jerusalem, I was bursting with pride. As it starts its journey around the lodges of Suffolk, collecting donations and raffle monies as it goes and then seeing the plans people have for it I know by the time it gets handed back to the PGM at the finale, we will have done an amazing job and had some fun doing it.

The parachute jump was very well attended and raised a huge sum of money, another proud moment. It was great to have our PGM get right behind it and make the jump with the boys, I must admit I felt a little guilty having press-ganged him, but I'm pretty sure he will get his own back.

We are busy planning the next event, but remember to please plan and advertise your own lodge Festival events and check the website for what is coming up. Remember we are in this together, we will continue to work as one, help and support each other and to smash that 1.5M provincial target.

Finally, I thank my team for their support and help and to you brethren, thank you all so much for your words of support and encouragement - you all make me very proud to be a 'Suffolk' Mason.

Jon Neill, Festival Chairman

Festival Jewel update

What a truly amazing start to our Festival Jewel campaign as to date we have nearly 600 of you signed up, pledged and wearing a Festival Jewel. This has pushed our pledged Festival total to in excess of £500,000 in just seven months. Well done to all that have taken part.

The goal was to try and have 1000 plus members of Suffolk sign up and wear the jewel to celebrate our Festival. It is not too late to sign up, £5 a month on DD will get you a Jewel and enable you to wear it with pride.

Please go to our website at www.suffolkfestival.org.uk to sign up on a DD and receive your jewel. If you need any help contact Roger Cawston on roger.cawston@talk21.com

Coming soon... 'Suffolks got Talent'

The event will be in 2025, in a similar style to Britain's Got Talent with our executive as official judges. We need singers, groups, performers, comedians, artists, magicians, dog dancing skills in fact any member of Suffolk Freemasonry or a family member who has some talent they can share!

Contact us on chstwd@suffolkfreemason.org.uk for more info or to register an interest. This will be a fun event not to be missed, casual dress code, families welcome, full details to follow but tickets will include a basket meal so please book early to secure your seat.

Festival 2029 Merchandise available now...

Finally, our suppliers have delivered our stock, so the festival merchandise will be coming out direct to your lodges for the 1st of September. Please see your Charity Steward to purchase your goods direct from your lodge. We have kept the range simple and all the monies raised will be going against your lodge and towards our appeal, so please support the sales of merchandise.

Maybe purchase some for your raffle and if you run short your charity steward can contact Mark for a top up on stock. The silk bow ties come either ready-tied or tie your own, they and all the merchandise can be ordered from Mark Campbell - mark.campbell60@sky.com.



A Milestone for the Royal Order of Scotland in East Anglia



In 1923, a group of nine distinguished Freemasons, all of whom were members of the Royal Order of Scotland, decided that it would be advantageous to have a Provincial Grand Lodge of the Order closer to home and submitted a Petition to Grand Lodge. The Petition received favour, and after much endeavour the new Provincial Grand Lodge was Consecrated and Erected on the 30th of October 1924.

The first entry in the minute book read:

A special meeting of Grand Lodge was held in the Masonic Rooms, 47 St Giles Street, Norwich at 2 p.m. on Thursday, October 30th, 1924, presided over by R.W.Bro. Colonel The Right Hon. The Earl of Kintore, Deputy Grand Master and Governor of the Order, who proclaimed:

By virtue of the power and authority of Grand Lodge, the counties of Norfolk, Suffolk, Cambridge and Huntingdon were constituted a Provincial Grand Lodge of the Royal Order of Scotland under the title and designation of the Provincial Grand Lodge of East Anglia.

During the early years the Lodge met at Ipswich in February, Cambridge in May and Norwich in November, usually with 2 Candidates for Advancement and Promotion at each meeting, but occasionally as many as 5. Since our consecration we have welcomed almost 500 Candidates.

The occupations of candidates is an interesting insight into the changing face of society. We have had an Ice manufacturer, tanner, rubber planter and money dealer in our Lodge, together with all the usual professions. There has also been the odd Police officer or two!

At the meeting of Provincial Grand Lodge held on the 10th of November 1939 at Norwich, the Provincial Grand Master stated that, following the declaration of hostilities with Germany and the difficulties in transport due to the shorter hours of daylight, he had decided not to hold the meeting in Ipswich in February. He hoped however to hold the meeting at Cambridge in May if circumstances permitted.

Several subsequent meetings were disrupted during the War years, including that of Friday 21st of May 1943 at the Lion Hotel, Cambridge, when the Provincial Grand Secretary, Bro. Jabez Ernest Albert Sorrell was installed as our 3rd Provincial Grand Master.

With peace restored, we adapted to the 'new normal' and the Lodge continued to prosper and

focused on the important issues of the day, such as subscription rates and provision of wine at the Festive Board and that the Lodge ledger had sustained damage in the 1953 east coast flood disaster and required re-binding.

The 1950s proved to be an important period in the history of the Province with the arrival of a joining member, Brother Norman Hackney.

Brother Hackney, fascinated by the ritual, started to delve into the origins of the Order and produced a booklet of 'notes' in 1951, copies of which he sent to a couple of distinguished Brethren.

A week or two later he received notification that the Grand Secretary was asking questions about his work and he, reluctantly, sent him a copy of his notes. He received a reply that the Grand Secretary had read his notes "with great interest" and passed them to the Grand Librarian for further examination.

Brother Hackney, now a PDPGM of the Province of East Anglia, received permission from Grand Lodge to produce the final version of his notes in 1967 on the understanding that they were to be in the personal keeping of Members of the Order. 100 copies were printed, two of which are held in the Provincial archive.

It is with profound regret that the minutes of the Lodge for the

period 1960 to 1990 cannot be traced and therefore there will inevitably be some gaps in our history, which underlines the necessity of maintaining an archive for use by future generations, especially as we move to more electronic records, and it is too easy to press a 'delete' button.

Along with the rest of society, Freemasonry was severely restricted by the onset of the Covid pandemic in 2020, with all meetings suspended. The situation gradually improved with meetings restored by the end of 2021.

And so, we turn full circle with 100 years of history, and we are making history today.

I believe that there has never been a centenary meeting of a Lodge anywhere where a member, who is older than the Lodge itself, still takes an active part in the Ceremony, Brother Alf Garner.

Brother Alf was Installed as our Provincial Grand Master by The Earl of Elgin and Kincardine - Deputy Grand Master and Governor, on the 30th of March 2007. On that occasion, the Deputy Grand Master and Governor was attended by the Grand Director of Ceremonies, Ewan Rutherford – who went on to become our current Deputy Grand Master and Governor and attended the centenary meeting held at Colchester on the 5th of April 2024.



The photograph shows the current Right Worshipful Provincial Grand Master, Bro. Ralph Robertson receiving the Centenary Certificate from the Deputy Grand Master and Governor, Bro. Ewan Rutherford and the Deputy Grand Marischal, Bro. James Fraser.

Enquiries regarding membership of the Royal Order of Scotland should be directed to the Provincial Grand Secretary Alan Brown, Tel: (01502) 518801, e-mail: alanbrown127@aol.com



Sparta Chapter Installation



At its Installation meeting on Friday 24th May 2024, Sparta Chapter No. 9771 was pleased to Install Jolyon Berry as its First Principal, Ian Foster as Second Principal and Roger Nash as Third Principal. Also appointed were Dean Willingham as Scribe Nehimiah and Ralph Robertson as First Assistant Sojourner. It was especially pleasing to see the Right Worshipful Provincial Grand Master and MEGS, the Deputy Provincial Grand Master and the two Assistant Provincial Grand Masters all in Office in the Chapter.



