

## MID LOES BENEFICE

Ashfield-cum-Thorpe, Charsfield with Debach  
Crettingham, Dallinhoo, Earl Soham,  
Hoo, Letheringham and Monewden

August 2017

# From the Rector

Dear Friends

## REORGANISATION OF SERVICES IN THE MID LOES BENEFICE

As from September 2017, some of our churches will experience some changes in their monthly pattern of services. We need to make a reduction that amounts to slightly less than one service per Sunday (on average) across the benefice as a whole. I emphasise that this is a reduction across the benefice *as a whole*, and not each church, so it is a very minimal reduction, but will make staffing the services slightly more manageable.

We now have only one fully active priest on the ministry team regularly taking services, so one change is that we will be making use of the liturgical tradition that sometimes adds Holy Communion to Evening Prayer. This will enable me to conduct a Holy Communion service at every church in the benefice, morning or evening, every month. We will also be making greater use of 'fifth Sundays' to ease the pressure on the other Sundays. However, we will still need to make some use of clergy and lay ministers from outside the benefice, and at particularly busy periods we may have Lay Readers, Lay Elders, and occasionally Churchwardens leading a service of Communion-by-extension. The bishop of the diocese has authorised this to help multi-parish benefices like ours during major festivals, holiday periods, and when a minister is taken ill at short notice.

## WHY NOW?

Really, this is a nettle which we should have grasped ten years ago when the old Earl Soham benefice joined up with the old Charsfield benefice. We went down from two incumbents to one but carried on as if nothing had changed, trying to maintain the same number of services. For one reason or another, which could not be helped, our benefice ministry team has reduced in size over the years and the existing pattern of services has become unsustainable.

## THE FUTURE

This is not necessarily all bad news. More services does not necessarily mean more people, as some in our deanery are discovering. Indeed, one strand of thought in the current Deanery Plan is that "Some parishes may need to think about having less worship. One church in a neighbouring deanery has gone down to one service a month...and started to grow in numbers".

We don't currently intend to make that kind of reduction in this benefice, but we are a microcosm of the Church of England, and the future looks like this:

If you want to attend a 10am Holy Communion service *every* Sunday (and many do), you can do that in this benefice, including fifth Sundays. It won't always be in your particular parish church (it never has been) but there will be one in the benefice

Likewise, if you want to attend a Morning Prayer or an Evening Prayer (with or without Holy Communion) you will find one in the benefice most Sundays. Some will be Common Worship and some Book of Common Prayer. Similarly, if you want to attend an early morning Holy Communion service you will find one on three Sundays every month. If you prefer a Family Service, we have three of those on offer every month too.

If you don't mind what sort of service you attend, but you want to go to your local church, you will find something on most Sundays, and if there isn't a service there on a particular Sunday then there will be one at a neighbouring parish church.

## ARE WE OFFERING LESS THAN OTHER BENEFICES?

No, we are offering more. For example, on every third Sunday in the month we will be offering seven services across the benefice. That is a greater number of services than I believe you will find in any other benefice in this deanery on any particular Sunday, and you

would be hard-pressed to find another benefice in the diocese offering as much. Bear in mind also, that in terms of population, our benefice is half the size of Framlingham-with-Saxtead, or Wickham Market-with-Pettistree, yet we offer more services, with a smaller ministry team. I should add, of course, that we are not in competition with other benefices.

#### COPING WITH CHANGE

I know that change is always hard to adjust to, especially when we feel we are losing something, but I would urge everyone to use this opportunity to think positively about what their own pattern of worship might be and to make the most of what is on offer across the benefice - which is actually a great deal. There are many opportunities to worship God in whatever way you find most comfortable, and that is what matters most.

With best wishes  
*Stephen*

#### BIBLE STUDY

The Bible Study for this month will be on Tuesday 15th August, 7:30pm at Monewden Village Hall. New participants always welcome.

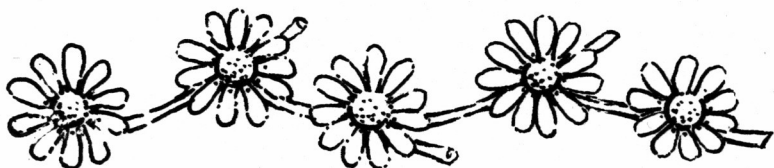


#### MID WEEK EVENING PRAYER

There will be a mid-week service of Evening Prayer on Wednesday 9th August, 6:30pm at Hoo Church.

#### HYMNS IN THE GARDEN

Come and have a good sing! **3pm, Thursday 3rd August at Firs Farm, Monewden**, ( More details in the Monewden section of this magazine)



## GUARDIANS OF ANCORA HOLIDAY CLUB

# Treasure Seekers

**At Charsfield Primary School**

**August 14<sup>th</sup> to 16<sup>th</sup>**

**9.30 am to 1.30pm**

Once again the local churches will be holding a holiday club for local primary school age children.

**Keep these days free so you don't miss out on three days of fun.**

For more information please contact

**Mary Vellacott 685 423**

[maryvellacott@btinternet.com](mailto:maryvellacott@btinternet.com)

**Jo Reed 685 794** [reedjo@hotmail.com](mailto:reedjo@hotmail.com)

**Marion Russell 685 408** [marion.gcp@pobroad](mailto:marion.gcp@pobroad)

**£3 per day for first child**

**£1 for extra siblings**

Communities share views to improve health and care services in Suffolk

We're Healthwatch. We listen to your views about local NHS and social care services so that we can make them better for everyone. We have just launched our fourth annual report, which covers the year 2016/17. It tells you how we have been working and using people's experiences to shape, influence and improve local services throughout the year.

Five ways that health and care services have improved:

1. Maternity services increased support for birthing partners and changed policies so that birthing partners can stay with mum and baby overnight.
2. People will receive improved support and information to help them manage their risk of complications from foot disease caused by diabetes.
3. Residential and nursing homes have made changes that will improve the experience of some of Suffolk's most vulnerable people following visits by our volunteers.
4. We made safeguarding alerts that have led to immediate improvements to people's care.
5. We delivered patient feedback that helped to shape pathology services in Sudbury, including improvements to IT systems and access to appointments.

In our annual report, we highlight outcomes from our work that has included specific research projects, visits to local services and work across all levels of health and social care. Further examples include:

- Decisions to keep In Vitro Fertilisation (IVF) and Marginalised and Vulnerable Adults services were strongly influenced by public feedback we obtained in partnership with NHS leaders.
  - Prompted by calls from young people for more information, we developed a new poster and information card that will help young people to find support.
  - We worked closely with new GP partnerships to shape their plans for developing services by engaging patients within surgeries.
  - ◆ We were central to the launch of a new Dementia Forum for Suffolk that will aim to change the way dementia support is provided in Suffolk.
- In addition, we have helped many people that contacted our free [Information and Signposting Service](#) to find support with their health and wellbeing needs.

Andy Yacoub (Chief Executive) said:

"People have a keen interest in their health and social care services and rightly so. Throughout the year, we have met many people; talking to them about their experiences and using them to influence decisions about our local services. We are proud of the impact we have made and, with increasing awareness of Healthwatch throughout the County, we know that our voice and influence can only increase with positive outcomes for patients, service users and carers throughout Suffolk."

More information is available within the Healthwatch Suffolk Annual Report 2016/17. Visit: [www.healthwatchesuffolk.co.uk](http://www.healthwatchesuffolk.co.uk). You can also call 01449 703949 to find out more.

## EARL SOHAM NOTES

Rota for the Altar and Roll of Honour Flowers and Brasses-St. Mary's		
AUGUST	Mrs Rothery	Mrs Hinton
SEPTEMBER	Mrs Edmundson	Mrs Tinkler
Any problems phone Lyn—685278		

## A double gift from the Friends of St Mary's

Five years ago, the Friends asked Bishop and Sons to restore the organ in St Mary's, which was in decline. This spring we arranged a recital to celebrate the restoration. One balmy evening in July, at the invitation of the Friends, David Adams, organist of international fame, came to play the instrument to an audience of eighty, mostly from the village.

Through his programme Mr Adams demonstrated the diversity of sounds of which our instrument is capable. Before he began he 'warned' us that it was a small organ and thus limited, but as he played he showed us that its size belied its potential, now realised fully through sensitive restoration.

The programme included music from the 18<sup>th</sup> to the 20<sup>th</sup> Century. A particularly revealing contrast was that between the mellow warmth of Elgar's Vesper Voluntaries and the clear open texture of Van den Gheyn's Cuckoo Prelude for Carillon Bells. The sweet, very quiet high treble notes of the latter were heard clearly right at the back of the church. This was testament not only to the clarity of the stop but also to the fine acoustic of the building – something we perhaps take for granted.

Few of us had before been fully sensible of the instrument's versatility or of the range of repertoire it could encompass; both were revealed in David Adams' careful choice of music and through the thoughtful structure of his programme.

A great musician does not demonstrate his skill, he uses it to reveal the subtleties of the music and the qualities of the instrument he is playing. David Adams did just that. In the course of his recital we recognised our small organ for the delightful and special instrument it is.