At the same meeting the Chapter Charity Steward Brian Simpson was pleased to present a cheque for £2,000 to the 2029 Suffolk Festival for the Masonic Charitable Foundation.

Reg Rivett

New Organ for Felixstowe Masonic Hall Trust

Felixstowe Masonic Hall Trust (FMHT) has recently purchased a replacement organ for the Temple in Orwell Road. The old one had become increasingly unreliable and parts difficult to source. The replacement was possible thanks to a generous donation from Brian Bowen of Felix Lodge No. 2371, organist for over 20 years. Graham Colthorpe, Provincial Organist, assisted in sourcing the replacement and he recently held a demonstration and instruction session with our Lodge & Chapter Organists and some aspiring candidates!



We look forward to hearing the results when we reconvene in the autumn.

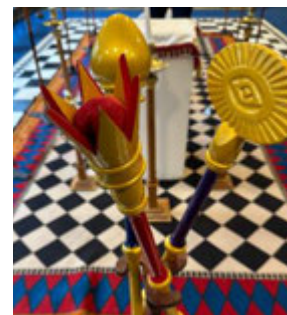
Nigel Palmer, Chairman, FMHT

SLB Red Table success at Ashlar House

The Red Table event, hosted by the SLBs and Suffolk Provincial Grand Chapter, returned to Ashlar House on Monday, April 22nd, 2024. This was the second of a series of events built on the success of the Lowestoft SLB Red Table in late 2023.



Many craft members and unattached companions from the Bury St. Edmunds area came along to find out all about the Royal Arch and its Chapters in Suffolk. The presentation included topics such as why you may consider joining the Royal Arch, how it is the indissoluble link with the craft and the colourful experience it offers its members.



With many of the attendees now balloted and waiting to be exalted or re-join, the scene is set for them to discover those long-lost secrets. The SLB Red Table offers a 'sneak peek' of the Royal Arch with key speakers such as the Deputy Grand Superintendent, the 2nd and 3rd Grand Principals and the Deputy Provincial Grand Master.

The next SLB Red Table is to be held in Ipswich and will be advertised shortly... so keep your eyes peeled for your opportunity to 'Come along and learn all about the Royal Arch'.

The Royal Arch

The next natural step for a Master Mason



Q. Who can join?

A. Master Masons

Q. How soon can I join?

A. Four weeks after you have been made a Master Mason

Q. When should I join?

A. When it suits you

Q. Where do I join?

A. We have 32 Royal Arch Chapters covering Suffolk

Q. How do I find out more about the Royal Arch?

A. Talk to your lodge Royal Arch representative

Q. Can I contact the Royal Arch?

A. Yes, email asstscribe@suffolkfreemason.org.uk

Learn more about Suffolk Royal Arch here:

www.suffolkpgc.org.uk

We have lift Off! Suffolk Mobility Equipment (Loan) Scheme is ready to go!

The Suffolk Mobility Equipment (Loan) Scheme (SMES) was started at the Provincial Almoners Conference 2023. At that point, the principles were agreed but there was little flesh on the bones. Since last autumn, a lot of progress has been made and we can now formally launch the initiative. There are many people to thank for their support.

Objectives – The Suffolk Provincial Group Almoner Team will manage the Scheme and envisage that it will be similar to those operated successfully in Essex & Norfolk, enabling Brethren and dependants to borrow on loan free of charge, basic mobility aid equipment that may not be easily available from the NHS or MCF. The range of equipment will include wheelchairs, walking frames, sit and stand movement trolleys etc.

Storage Sites – Three sites have been secured at:

- Eastern Area – Lowestoft Masonic Hall, 101 The Avenue, Lowestoft, NR33 7LJ
- Central Area – F.E.S Folley Electrical Services yard, Gosbeck, Stonham Aspel
- Western Area – Bury St Edmunds Masonic Hall, Ashlar House, 23 Eastern Way, Bury St Edmunds, IP32 7AB



This could not have happened without the support of the Masonic Hall management committees in Lowestoft & Bury St Edmunds plus Dougie Paine Deputy PGA. Thank you to all those Brethren involved.

Storage Containers – Two containers were needed for Lowestoft & BSE. These have been kindly donated, refurbished and delivered by Paul Rackham and Neill Tweed with the help of the Suffolk Light Blues. These are now all in place after a lot of effort:

The organisation of this element of the project has not been straight forward and I would like to acknowledge and thank Paul & Neill & the Suffolk Light Blues volunteers who have made this happen. The Almoner Team now have three bases across the Province to work from.

Documentation – A loan agreement template and operating protocol has been prepared and reviewed by the Provincial Registrar and his assistant. I would like to acknowledge the assistance of W. Bro David Barker who reviewed the documents.

Mobility Equipment - We are seeking help from the Brethren/Companions of Suffolk to locate and provide second hand, unused mobility aids and equipment that has become redundant and which is looking for a new home. All items must not be subject to return agreements with other lenders i.e. NHS /Red Cross! The equipment must be clean, unaltered from its original manufactured specification and in good working order. We do not want motorised wheelchairs or medical beds. The Gatekeepers will have the right to turn away any equipment if it is judged to be “not fit for purpose.” We hope you understand! Please contact your nearest Gatekeeper if you have any items.

At present, we have the following items available for loan:

East 1 x wheelchair, 1 x walking frame

Central 3 x wheelchairs, 6 x walking frames, 3 x Rollators, 2 x Kitchen support chairs, 3 x Toilet support frames, Several Raised Toilet seats, 2 x Trolleys, Several walking sticks and crutches, 1 x bath lift seat.

West 1 x wheelchair, 1 x Rollators

Gatekeepers – Three members of the Provincial Group Almoner Team have agreed to become Gatekeepers and manage the three sites. They are:

East	Paul Durrant	07770 594623	durrantpaul@hotmail.co.uk
Central	Dougie Paine	07947 355893	paine69@sky.com
West	Jamie Gwatkin	07976 736393	jamiegwatkin@btinternet.com

Please help to build up the equipment stock and use the Scheme. It is here for you! Thank you again to all those who have helped get us to this point...you know who you are.

Jamie Gwatkin – Suffolk Provincial Grand Almoner

Suffolk Mobility Equipment (Loan) Scheme

We need any unused mobility equipment including:

Wheelchairs (not motorised), Walking Aids and Frames, Sara Steady Sit to Stand Aids and other simple basic mobility aids.

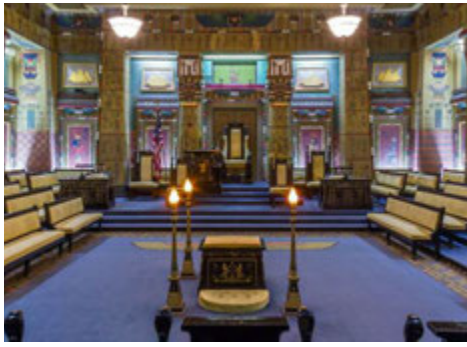
Items will be made available for members and dependants to borrow on loan, free of charge

Please contact **Dougie Paine 07947 355893** or **paine69@sky.com** or any member of the Provincial Group Almoner Team.



When cousins visit...

Over 30 years ago, whilst earning a crust as a Long Melford Innkeeper I often played host to American visiting veterans and their families returning to the scene of their wartime home. The reunions with their



Suffolk hosts and the tales of their exploits and brave valour filled many an evening dinner or lunch. I was eventually to write an account of those times, "When Cousins Come to Stay" and their boundless sacrifices (they lost over 200 men from Sudbury alone), had a lasting effect on me. Then, in 2015, a masonic chum told me of a visit to East Lancashire where he had been deeply moved by an American ceremony of The Empty Chair, originally written to heal divisions after their Civil War.