*Polly Mander*



## EARL SOHAM FETE

SATURDAY 5<sup>th</sup> AUGUST

**2 - 4.15 on the Village Green**

### THE VILLAGE EVENT

*STALLS AND GAMES including*

Steam Train Rides, Cakes, Plants & Produce,  
Toys, Jewellery, Nearly New, Books, Grand  
Draw, Bric a Brac, Tombola, Face Painting,  
Skittles, Nerf Gun, Tin Can Alley, Coconut  
Shy, Hoopla, Beat the Buzzer, Splat the Rat,  
Refreshments, BBQ, Ice Cream and lots more  
for the whole family  
**Tug of War**

Don't forget we will be collecting any donations you wish to make to the Stalls on Friday 28<sup>th</sup> July after 5 pm - bottles, books, toys, preserves, plants, unwanted gifts, bric a brac-anything in good condition that we can sell or raffle would be very much appreciated.

**IN AID OF ST MARY'S CHURCH FABRIC FUND**

## EARL SOHAM BOWLS CLUB



### Annual Tournament

**Saturday, 2<sup>nd</sup> September at 1.00 pm**

Spectators will be most welcome at our popular tournament. Play will be continuous throughout the afternoon and tea & biscuits will be available.

### **DRAW**

Generously sponsored, once again, by Longstaff Transport, Redwood, Earl Soham (01728 685770), suppliers of all aggregates and equestrian surfaces

### **For Sale**

Do you have something to sell or a personal announcement to make? Why not do it on this page of the magazine ? - the cost for placing such an ad will be £5. For more information please contact the editor.

### **LAMB FOR THE FREEZER**

Half or Whole Lamb

Cut to your requirements

Brian Martin 01473 737285



08 July 2017

Undoubtedly, the best part of my week is coming home to Suffolk on a Thursday evening and leaving behind all of the stresses and pressures of a week in Parliament, not to mention the congestion of London behind. Returning home to Suffolk makes me really appreciate all that is special about this county – its rural character, great sense of community spirit and vibrant market towns. Indeed only a few weeks ago, I was delighted to come together with my fellow Parliamentary colleagues from Suffolk to celebrate the first ever Suffolk Day. Here in Central Suffolk and North Ipswich, we are incredibly lucky to have a number of bustling market towns, all surrounded by rolling countryside and Suffolk’s famous wide-open skies. Indeed, Suffolk’s natural landscape has inspired writers, artists and musicians for centuries – Constable, Munnings and Britten to name a few, but of course more recently our own Ed Sheeran was inspired to write about Framlingham’s “Castle on the Hill.” With such a vibrant, growing economy, and outstanding transport links, it’s no wonder that so many major businesses and small rural start-ups are choosing to make Suffolk their home. However I am becoming increasingly concerned about some of the inappropriately large planning applications that are being submitted to our local council planning committees.

One of the reasons that so many of us choose to live in Suffolk is because of its rural heritage and our beautiful countryside, and whilst we would all agree that we need an appropriate level of small scale development and affordable homes to help support young families to continue to live and work in Suffolk, none of us wants to see our countryside destroyed by inappropriate over-development. Planning is, of course, a local matter decided by our local councils and when deciding planning policy, where there should be new businesses and homes, it’s important that our local councils take an evidence based approach, and always prioritise brownfield sites over building on the countryside. That is why it is so important for our local councils to make sure they have a local development framework and land supply plan in place, to discourage inappropriate development.

I will continue to work closely with our local councillors to ensure that we protect the rural nature and integrity of Suffolk’s towns and villages and will always stand up for the best interests of local residents in fighting inappropriate planning applications.

For more information, please visit my website [www.drdanielpoulter.com](http://www.drdanielpoulter.com)

## CHARSFIELD WITH DEBACH NOTES

### Church Rotas

Date	Readers	Sides person
<b>Aug 6th</b> <b>10am</b>	<b>BENEFICE HOLY COMMUNION AT HOO, 10 AM. ALL WELCOME.</b>	
Holy Communion 10am	13th 1. Ros 2. Margaret	Margaret
Evening Prayer 6.30pm	20th 1. Pam 2. Roger	Pam
Morning Prayer 10am	27th 1. Pauline 2. Stephanie	Pauline

### Cleaning Rota for August

Aug 6th	13th	20th	27th	Sept 2nd
No Cleaning	Stephanie D Margaret S	Fran M Lucy F	Gill W Bev G	No Cleaning

### Flower Rota for August

6th Aug	12th & 19th	26th Aug & 2nd Sept
Pauline L	Kath B	Gill W

**CHARSFEST 2017** was the best ever attended and raised £1185 towards the maintenance of the field. More importantly it brings together all the village organisations and showcases what a lovely friendly village Charsfield is. Thank you to the band of dedicated helpers who every year devote so much time and energy to setting up and taking down on the field and keeping the day flowing smoothly. Thank you also to all those who came along and supported us on the day.