I obtained a copy and rewrote this lovely piece setting it in an English Temple after that bloodiest of conflicts during 1914-19 when so many of our Brethren made the supreme sacrifice. Originally performed by my own Priory Lodge it was to be embraced by our own Provincial Stewards Lodge and has now been demonstrated by that very professional team of thespians many times from London to Northampton, always to fond acclaim and also raising a fair amount for charity, and will thus continue. As it has been written for the 'entertainment' of all, our ladies and guests have been there to somewhat enliven our evenings.



Now forward to the present day. Bill Dotesio Eyres was visiting a Lodge in Philadelphia and told them of our tableaux. They expressed interest and Bill thus informed me. I then again completely rewrote the script setting it

amongst those very veterans of the 486th USAF, based here in Sudbury, that I earlier mentioned. So, with a team of Suffolk masons we are visiting the Grand Lodge of Pennsylvania, with some ladies and non-masonic friends in November and perform. I think this is somewhat unique as although Brethren of our Constitution have before visited and presented our beautiful ceremonies, I believe that we are the first Province to venture afield to present such a performance. Those brave men of the 486th were to lose so many of their number and still today a few, now very few, return to honour their comrades and cement past friendships. Soon they will all be sadly gone, but with this simple ceremony we can show our 'cousins' they will never be forgotten. Those booked to go are Bill & Debra Dotesio-Eyers, Andy & Julie Gentle, Jamie & Jane Gwatkin, Tim Curl, Sue Kennedy, Jon & Jaci Neill, Chris Drinkald, Sam Baker, Kelvin & Donna Avis, Chris & Christine Wilson, Peter Thorogood, Lee Verrier, Chris Warnes, Philip Klausner, Paul Vella, Chris Sedgewick, Mark Lawrence and Mike Roberts.

To finalise, we hope to present this somewhat unique ceremony here in Suffolk before our departure, details will be published.

Peter Thorogood

Adair Chapter donate £500 to Saxmundham Poppy Appeal

Adair Chapter decided to donate £500 to the Saxmundham Branch of the British Legion Poppy Appeal. Jimmy Burvill, who is currently Haggai and a long-standing member of the Adair Chapter, and his wife Shirley, who passed away last year have been hard working supporters of the British Legion for over 20 years.



Freemasons across the country honour Remembrance Day and we in the Adair Chapter appreciate the hard work the local volunteers do particularly Jimmy and Shirley Burvill and it was an honour to present a cheque of £500 to the British Legion Poppy Appeal. There were 20 volunteer poppy sellers who gathered to meet us at the Promus Centre in Saxmundham and they were surprised and grateful to receive our donation. Whilst we were enjoying cups of tea and eating cake they regaled some incredible tales of the work they do. They were interested in our Chapter ties that Jimmy and I were wearing, we explained that freemasonry has a significant number of orders and gave them a brief history of the Royal Arch. We also put to bed the myth that we only look after ourselves and that we also support many local charities such as food banks, Aldeburgh Cottage Hospital, East Anglian Children's Hospice, Local Macmillan Coffee mornings and many more.

Ray Pascoe

Suffolk Almoner Team & MCF come to the rescue

Bro Daniel Holmes, a military veteran and new member of Felix United Service Lodge, faced significant challenges after a life-altering road accident in 2005 that resulted in the amputation of his leg. Living in Felixstowe with his wife Clare, their home was not adapted for his disability, prompting them to apply for grants from East Suffolk Council and military charities in 2021. After years of effort, they secured funding for home renovations and hired a local builder to commence work in March 2024.

However, the project quickly encountered issues. Costs escalated, and the quality of work was substandard. When they confronted the builder, he abandoned the job on May 16, 2024, leaving them without the necessary funds to complete the renovations, as he had received all grant money upfront. This left Daniel and Clare in a difficult position, needing to find alternative accommodation on short notice as their temporary caravan was required for holidaymakers.

Seeking assistance, Daniel contacted his Lodge Almoner, who facilitated an emergency application to the Suffolk Provincial Benevolent Fund. Within a week, they received a grant that helped secure accommodation. Clare then approached the MCF for further assistance, leading to the approval of a grant covering 100% of the remaining renovation costs due to their unique circumstances. With renewed hope, Daniel and Clare are eager to return to their beloved home, expressing immense gratitude to the Suffolk Almoners and MCF for their invaluable support throughout this arduous journey.

Jamie Gwatkin

Court Knoll Lodge 9194 supporting the local community

Cockfield is the village I have lived in all my life and I went to the local primary school as did my parents and my children. The school has circa 75 children attending from the ages of 5 – 11.

Last year a new head master was appointed, Mr. Marc Gilbert, who wanted to revamp the school library, however local government funding was not

available to cover these costs so Marc approached the village for funding. Although generous donations were forthcoming Marc was still £2,000 short of what he needed to complete the project. I, as Master of Court Knoll approached our charity steward and asked if £1,000 of my masters list could go towards the school library project. The lodge agreed.

The Provincial Charity Steward Jon Neill suggested that I also approach the Masonic Charitable Foundation to see if they would match Court Knolls donation. After a few checks by MCF they generously agreed to match. I was then able to go to the school and pledge the full amount they required to complete the project. Mr. Gilbert was overwhelmed by the generosity of not only Court Knoll but masonry in general. This is a great example of how lodges can help and support the local community.

For those brethren who live in the Bury St Edmunds area, look out for the full article in the Bury free Press in September.

Ivan Green, Worshipful Master, Court Knoll



From one old charity to another...

It was with great pleasure that Ala lodge was able to donate the sum of £750.00 to The Stowmarket Relief Fund. This Charity which supports people of all ages who may be experiencing difficulties in Stowmarket and surrounding villages. It has been in existence since 1523 or put into perspective Henry VIII was still married to his first wife when they were founded. The picture shows the cheque being presented to Philip Palk Chairman of the Relief Fund by Ala Treasurer Graham Mason with the Mayor of Stowmarket Nick Gowrley in attendance.



Graham Mason

Military Veterans Day 2024

Suffolk Freemasons are pleased to announce the second Military Veterans Day at Helmingham Hall on Friday 20th September 2024 starting at 12.30pm. If any guests would like to visit the famous Helmingham Gardens they will be open at 11.00am. The event is open to Military Veterans and those who are currently serving. If anyone knows someone within the Military community who is in need of TLC, pass on the details shown below.

If any Freemason would like to volunteer to help please contact the Provincial Grand Almoner at almoner@suffolkfreemason.org.uk

By Royal Appointment...!



On Friday 17th May 2024 our Almoner Jamie Gwatkin together with representatives from North & East Ridings, Oxfordshire, East Kent and the MCF, gathered at Buckingham Palace for the Not Forgotten Charity's annual Garden Party hosted by The Princess Royal.

The 2024 Military Veterans Day in Suffolk, which was a huge success last year, will be held at Helmingham Hall on 20th September 2024.

THE NOT FORGOTTEN
In partnership with Suffolk Freemasons

Summer Garden Party

Come and join us for a drive in Summer Party for the military veteran community. Enjoy entertainment, hog roast and beverages along with a raffle and Singo Bingo

Helmingham Hall
Stowmarket, Suffolk IP14 6EF
20th September 12.30 - 5.15 pm
To book: events@thenotforgotten.org
or telephone 0207 730 2400

Please note that this is a complimentary event ONLY for military veterans and their guests.

Isolation amongst older people set to reduce thanks to Suffolk Freemasons

Rural Suffolk's older population will begin to feel more connected, thanks to a grant of £15,000 from Suffolk Freemasons to the Rural Coffee Caravan (RCC). This substantial grant aims to address the growing issue of rural isolation among individuals over 65 in Suffolk, where dwindling services, lack of public transport, and limited online access exacerbate the problem. The Age UK Loneliness map highlights pockets of high and very high risk of loneliness across Suffolk, underscoring the urgent need for initiatives like the one led by the RCC. The organisation's innovative approach involves a mobile community cafe and information centre, operated by a roving caravan and three campervans, where they can reach out to remote communities. The RCC provides tea and cake, a warm and friendly atmosphere, and valuable signposting to support services. Moreover, the RCC fosters community connections through initiatives such as 'More Than A Shop', encouraging local stores to become hubs of friendship and connection. Importantly, RCC ensures these events are accessible to all, offering them free of charge to encourage widespread participation.

In 2022, the RCC made over 200 village visits throughout Suffolk, welcoming more than 5,000 visitors. Despite challenges posed by the pandemic, their 'Meet Up Mondays' initiative reached an impressive throughput of 20,000 participants. The heart of RCC's success lies in the meaningful relationships it nurtures among rural residents. In November 2023, the RCC won a European Social Services Award for Service Delivery. The theme of the Awards this year, was 'Person Centred Care'. The only UK organisation shortlisted in this category, the RCC was able to showcase their work demonstrating that simple acts of kindness have blossomed into robust social networks, transforming these rural areas into vibrant, connected communities. The grant from Suffolk Freemasons comes through the Masonic Charitable Foundation, funded by Freemasons, their families, and their friends from across England, Wales and the Channel Islands.

Ann Osborn from the RCC said: "Thanks to the generous support of Suffolk Freemasons, we are able to continue to address isolation across rural Suffolk and help older people connect with each other. We know how much our community benefit from our services, and we look forward to supporting people in the years to come." Jon Neill added: "I'm very pleased we're able to help RCC and support the important work they are doing for older people in Suffolk. Their approach provide much-needed support to older people who are feeling isolated from their community and helps bring them together."

More information about the charity can be found at www.ruralcoffeecaravan.org.uk



SLB Chairman Neil takes another Chair in Cambridge

Some 20 + Suffolk Freemasons gathered at Freemasons Hall in Cambridge to witness Neil Tweed, The Suffolk Light Blue's Chairman, be installed in the chair of Old Leysian Lodge No. 4520 on the 5th of March 2024.

The Assistant Provincial Grand Master of Norfolk, Luke Loades, delivered the ceremony confidently and in a friendly manner, Neil then continued the proceedings with the same assured and heartfelt approach. The addresses to the Master, Wardens and Brethren were given in an exemplary fashion by three Suffolk Masons, Ralph Robertson, Dave Bennet and Roger Nash respectively. Dave and Ralph sponsored Neil joining Doric No. 81 when he was initiated in 2018, so a very proud moment for them. The distinguished visitors included two Deputy Provincial Grand Masters and four Assistant Provincial Grand Masters from Suffolk, Norfolk and Cambridgeshire, as well as a large group of Grand Lodge officers.

The evening continued at the festive board where everyone enjoyed fine dining, a generous amount of wine accompanied by the sounds of laughter. During the reply on behalf of the visitors, the Suffolk contingent stood as one to sing 'Viva le Compiègne', led by the Deputy Grand Superintendent of Suffolk Tim McCormick, a surprise to many non-Suffolk masons, but a pleasant surprise received in good heart. The Suffolk custom of taking wine and singing was also certainly a talking point!

Four weeks later, on April 9th, 2024, Neil Tweed was installed as the Worshipful Master of Ionic Lodge No. 5922 in Suffolk. So it is safe to say that he enjoys leading the lodge from the East and certainly is held in high estimation amongst his brethren and fellows with so many Suffolk and Norfolk freemasons making the trip to Cambridge to show their support.

I would also suggest he has a very understanding wife, being the master of two lodges simultaneously.... and it won't be long before he obtains the chair of Doric. Congratulations, Tweedy. Have a great year.



Ryan Harvey SLB Comms





Suffolk Learning & Development

February Craft Seminars/Workshops Recap



I held three successful Craft Seminars/Workshops in Lowestoft, Sudbury, and Ipswich in February. These full-day events were well-received by brethren keen to advance their Masonic knowledge and those interested in presenting learning and development in their lodges.

Key Discussions

- **Unlocking the Power of UGLE's Solomon:** Although most attendees were aware of Solomon, it was disappointing to find that very few lodges use this valuable resource to present Masonic information during Lodge meetings. It was agreed that more lodges need to incorporate Solomon into their educational activities. Perhaps invite new members to share a brief piece of wisdom from Solomon during any pauses in the ceremony, such as while we wait for the candidate to return. We can never stop learning, regardless of how long we have been members.

- **Revitalising the Lodge of Instruction:** Many brethren expressed that their Lodge of Instruction sessions needed to be more enlightening. Many attendees felt that we solely focus on practising the ritual. The vast treasury of Masonic knowledge on Solomon - including ceremony explanations, ritual insights, tracing board interpretations, historical accounts, and more, remains untapped and never discussed at Lol. It's time to bring this treasure trove of Solomon to life and present it at your lodges of Instruction.

Survey Insights

A revealing survey by UGLE Solomon, with over 80,000 responses from Freemasons, highlighted that 68% of respondents regard history, traditions, symbolism, and moral/philosophical issues as crucial. This powerful insight underscores the need for all lodges to embrace Masonic knowledge and understanding of our rituals and to establish an educational framework.

New Initiatives

- **Suffolk Solomon Club:** To illuminate the path for new Masons, we are launching the Suffolk Solomon Club, an exclusive, invitation-only initiative. Members will receive curated educational materials from UGLE Solomon, guiding them through their early Masonic journey and supporting their growth to become Master Masons. The participants' mentors will also receive the same materials to assist a brother on his Masonic journey and answer any questions they may have.
- **Masonic Interest Group:** Our active Masonic Interest Group in Sudbury delves into various topics, ranging from the ancient Regis manuscript to the mystique within our Masonic rituals. The group welcomes all Master Masons, regardless of experience. Whether you want to actively participate or prefer to sit back, listen, and learn while enjoying a pint from the bar, you are welcome to join us.
- **I want to start another group in the Centre of the Province.** If any brother can handle the administrative tasks, such as organising the venue and sending out circulars to the group, I will attend and coordinate the areas for presentation and discussion.



Educational Plays

We are thrilled to present a series of captivating plays, from the First Degree to the Royal Arch, offering an entertaining exploration into the enigmatic dimensions of Freemasonry.

The titles include:

- **First Degree: The Crossing Over: The Journey of the Mason's Apprentice**
- **Second Degree: The Fellows Craft's Path to Enlightenment**
- **Third Degree: The Twists of Fate of a Master Mason: From Murder to Resurrection**
- **Royal Arch: The Genuine Seeker: Unveiling the True Secrets of a Royal Arch Mason**

If your lodge or Chapter wishes to experience one of these performances or start a Masonic Interest Group, please contact Larry Bensusan at LDO@suffolkfreemason.org.uk



SEEK
Learn about Freemasonry



SHARE
Share your Learning with Others



SUPPORT
Develop and Organise Learning



Start your Journey
<https://solomon.ugle.org.uk>

Donation to Sudbury Independent Parkinson's Group

Martyn Chapter were pleased to make a donation to the Sudbury Independent Parkinson's Group at their May meeting held at the Masonic Hall, Sudbury. The charity was formerly part of Parkinson's UK and had to conform to an 'agenda' set by the parent charity. The main committee decided over a year ago to break away as they felt they could do a lot more for local Parkinson's sufferers as an independent group but still working closely with the parent charity. Initially the local group was funded totally by the committee members with their own money, so any additional funds that they can raise to keep afloat is gratefully received.