**CHARSFEST 2018** will be on Saturday 26<sup>th</sup> May so put it in your forward planner now.

Don’t forget the Fish and Chip Quiz on Friday 15<sup>th</sup> September and The Big Breakfast on Sunday 15<sup>th</sup> October – both in Charsfield Village Hall. Details from [Janpedgrift@btinternet.com](mailto:Janpedgrift@btinternet.com) or 01473 737701



## Charsfield and Dallinghoo WI

Our next meeting will be held at Dallinghoo Village Hall on Monday 14th August at 7.45. Alison Maystone will give a demonstration of fused glass.

Guests and new members are always welcome, hope to see you there!

For more information contact Ros Bayley 01473 737171

## St. Peter's Church Restoration Fund

### *Charsfield with Debach PCC*

A huge thank you to everyone who supported the wonderful St. Peter's Day Summer Lunch at the Old Vicarage – whether through coming to the lunch, donating the most delicious food, giving raffle prizes and buying tickets or donating money. Everyone was incredibly generous and we raised another £375 for St. Peter's Church Restoration Fund.

Everyone had a wonderful time meeting friends and eating good food in the most beautiful surroundings. Of course, we are grateful to Eric and Ann Zie for inviting us to the Old Vicarage and making everyone feel so welcome. It was particularly lovely to welcome Mary Addington back to her old home. It was indeed a very special St. Peter's Day. Note for your diary: Saturday 7 October, St Peter's Concert, an evening of light classical music by members of the Trianon Music Group.'

## Our Coffee pot @ Charsfield

**What:** VILLAGE COFFEE MORNING

Coffee (& Tea), Cookies,  
Cake 'n' Chat @ Charsfield

**When:** Tuesdays between 10-12

**Where:** @ Baptist Chapel Hall, The Street, Charsfield

**Who:** All are welcome to drop in and encourage one another along life's way.... whether you're local or passing through....



We hope you can join us. We look forward to meeting you on Tuesdays.

**Further information available from:**

**Bruce or Mary Francis** on 01473 277182  
or email: [bruceinphp@yahoo.com](mailto:bruceinphp@yahoo.com)

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## CHARSFIELD BAPTIST CHURCH

The Street, Charsfield IP13 7PY

## WE WARMLY INVITE YOU TO OUR SINGALONG SUPPERS in the CHAPEL HALL

HELD EVERY FIRST FRIDAY OF THE MONTH  
NEXT SINGALONG IS FRIDAY, 4<sup>th</sup> AUGUST

### A BUFFET SUPPER - & SINGALONG

We start each evening at 6.30PM

with something of general interest for half an hour.

We then enjoy a buffet meal followed by a 'singalong'  
of old & new hymns and Gospel songs at 8pm.

We aim to finish the evening by 9pm.

### DO COME AND JOIN US – YOU WILL BE MOST WELCOME!

For further details please contact Bruce Francis

[bruceinphp@yahoo.com](mailto:bruceinphp@yahoo.com)

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### PRAYER FOR HEALING

A small group meets every month and if you  
would like prayer for yourself or someone close  
who is ill or in any kind of need  
please get in touch with any of the following:

Stephen Brian - 01728 685 308

Kathleen Martin - 01473 737 285

Pauline Cobley - 01473 737 317

Kath Bamford - 01473 737 414

Your call will be treated in the strictest confidence .



# CADS celebrates 40 years

Thank you to all who came to our 2017 production 'Alas, CADS in Wonderland' in March to help us celebrate forty years in the business. And thank you to all who have supported us in a variety of ways over those forty years. We could not do it without you all.

We are marking our 40 year milestone by supporting 8 good causes with donations totalling £2,000 which we have allocated as follows:

£500 to Suffolk Autism which is now run by volunteers since county council funding was cut. The name gives a fairly good idea of where their good works are focused!

£400 to The National Brain Appeal which uses funds equally to support sufferers of brain diseases like dementia and stroke and to research into prevention and treatment.

£300 to Marie Curie Suffolk

£200 each to Charsfield Village Hall, Charsfield Recreation Ground and the East Suffolk Food Bank.

£100 each to The Cinnamon Trust and The Aspire Centre in Wickham Market.

The Cinnamon Trust co-ordinates volunteers to support the elderly and terminally ill in looking after their pets when their illness or frailty prevent them from doing all that the pet needs. The Aspire Centre is the community group which will be running Lehmann House day care centre in Wickham Market in association with De Vere Care which is running the residential care there.

If anyone out there feels they might like to be involved in our show or to help us in any way with back up, we would be very pleased to hear from you. Please contact Peter Holloway on 01473 737 243.