Group meetings are held on a monthly basis. Members can attend discussions, lectures, music and singing sessions, exercise classes for Parkinson's and occasional trips out during the summer months. The Donation was made in the Chapter and an explanation of the work carried out by the group was delivered by their Chairman John Lane. He also outlined that Parkinson's was the fastest growing Neurological disorder in the world and is now affecting more people than any other Neurological disease.

Paul Page



Introducing our Provincial Assistant Grand Directors of Ceremonies...



Chris Drinkald

Chris was born and raised in a sleepy little village called 'North Cove' on the outskirts of Beccles. He attended the local Primary and Middle school, completing his compulsory education at the Sir John Leman High School in Beccles. Commencing his electrical apprenticeship just before his 16th birthday at the local, well known electrical contracting company L.E.C. Marine Group. Shortly after the completion of his electrical apprenticeship Chris relocated to London, continuing his professional development. In addition to being a qualified electrical engineer, Chris is also a chartered surveyor. Chris now works as an Operation Director for large contracting company based in London, focused primarily within the rail sector.

Chris enjoys an active lifestyle with adrenaline junky hobbies such as Motorcycle racing, Skydiving and Scuba diving to name a few, however, some of these pursuits have been largely replaced with dedicating time to enjoying life with my family including my two fantastic children, Eva aged 19 and Harry aged 9. Chris joined Masonry in 2005, being initiated into Stradbroke Lodge 3291 and was fortunate to have his father and oldest brother already members, who between them delivered the ritual for all his degrees including his Installation in 2013. His father, Roger, was Preceptor and DC of Stradbroke for several years, so the mentorship in my learning of ritual was intense at times, but always appreciated.

Now entering his second year as an active Provincial DC, Chris understands the appointment is one of facilitation and support, to allow the rulers to carry out their duties effectively.



Ryan Harvey

Ryan was born in 1988 to Sean and Pamela in North London, it wasn't long before the family relocated to Hertfordshire. Following his grandparents' retirement in the late 90s, the family moved to Suffolk in the millennium year. During his school years, Ryan was keenly interested in performing arts, singing and playing musical instruments, even the odd bit of dancing. After leaving school with qualifications in music, drama, IT, music technology and media studies he made the obvious choice and became a builder, following proudly in his father's family's footsteps. Ryan has spent many years working in the construction industry and in 2011, he became a business partner with his father in their construction company which is based in Beccles. The company specialises in flat conversions, refurbishments, extensions, and new builds.

Ryan and his partner Sade have three sons aged 19, 14, and 9, which keep him busy and very much young at heart...much to Sade's frustration. Other interests include martial arts, primarily Jujitsu and arguably his biggest love, Ipswich Town FC, even supporting the Tractor Boys when they were not a Premier League team.

Ryan is looking forward to his year as Provincial ADC and wonders if he can take as many selfies as he did when he was an SLB Rep. He looks forward to visiting the different Lodges around the Province and meeting new and old friends.



Dan Payne

I was born in Kettering on 1st January 1975, meaning I have my big 50 next year. My family moved to Tiptree in Essex when I was three years old and have been there ever since. I left school with a good work ethic getting my first job at 16 with a groundwork company which I did for 18 months and enjoyed it, but I thought to myself there must be an easier way to make money!

So my brother Richard and I went into partnership, setting up a landscaping business and called it DR Landscapes which is still going today. We obtained some very good contracts one of which being with London Underground in the mid to late 90s. Gaining more knowledge and experience I was able to build myself a house at the age of 22. It was around this time that Richard and I decided to end our work partnership, Richard carried on with DR Landscapes and I formed my own building company DP Developers. In 1999 I met my wife Carrie, we had our first daughter in 2008 and our second daughter in 2010, we are both very proud of them and the lovely young ladies there are growing up to be.

I was initiated in September 2002 at Brett Valley Lodge 9479 in Hadleigh and am currently lodge DC. I feel my Masonic career really excelled once brother Richard was proposed in 2010 and I am proud to be able to say we have both been through the chair of Brett Valley, myself in 2013 and Richard in 2022. I was delighted to be appointed one of the Provincial Assistant Director of Ceremonies and very much look forward to visiting different lodges and making new friends.

Eight Heads of Orders Together at Suffolk Consistory No. 20 TI



Back Row: R.III Comp. Geoff Spencer (East Anglia RSM), R.Wy. Bro Stuart Offord (Norfolk OSM), R.III.Kt. John Elmore (East Anglia RCC), Rt.Em.Kt. Colin Birkbeck (East Anglia KT), R.Wy. Bro William McColl (Suffolk OSM)

Front Row: R.Dist Comp. Keith McCully (East Anglia OSC), R.III.Bro. Tom Auber (Eastern Counties PP), R.W.Bro David Boswell (PGM East Anglia, MMM, AsstGM, PP)

In an extraordinary display of mutual support, no less than seven 'heads of order' from across East Anglia convened in Ipswich to support an eighth, who was the candidate for admission to the Order of the Scarlet Cord in the Suffolk Consistory No. 20 (TI), namely the Provincial Grand Master for East Anglia in the Order of Mark Master Masons, RW Bro David Boswell (who is also the Assistant Grand Master of the Masonic Order of Pilgrim Preceptors!).

Naturally the Provincial Grand Summus for East Anglia, R.Dist.Comp. Keith McCully, was there, along with his Deputy & Assistant, Phil Cuff & Steve Frankland, and in charge of proceedings as President of the Consistory was R.Dist.Comp Tom Auber, Regional Governor for the Eastern Counties (Pilgrim Preceptors), who is also the Past District Grand Prefect for East Anglia in the Allied Masonic Degrees. However, the occasion was further enhanced by the presence of R.W.Bros William McColl & Stuart Offord (Provincial Supreme Grand Rulers for Suffolk & Norfolk respectively in the Order of the Secret Monitor), R.III.Kt John Elmore (Intendant General, Red Cross of Constantine, East Anglia), R.Em.Kt Colin Birkbeck (Provincial Prior, Knights Templar, East Anglia), and R.III.Comp. Geoff Spencer (District Grand Master, Royal & Select Masters, East Anglia).

This was a splendid example of the friendship and co-operation which exists between these select and progressive Masonic Orders, now sometimes referred to as the 'Companion Orders'. If you have yet to experience the fun and companionship, along with the advancement in Masonic knowledge, which can be had as a member of these Orders, and would like to find out more, you could do a lot worse than contact one of the above-named who would be only too pleased to talk to you.

Secretary and Bagman Dave Pring explains 'May Morning Capers'

As well as being Secretary of Lodge Prince of Wales 959 I am Bagman of Rumburgh Morris, which is a mixed-sex 'side' as Morris Dance groups are known, formed in 2008, dancing Cotswold Morris. It is based in the village of Rumburgh, Suffolk, with The Buck public house as headquarters. are held in the village hall at St. Margaret South Elmham.



At 5 am on the 1st May we met at the Ditchingham Village Hall, about 2 miles from Bungay, Suffolk. Processing slowly and quietly towards the Long Barrow, an ancient monument located on the wide open common. The temperature was around freezing (after all, the sun hadn't risen yet!) and the crisp frosty ground resembled the Tundra in Greenland.

And so to work! First up was a dance for eight called Sweet Jenny Jones (Adderbury tradition) just to get the bones moving and the blood pumping. With just our tunics on it felt even colder! The sun made its appearance in spectacular form, the red light glinting on the frosty ground. Swiftly we performed several other dances as the sun climbed orange-red spectacularly through the cold sky, our performance culminating in Old Woman Tossed Up (Long Fieldtown).