*Paul Clarke*

## LEATHERINGHAM NOTES



### Church Bike Ride Saturday September 9<sup>th</sup> 9 am – 5 pm

Once again Letheringham Church will be open for the Suffolk Historic Churches Trust Sponsored Bike Ride on Saturday September 9<sup>th</sup>. Sue Clarke is Local Organiser for Letheringham. She will be looking for a relay of recruits to sit in the church for an hour between 9am and 5pm to sign in visiting cyclists, as well as people willing to cycle. Both cyclists and sitters can be sponsored and, if sponsors make payments via a Gift Aid envelope, a further 25% can be reclaimed from the Treasury. In 2016 our Loes area of Suffolk made £11,859. If you would be willing to cycle, sit or sponsor, please contact Sue.

Telephone: :01728 746325 Suffolk Historic Churches Trust website [shct.org.uk](http://shct.org.uk)

### Easton & Letheringham Village Hall:

On Saturday August 12<sup>th</sup> **The Rhinos** return for a Live Music Night. There will be a pay BBQ serving food and a pay bar. Entry tickets cost £6. Tickets and further details are available from Margie Ransome 01728 746 818 and David Stagg 01728 746 054.

The **Sunday Cafe** will be open from 10.00 to 11.30 am on the third Sunday of the month - Sunday August 20<sup>th</sup>. All are welcome.

A new ten week **Drawing Class** will be running on Fridays from 10.00 to 12.00, starting on Friday September 29<sup>th</sup>. The class is taught by Samantha Barnes and run by Coastal Leisure Learning. For further details, please call on 01728 833 171 or visit a website: [www.coastalleisurelearning.co.uk](http://www.coastalleisurelearning.co.uk) [www.samanthabarnes.com](http://www.samanthabarnes.com)

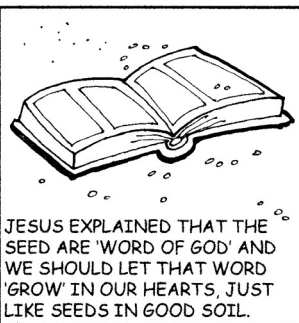
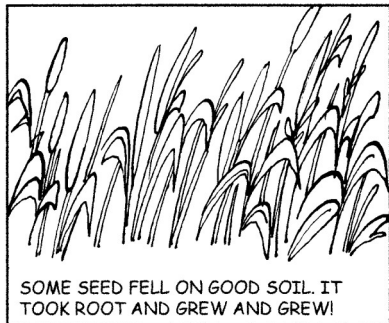
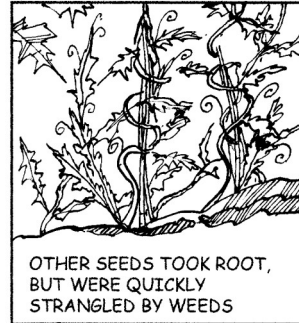
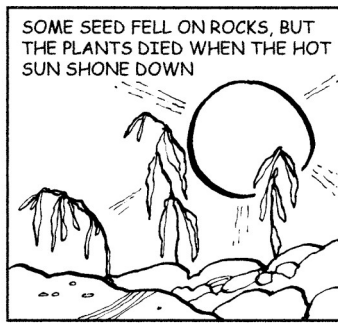
The **Gentle Exercise Class** will resume on Monday September 4<sup>th</sup> and continue weekly on Mondays from 2-3pm.

New weekly **Pilates Classes** will begin on Wednesday September 6<sup>th</sup>.

On Saturday November 11<sup>th</sup> there will be an **80's Disco**. Tickets cost £8 which includes a buffet.

*Paul Clarke*

# the PARABLE of the SOWER



## CRETINGHAM NOTES

### Flower and Cleaning Rota

Month	Altar Flowers	Cleaning
August	Mrs Kemp	Mr & Mrs Runacres
September	Mrs Walker	Mr & Mrs Gourlay

### Cretingham Primary School Children – have you booked for the GUARDIANS OF ANCORA (Treasurer Seekers) HOLIDAY CLUB?

This is a Benefice Church Holiday Club 9.30 – 1.30 on Mon – Wed the 14<sup>th</sup>-16<sup>th</sup> August. Venue is Charsfield Primary School. Lots of fun activities plus bring a packed lunch.

Cretingham rep is Heather Runacres 01728 685736 email [heather.runacres@hotmail.co.uk](mailto:heather.runacres@hotmail.co.uk) – if you missed our other notices and would like to come along then please do contact me.

**Involved in our FETE ?** Perhaps it was manning a stall, putting up a tent, coming along and taking part then **THANK YOU THANK YOU THANK YOU** .... You helped us raise just over £1000 on the afternoon. We must thank Pauline Cobley who pulled the whole event together. Come and see us again next year and spread the word.

### Peace Bell

Several people have asked about the time table for the bells in and out of church – well now they have gone away to be refurbished and the new bell cast we are expecting their return in October/ November. If we are lucky we hope to be able to ring them all for Christmas. This then gives plenty of time to ensure a polished ring for the Dedication Service in November 2018.



### Services for August in St. Peters are –

13 <sup>th</sup> August	10 am	Morning Prayer
20 <sup>st</sup> August	10 am	Holy Communion
27 <sup>th</sup> August	6.30 pm	Evening Prayer

Cretingham HARVEST SUPPER Saturday 9<sup>th</sup> September 2017  
in Home Farm Barn starting at 7 pm. Cold meat and salads  
followed by numerous and mouth-watering 'puds'.  
Live Music. £10 Adults / £5 Children.



**Don't forget to bring your MARROW for judging the heaviest.**  
Please let us know if you are coming so we have enough seats and tables.  
Contributions to the meal would be very welcomed

Contact either Pauline 01473 737317 or Heather 01728 685736  
[heather.runacres@hotmail.co.uk](mailto:heather.runacres@hotmail.co.uk)

followed the next day by our .....

Traditional HARVEST FESTIVAL Service

10 am on Sunday 10<sup>th</sup> September 2017



Variety of produce / flowers taken up to the Altar and  
singing of  
**'We plough the fields and scatter the good seed on  
the land'**

Come and help us raise the roof with our singing.

### **Walnuts**

A handful of walnuts may help reduce your feelings of hunger. Walnuts are unique among nuts in that they are mainly comprised of polyunsaturated fats, which help decrease ghrelin, a hormone that increases hunger. They also seem to increase peptide YY (PYY), a hormone that increases fullness or satiety.

As appetite hormones play an important part in regulating how much you eat, this could be good news. Whatever the science, a recent study published in the journal *Nutrition* suggests that walnuts "may favourably change appetite hormones so that we can feel fuller for longer."  
*Parish Pump*

### Casting the Cretingham 'Peace Bell'

On 15<sup>th</sup> June, a group of Cretingham 'Peace Bell' supporters travelled to Loughborough to watch the casting of our sixth bell by Taylors - bell founders - which is now the only major bell foundry in the country. We watched as the molten metal was poured into the mould and one of the party wished that the bell would be rung only for peace. The whole process was carried out by dedicated craftsmen in a foundry with a Victorian feel to it. We did not see the bell itself as it takes a very long time for the metal to cool. Another bell was being cast beside ours. This was the eighth and last one for St George's Memorial Church, Ypres, Belgium. The Church was built between 1927-29 near to the Menin Gate. The tower at St George's was originally intended to house a peel of English change ringing bells although this was never realised. To commemorate the centenary of the end of the Great War, the money has been raised by a group in London to provide the bells as a lasting legacy of commemoration. Cretingham is planning a similar commemoration but with just one bell.

### *69<sup>th</sup> Annual Wickham Market Village Show 2017*



This year's Village Show takes place on Saturday 5<sup>th</sup> and Sunday 6<sup>th</sup> August in Wickham Market Village Hall.

The show has grown substantially since the ones pre 1951 and we now have over 100 classes for a variety of ages and abilities. They create a magnificent display of colour and talent in the skills of vegetable growing, flower displays, photography, Cookery and Handicrafts.

Our theme for this year is protection of our Hedgehogs, a rapidly declining species. The Suffolk Wildlife Trust will be at the show promoting their charity and the work they do to promote and encourage hedgehogs and protection measures for their habitat and feeding areas.

We also hold a large Raffle with many prizes donated by local businesses. Light lunches, teas and a selection of homemade cakes will be available on both days.

Entry is free and the show is open from 12.30 – 4.30 Saturday and 12Noon – 3pm on the Sunday.

**Mandy Pryke**



## The Old School House Nursery Helmingham

The children of The Old School House Nursery have been celebrating their achievements with their Annual Sports Day. Held on the school playing field it was so nice to see all the family and friends of the children turn out to encourage and cheer the children.

Races were split into age groups and all of the children couldn't wait to get started. Starting with a running race to get those legs moving – albeit very short legs for some! The smile that greeted those holding the finish line was worth all the wait. Next came the egg and spoon race. Trying to get the children not to hold the egg on the spoon was a challenge in itself. However the older children knew to put their arm behind their back and that speed does not always win this particular race – one child remembering “slow and steady wins the race”.

We then moved to the more advanced races – bean bags in a bucket – lots of running back to collect as rather fast going straight passed! Rings on the head - balancing like a princess. Finally finishing with a brothers and sister race which was very competitive!

With refreshments being served, some side shows to have a go at the afternoon was a real joy and with tired children going home – all with a medal round their neck – made for a very happy occasion.

Our next adventure at Nursery is our visit to Foxburrow Farm when we are ‘Going on a Bear Hunt’ ! Check out our website [www.theoldschoolhousenursery.com](http://www.theoldschoolhousenursery.com) or send us an email [theoldschoolnursery@btinternet.com](mailto:theoldschoolnursery@btinternet.com) to arrange a visit over the Summer Holidays.