By then we could just perceive some solar warmth, and we were nearly ready for breakfast at the Buttercross café, Bungay. The first mug of hot tea at 06:30 was a lifesaver, returning blue hands, lips and probably feet back into the familiar flesh tones we are used to! Breakfasts were duly served and consumed, and we departed to our various corners of Suffolk for a well-earned rest, but very pleased that we welcomed in the May in the traditional way, and gave our thanks to those frozen souls who were waiting on the common to see us dance.

It is unclear as to when Morris Dancing began to be performed, though there is evidence that this dance has existed for several centuries, the earliest reference being from the year 1448. It has also been claimed that the dance is so ancient that its origins have been lost in the mists of time. The name is said to have been derived from the word 'Moorish' or 'Morisco' (a derogatory term meaning 'little Moors'), although it is uncertain if this was the original name for the dance. Nonetheless, during the late Middle Ages, Morris dancers were occasionally referred to as 'morisco dancers'.

Believed to have been once widespread throughout England, it had largely died out during the 19th century until remnants were collected by Cecil Sharp in the early 20th century in the villages on the uplands of Gloucestershire, Oxfordshire and Northamptonshire. Each village produced its own steps and dances, and these have become the 'traditions', known by the name of the parent village.

Dave Pring

Interested in finding out more about the Royal Arch? Visit www.suffolkpgc.org.uk

The Suffolk Visiting Officers Scheme

The Visiting Officers scheme will commence on the 1st of September 2024 to coincide with the start of the new masonic year and the publication of the Suffolk Yearbook. These Visiting Officers now form part of the Management Team and will be the first point of contact between their respective Lodges, Chapters and the Province. The PGM/MEGS wishes them every success in this new role and is confident that it will be instrumental in enhancing the connection between the Craft and Royal Arch.



Senior SVO Group. V.O.
Ralph Robertson APMG
SeniorVO@suffolkfreemason.org.uk

SIM Lodge & IFP Chapter No 3913, Stewards Lodge & Chapter No 9215, PJK No 9300, Laconic Lodge No 9771, Sparta Chapter No 9771 and Suffolk 250 Lodge No 10014.



Northern Area 1. V.O. Christopher Warnes
of Orient Lodge No 4085.
VOarea01@suffolkfreemason.org.uk

Lodge of Unity No 71 & Lowestoft Chapter No 71, Orient Lodge No 4085, Selig Lodge No 9459, EPML No 9704 & EPMC No 9704 and Magi Lodge No 9747.



Southern Area 8. V.O. Andy Gentle
of Priory Lodge No 4618.
VOarea08@suffolkfreemason.org.uk

Stour Valley Lodge No 1224, Martyn Chapter No 1224, Priory Lodge & Chapter No 4618, Court Knoll Lodge No 9194 and Sportsmans Lodge No 9931.



Northern Area 2. V.O. Simon Tooley
of Copperfield Lodge No 9581.
VOarea02@suffolkfreemason.org.uk

St. Margaret's Lodge & Chapter No 1451, St. Andrews Lodge & Chapter No 1631, St. Mary's Lodge No 3828, Lodge of Dawn No 8799 and Silver Jubilee Lodge No 8811.



Southern Area 9. V.O. David Card
of Ala Lodge No 5043.
VOarea09@suffolkfreemason.org.uk

R. Clarence Lodge & Chapter No 1823, Babergh Lodge No 8122, Gainsborough Lodge No 9332 and Countryside Lodge No 9830.



Northern Area 3. V.O. Kevin Hughes
of Copperfield Lodge No 9581.
VOarea03@suffolkfreemason.org.uk

Apollo Lodge No 305, St. Michaels Chapter No 305, Waveney Lodge No 929, Hartismere Lodge No 1663, Stradbroke Lodge No 3291 and Copperfield Lodge No 9581.



Ipswich Area 10. V.O. Chris Wilson
of Brett Valley Lodge No 9479.
VOarea10@suffolkfreemason.org.uk

British Union Lodge No 114, Triune Chapter No 114, St. Luke's Lodge & Chapter No 225, Corinthian Lodge No 3093, Gippeswyk Lodge No 4254 and Composite Lodge No 9480.



Western Area 4. V.O. Mark Dunn
of R. St. Edmunds Lodge No 1008.
VOarea04@suffolkfreemason.org.uk

R. St. Edmunds Lodge No 1008, White Rose Chapter No 1008, Abbey Lodge No 1592, Mildenhall Lodge & Chapter No 6292.



Ipswich Area 11. V.O. Richard Vickerstaff
of Perfect Amity Lodge No 6341.
VOarea11@suffolkfreemason.org.uk

Lodge Prince of Wales No 959, R. Alexandra Chapter No 959, Lodge & Chapter Faith No 2438, Christchurch Lodge No 6829, Wisdom Lodge & Chapter No 9333.



Western Area 5. V.O. Geoff Calver
of Solea Lodge No 9498.
VOarea05@suffolkfreemason.org.uk

Magna Carta Lodge & Chapter No 8017, Culford Lodge No 8482, Abbot Baldwin Lodge & Chapter No 8656 and Solea Lodge No 9498.



Ipswich Area 12. V.O. Roger Cawston
of St. Lukes Lodge No 225.
VOarea12@suffolkfreemason.org.uk

Lodge & Chapter of Perfect Friendship No 376, Ionic Lodge No 5922, Perfect Amity Lodge No 6341, Orwell Lodge & Chapter 6637, Roundtable Lodge No 9276 and Caduceus Lodge No 9536.



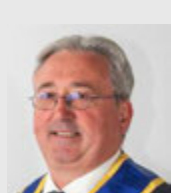
Central Area 6. V.O. Glenn Ward
of Martyn Lodge No 1983.
VOarea06@suffolkfreemason.org.uk

Prudence Lodge & Chapter No 388, Fidelity Lodge No 555, Henniker Chapter No 555, Martyn Lodge No 1983, St. Edmunds Chapter No 1983 and Southwold Lodge No 9894.



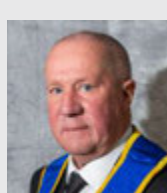
Eastern Area 13. V.O. Alan Aldred
of Colneis Lodge No 9298.
VOarea13@suffolkfreemason.org.uk

Felix Lodge & Chapter No 2371, FUS Lodge & Chapter No 3833, Colneis Lodge No 9298 and Landguard Lodge No 9346.



Central Area 7. V.O. Peter Seddon
of Seckford Lodge No 6411.
VOarea07@suffolkfreemason.org.uk

Doric Lodge No 81, R. York Chapter No 81, Adair Lodge & Chapter No 936, Abiff Lodge No 2810, Seckford Lodge No 6411, Old Framlinghamians Lodge No 6646 and Tercentenary Chapter No 9276.



Mid Suffolk Area 14. V.O. Graham Mason
of Ala Lodge No 5043.
VOarea14@suffolkfreemason.org.uk

Virtue & Silence Lodge No 332, Phoenix Lodge & Phoenix & Ala Chapter No 516, Hartismere Chapter No 1663, Ala Lodge No 5043, Rotary Lodge No 9306, Bosmere Lodge No 9460 and Brett Valley Lodge No 9479.

Making memories for Jake and his family

The members of Fidelity Lodge were made aware of the unfortunate situation of a young boy called Jacob, known as Jake, a local 9 year old.

Sadly unless a cure or medical treatment is discovered he is unlikely to see his late teens due to his illness called MPS VII (mucopolysaccharides) which is incredibly rare. He must undergo treatment at the Great Ormond Street Hospital on a regular basis and will require bone marrow transplant to enable him to have a few extra years to live. He has a young friend called Oz, who also has a muscle ailment, who has carried out a long fund raising walk to enable Jake to have some of the enjoyments in his short life.