## SERVICES FOR AUGUST 2017

Church	Aug 6 Transfig <i>White</i>	Aug 13 Trinity 9 Proper 14 <i>Green</i>	Aug 20 Trinity 10 Proper 15 <i>Green</i>	Aug 27 Trinity 7 Proper 16 <i>Green</i>
Ashfield-cum-Thorpe	↓	6.30pm Evening Prayer	—	10am Holy Communion
Charsfield w. Debach	↓	10am Holy Communion	6.30pm Evening Prayer	10am Morning Prayer
Cretingham	↓	10am Morning Prayer	10am Holy Communion	6.30pm Evening Prayer
Dallinghoo	↓	10am Holy Communion	10am Family Service	6.30pm Evening Prayer
Earl Soham	↓	6.30pm Pat Fest Songs of Praise	10am Holy Communion	8am Holy Communion 10am Family Service
Hoo	10am Benefice Holy Communion	Wed 9th 6.30pm Evening Prayer	8.30am Holy Communion	8.30am Morning Prayer
Lethering- ham	↑	8.30am Holy Communion		10am Morning Prayer
Monewden	↑	10am Family Service	6.30pm Evening Prayer	10am Holy Communion

## READINGS FOR SERVICES IN AUGUST 2017



	Holy Communion	MP or EP	Psalm
Aug 6th	2 Peter Ch 1 vs 16-19 Luke Ch 9 vs 28-36		
Aug 13th	Romans Ch 10 vs 5-15 Matthew Ch 14 vs 22-33	1 Kings Ch 19 vs 9-18 Matthew Ch 14 vs 2-33	Psalm 85 vs 8-13
Aug 20th	Romans Ch 11 vs 1-2a, 29-32 Matthew Ch 15 vs 10-28	Isaiah Ch 56 vs 1, 6-8 Matthew Ch 15 vs 10-28	Psalm 67
Aug 27th	Romans Ch 12 vs 1-8 Matthew Ch 16 vs 13-20	Isaiah Ch 51 vs 1-6 Matthew Ch 16 vs 13-20	Psalm 138
Sept 3rd	Romans Ch 12 vs 9-end Matthew Ch 16 vs 21-end		

**THE BENEFICE SERVICE ON SUNDAY 3RD SEPTEMBER,  
at 10am will be hosted by EARL SOHAM,  
ALL WELCOME!**

## ASHFIELD NOTES

### SHCT CYCLE RIDE 2017.



The 2017 Cycle Ride takes place on Saturday 9th September between 9am and 5pm. To enable me to go out riding I would like to get volunteers to man the church at Ashfield, if you could spare an hour or two it would be greatly appreciated. Please let Jane Davidson or myself know and we will get you put on to the rota.

Suffolk Historic Churches Trust were very generous towards St Mary's a few years ago, my sponsorship 50% of which comes back to Ashfield supports this valuable charity and its work.

Sponsorship forms will be at the back of the church by early August for those who wish to cycle for us.

### HARVEST SUPPER 2017.

This will take place on Saturday 7th October. More details in the next edition or from Jane Davidson at Ashfield Hall. If you are able to assist on the day Jane will be delighted to hear from you.

### GARDEN VIEWINGS UPDATE

Donations continue to come in in respect of the events that took place at the end of May the total raised now exceeds £350,00. Thanks to all concerned for your generosity.

RG

### Fizzy fat

This is SO unfair. It seems that even fizzy water can help you put on weight. Apparently, the carbon dioxide in the drinks encourages people to eat more, as it increases the level of the hunger hormone ghrelin, some scientists have found.

In tests, volunteers found that those who drank sparkling water had ghrelin levels six times higher than those who drank still water. The discovery was made by scientists at Birzeit University in the Palestinian West Bank.

Parish Pump

## HOO NOTES

### GARDENS OPEN

What a lovely afternoon we had with the garden open. We had lots of visitors from all over, the gardens were a picture. Thanks to Mr Graham Nickolson for letting us have it open. Another big thank you to Clive and Jocelyn who both worked so hard. The concert was once again a success this year; everyone said how much they enjoyed it. Thanks also go to Eric and Michael who were on the gate, Gay, who helped us with the teas and everyone who came and bought raffle tickets. I hope I have not left anyone out.

### SHCT BICYCLE RIDE

The Historic Churches Cycle Ride is on Saturday September 9th, 9am - 5pm. Anyone who would like to ride can get sponsor forms from Perry.