We in Fidelity Lodge invited Jake's mum Lucy, Jake and his sisters, his friend Oz and his mum, who are very close friends, to come along and see what a Freemasons Lodge looks like. To say they were impressed to see inside our meeting place, was an understatement.

We gave them a brief history of the organisation and let them see that we do care about charitable things in our locality. We said "We are pleased that his friends are fundraising and that we would like to give you this small cheque of £1500, to contribute towards Jakes enjoyment, to create some fabulous memories for him, his twin sister and siblings and the travel costs to London for his many treatments in hospital".

Jakes mum Lucy and her close friend were in tears at the support we gave her. We will endeavor to do our best to continue to help out where we can but it's a stark reminder of how lucky we are in our own situation when a young life will not have the longevity we have had. Brethren and Companions, hearts melt when you actually come face to face with individuals who are unlikely to enjoy what we in our time have enjoyed and are continuing to enjoy.

St Andrew's Lodge donation to Norfolk and Norwich University Hospital Haematology Department



St Andrew's Lodge No. 1631 was very proud to make a donation to the Norfolk & Norwich University Hospital Haematology Department. This was in recognition of the excellent treatment and support which they provided to the Lodge Almoner's brother, Kevin Hunt, who was suddenly diagnosed with acute myeloid leukaemia last October, which has obviously been life changing. Kevin is trying to raise funds in recognition of the marvellous work done by the Department, which is something which could benefit any Freemason or their families in the Norfolk and North Suffolk area if diagnosed with cancer.

The cheque was presented on 18th April 2024 by the Worshipful Master, Steve Whiteside, Treasurer Kevin Smith and Almoner Andy Hunt, to a very grateful team.

Annual Wine Boutique Charity Event

On the 18th August 2024 over sixty Brethren and their families attended the annual charity event at the Wine Boutique in Felixstowe, we were again blessed with great weather. The Boutique always donates hampers for a draw which helps in our efforts to raise money for a charitable cause, we raised over £600 and this year it will be donated to Festival 2029.



The previous week Felix Lodge hosted their annual BBQ at Jeff and Carol Deslandes which also raised an impressive £600, both events are now hosted annually thanks to the great support shown by the Brethren of Felixstowe.

Mark Jepson

Provincial Grand Lodge of Suffolk

Suffolk Provincial Regalia

On our website you will find over 600 pieces of regalia. So, whether you are an Entered Apprentice or a Grand Officer all of your Masonic and Side Order needs are here.

Masonic publications and Ritual books, Personal Gifts, Morning Suits, Trousers, Waistcoats, Jewellery, Lapel Pins, Cuff Links, Watches, Masonic Rings and even Lodge Furniture.

Donations of your old or unwanted Regalia always gratefully received, collection can be arranged.

Contact: Bro. Burt Royal on 07971 919358

E: regalia@suffolkfreemason.org.uk
Freemasons Hall, Soane Street, Ipswich IP4 2BG

www.suffolk.provincial-shop.co.uk

New Member for Laconic Chapter Rose Croix

At its regular meeting, at Woodbridge, on Friday, 21st June 2024 Laconic Chapter Rose Croix No. 1186 admitted a new member in the person of R.W.Bro. Jolyon Berry, Provincial Grand Master and Most Excellent Grand Superintendent. The Chapter also welcomed several auspicious guests in the persons of The Sovereign Grand



MPBro. John Boyington, O.B.E., 330; Ray Herring 180; Jolyon Berry 180; VillBro. Ralph Robertson 330

Commander of the Order MPBro. John Boyington, C.B.E., 330; VillBro. Ralph Robertson 330, Inspector General; the Provincial Grand Master of Essex, VillBro. Paul Tarrant 330; IllBro. David Deal 320, District Recorder; together with other members of the 330 and several other District Recorders.

Both the Temple and Dining Room were filled to capacity to witness this special occasion with most of the Rose Croix Chapters in the District being represented. Those taking part in the ceremony included E&PP. Ray Herring 180, Most Wise Sovereign; MPBro. John Boyington, C.B.E., 330, Sovereign Grand Commander; IllBro. Ralph Robertson 330, Inspector General; IllBro. Andrew Johnson 300, IllBro. Ian Foster 310; IllBro. Reg Rivett 320 and IllBro. David Deal 320. The Chapter was delighted to have both the Sovereign Grand Commander and the Inspector General assisting with the ceremony. A highlight for two recent Perfectees, E&PBro's. Peter Wilson and Simon Francis, was to have their Supreme Council Certificates presented by the Sovereign Grand Commander himself.

Reg Rivett

Fidelity Lodge make £500 donation to Ipswich Sea Cadets

At the April meeting of Fidelity Lodge the members approved a donation of £500 to Ipswich Sea Cadets to help them install a replacement pontoon within Ipswich Docks to allow the cadets safe access to their boats and the water.



This donation was fully supported by the membership as well as the Charity Steward Raymond Pascoe on the grounds of enhancing safety and Suffolk Freemasons being seen to be supporting the youth of Ipswich. The total cost of the project is £57,600 and the sum of £53,500 has been raised by their own efforts. The short fall of £4,100 is all that is left to find.

The photo shows Mike Parry, Secretary of Fidelity 555 and John Downie both supporters of the Ipswich Sea Cadets.

DIY SOS...Freemason Style

Those who visited Lowestoft Masonic Hall last season may have noticed a few changes to the décor in the bar and dining hall. A welcoming colour scheme that is more modern and uplifting to drink and dine in, creating a comfortable atmosphere for us all to enjoy our Freemasonry.



Those even more observant will have noticed the new ceiling tiles, which must have been an onerous task to change and the new lights illuminating our cold winter evenings.

The A team is back this summer, decorating the kitchen area, store, and reception hall to give all members and visitors to the Lowestoft Centre a feel-good factor as soon as they enter.

With thanks to Bill Molloy, David Fisk, Derek Batty, Malcolm Cullen, Mike Stanton, Nigel Nicholls, Dean Knowles, Darren Mann, William Banks, Mrs Fisk, and Mrs Molloy, amongst others, for giving up their free time, their hard work, and donating service for the benefit of all who use the largest centre in the north of the province.

Ryan Harvey

www.solomon.ugle.org.uk

Need a short talk for a Meeting or LOI?

Want something to discuss?

Solomon has all this and much more complete and ready to download!

You will have heard of Solomon but what is it?

Very simply it is a resource of Masonic information, which is there to offer you encouragement, help and support on your masonic journey - and once you register yourself on the website you will be able to explore a huge amount of material enabling you to enjoy a greater understanding of the ritual, symbolism, history and traditions of Freemasonry.



Finding your way around

You will find both learning sections contain 'Modules' that cover the Craft Degrees, Royal Arch, History, Symbolism, Lodge Matters and 'about Freemasonry'. There are also welcome and guidance videos to offer encouragement, help and support. To access a module you simply enrol into it, browse, search and download material as desired.

We encourage you not to enrol in modules beyond your present Masonic level, so as not to diminish the enjoyable experiences to come. Any content may be used for personal reading. Some items are in audio formats too and more formats are being introduced.

Solomon: Fostering Curiosity - Developing Understanding

Suffolk bowlers join Freemasons from across the UK for the Masonic Annual Charity Event



Twenty-one Masonic Provinces sent 24 teams of bowlers to the beautiful County of Berkshire on Friday 9 August 2024. They were competing for the Masonic Annual Charity Event (MACE) Trophy. This fun bowling event has been running since 2011 and moves around the country. This is the first time Berkshire have ever been the hosts.

After being welcomed to the event by Ian Keech, organiser for MACE, Anthony Howlett-Bolton OBE Leader of Berkshire's Freemasons, Peter Woods Berkshire Masonic Bowling Association (BMBA) President and Frank Overton Secretary of the BMBA play got underway. As well as the 4 trophies up for grabs, they would be raising money throughout 2024, to support the two nominated charities for the year. In 2024 these are to be, the Berkshire Panto Project, a Berkshire-based event helping children who might not otherwise see a Pantomime to do so. The Panto Project has been arranged every year since 2005, with only Covid causing a break. Lastly, Action for Children, a national charity supporting children and young people across the UK.

Halfway through the event we were joined by Tony Allcock OBE, Chief Executive of Bowls England and Russell Race, Past Deputy Grand Master of Metropolitan Grand Lodge whose original support for the event set it on this 14 year-long fund and friend-making journey.



Here in Suffolk we are always keen to find other Freemasons and their partners who are bowlers and willing to become part of the Suffolk Province Bowling fraternity. We are hoping if we got enough interest to play some friendly games with other Masonic teams and have access to more players to

enter for MACE, which we find most enjoyable which has a longstanding tradition, spanning 14 years, and has successfully raised over £70,000 for local charities.

*Anyone wishing to register an interest please contact
Don Oliver: gdoandbdco@outlook.com
or Stephen Bayfield: stephen@baymail.com*



FORUM

SUFFOLK FREEMASONS NEWS



Kelvin Avis, Provincial Communications Officer
Tel: 07771 644716 E: comms@suffolkfreemason.org.uk

Mildenhall Masons to the rescue



When Trevor Manville heard that the West Suffolk Hospital Dialysis Unit at Bury St. Edmunds needed a new ultra sound scanner he galvanised Mildenhall Lodge members and their families to raise funds for the new equipment. After a successful year they had raised £3686 which met the cost of the new scanner in full.

Anyone on Haemodialysis knows just how essential an ultrasound scanner is, not only in cannulation but also in detecting other fistula related issues. The new scanner is something of a departure from the rather cumbersome and ailing kit the dialysis unit had previously. The new scanner is highly portable, far more practical and the the connection between transducer probe and screen is wireless. Moreover the images are clearer and can be in colour to differentiate the cannulation needle from surrounding tissue. With the right software the probe can even be used in conjunction with a smartphone. It's not widely known but for those with kidney failure in the Bury St Edmunds area the West Suffolk Hospital Dialysis Unit delivers over 250 literally life saving dialysis sessions every week of the year. The unit operates from 7.30 am to at least 10.30 pm six days a week. As a dialysis patient myself I can attest to the excellent treatment and unstinting care of the highly professional and caring team of nurses at the facility. A facility which is under pressure from the ever increasing numbers of individuals requiring Dialysis.

Alan Webster

Suffolk Freemasons have a presence on Facebook, Instagram, 'X' and Youtube which are all open to your viewing.

Follow them for up to date information on what is happening around the Province as well as having topical posts from SLB, UGLE, the MCF, Supreme Grand Chapter...

...and much, much more



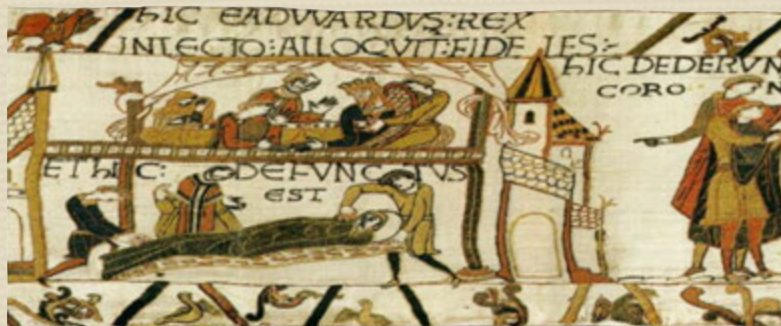
"I am always pleased to receive your reports, particularly if accompanied by a photo or two, on what you, your lodge or chapter have been up to, what you are organising, your thoughts, donations and indeed anything you feel might be of interest to us all, simply get in touch"

Abbot Baldwin: Monk, Physician, Spy?

Abbot Baldwin was believed to have been born in the city of Chartres in the early to middle of the 11th Century. He entered the Orders at st Denis and grew acclaimed as a physician. He trained as a physician in Alsace before at some unknown point moving to England and entering the court of King Edward the Confessor. Serving as the Kings personal physician and a trusted confidante.

In 1065, Edward rewarded Baldwin by making him the Abbot of Bury st Edmunds. The Abbey was fairly new, only having been built in 1020 by Cnut as reparations for the death of st Edmund, King of East Anglia and Patron saint of England. This was a prestigious appointment at the time and esteemed as one of the key religious sites in England. Edward also installed a Royal Mint in Bury to be overseen by Baldwin.

As part of his duties, the Abbot helped raise military forces for the King to fight off invaders, especially Danes. Once Edward died, Harold Godwinson was elected King but suffered from challenges from many angles. Abbot Baldwin again helped by raising a levy to assist in repelling the invasions from Tostig, Harolds brother who wanted to be King, Harold Hardrada, the Viking King and finally William of Normandy. William I eventually succeeded in taking the throne finally in December 1066.



Abbot Baldwin attending to Edward the Confessor on his death bed

Once William ascended the throne, he installed Normans loyal to himself in all positions of authority. He did not, however replace Baldwin as Abbot of Bury st Edmunds. In fact, he retained him in his role as Abbot as well as re-appointing him as Royal Physician.

When all the previous Anglo-Saxon nobles had been deposed, William kept the one Frenchman in his key role. Many have speculated on why this could be. Was he secretly acting in the best interests of the Norman and French courts? Was he secretly spying for William? Most likely, it was his fame and ability as a healer. A good physician who faithfully served a monarch would be a desired man. Fidelity is always a trait everyman aspires to be and holds as a virtue. The fact that Baldwin did serve as advisor, physician and confidant to 3 Kings (Edward, William and then William II Rufus) reveals the esteem he was kept in. A man of true morals and virtues.

In 1071, Baldwin made a trip to Rome to besiege the Pope, Alexander II, to intercede on his behalf on the plans of Herfast, Bishop of Thetford. Herfast wished to move his seat to Bury and assume authority of the Abbey and district. This would include the holy relics, pilgrimages, and Mint. The Pope agreed. He presented Baldwin with a Crozier, ring and an altar made of porphyry. He made the demesne of Bury to be under the Abbots control on behalf of the Holy See. William I then set a charter confirming this.

The affluence and fame of Bury grew further under his leadership. Bury had become one of the central locations for pilgrimage within England. In 1081 Baldwin then laid out his plan to build the Abbey up. Stone was purchased, to be transported free of charge from Northamptonshire, for the Masons hired to build a new large Abbey church. The finished church was to be the largest Romanesque church in Northern Europe. The finished church could then house the relics of st Edmund in glory. In 1095, under Baldwins supervision, the Bishop of Winchester interred st Edmund into the new church behind the altar.

Baldwin eventually died in 1097. Following his death the King did not immediately select a replacement. It was not till Henry I that a permanent Abbot was installed. William Rufus was reported to have had a good relationship with Baldwin to the extent that William was reported to have taken Baldwins favourite oath as his own. The oath, "by the face of Lucca" was from the Holy Face of Lucca, a relic held in the cathedral of Lucca which Baldwin had visited and maintained good relations with. Baldwin even sent relics from Bury to Lucca to be venerated.

Even after his death Baldwin was regarded as an honourable and pious man. He was trusted by Kings, Popes, and freemen. He embodied the ideals of a virtuous man who held fidelity to its highest level. Truly an exemplar of what a Freemason aspires to be.