*God Bless  
Margaret Doe*



### A QUIET CHUCKLE FROM MARGARET.....

#### THE SILENT TREATMENT

A man and his wife were having some problems at home and were giving each other the silent treatment. Suddenly the man realised that the next day he would need his wife to wake him at 5.00am for an early morning business flight. Not wanting to be the first to break the silence (and lose), he wrote on a piece of paper, "Please wake me at 5.00am." He left the note where she would find it. The next morning the man woke up, only to discover it was 9.30am and he had missed his flight. Furious he was about to go and see why his wife hadn't wakened him, when he noticed a piece of paper by the bed. The paper said, "It is 5.00am, wake up."

## DALLINGHOO NOTES

### Church Rotas

Date	Service/Readers	Sides people
August 6th 10am	<b>BENEFICE HOLY COMMUNION 10AM AT HOO, ALL WELCOME.</b>	
10am 13th	<b>Holy Communion</b> Mr P Taylor Mrs S Arbon	Mrs C Sullivan
10am 20th	<b>Family Service</b> TBC	Mrs D Gill And All Helpers Please
6.30pm 27th	<b>Evening Prayer</b> Mr P Taylor Mrs P Turner	Mr & Mrs L Arbon

### Flower and Cleaning Rota for August

6th August - No Cleaning

13 & 20 August - Charlotte Sullivan

27 August - Lucy Wright

### Church Opening/Closing Rota for August

31 July - 12 August - Len & Sue Arbon

14 - 19 August - Chris Pennington

21 - 26 August - Charlotte Sullivan

28 August - 2 September - Chris Pennington

Chris Pennington will open and close the church every Sunday

### Keith Spicer

We are all saddened to hear of Keith's passing. He was a great asset to the Dallinghoo both in his wide range of interests and also the time and contributions that he made to the Village Hall Committee and as Treasurer to the PCC. He will be greatly missed by all his friends. All our thoughts are with Helena, his three children and his grandchildren at this time.

### ***Coffee morning***

Thanks to everyone who contributed to this event in July. We raised over £160 for church funds.

### ***Family Service 20th August***

We look forward to welcoming the children from the Benefice Holiday Club to the service and finding out the great activities that they will have enjoyed earlier that week.

### ***New Church Service pattern from September***

Advance notice that the services across the Benefice will be running on an updated pattern from September. Check the magazine before you travel.

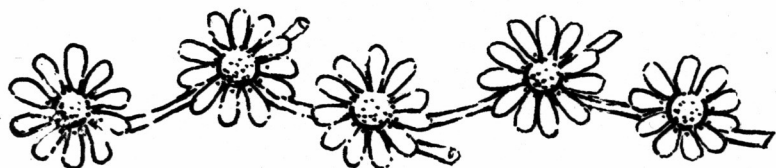
### ***Historic Churches Cycle Ride September 9th 9am to 5pm***

It's that time of year again- the cycle ride! All you weekend cyclists have a chance to enjoy your ride and raise some money for your church through sponsorship from family, friends and neighbours. Money is shared 50/50 between your own church and Suffolk Historic Churches Trust who award grants to churches.

As an alternative to cycling you can sponsor those who record the cyclists as they visit our Church. Thanks in advance for your help and support. Forms available in church or Sue Arbon [01473 737431](mailto:01473 737431).

### ***TREES OFFERED***

I have a collection of small trees in pots and should like to sell them in aid of Suffolk Wildlife Trust funds. They include oak, walnut, field maple, yew, rowan, hazel, hawthorn and dogwood - all £2.00. They may be seen at The Old Rectory, Dallinghoo - contact 01473 737700 or [JeremyQ@tiscali.co.uk](mailto:JeremyQ@tiscali.co.uk).



## ***MONEWDEN NOTES***

### ***Church Rotas***

Date	Flowers & Brasses	Cleaning	Sides person	Coffee
Aug 6th	J Vonberg		<b>BENEFICE HOLY COMMUNION AT HOO, 10AM. ALL WELCOME.</b>	
13th	J Coe	F Watts C Saxby	D Grier	M Skeet
20th	M Gibson		P Keeble	C Saxby
27th	M Skeet	K Martin J Vonberg	M Skeet	L Grier

### **READERS**

Aug. 13: Family, Children. Aug. 20: Wendy, Peter. Aug. 27: Caroline, James

**COFFEE MORNING:** The date for the August coffee morning will be Saturday 19th from 10 a.m. onwards in the village hall. Do come along for a bacon roll, a cup of tea or coffee and a chat. The 100 Club draw will take place at this event.

### **100 CLUB WINNERS:**

June: 1 £75 S. Crompton, 2 £50 P. Keeble, 3 £25 Debbie Martin.  
July: 1 £25 R. Atchison 2 £15 V. Heath, 3 £10 P. Vonberg

### **ADVANCE NOTICES**

**MONEWDEN LOCAL HISTORY SOCIETY.** Our first meeting of the 2017/18 session, which will be on September 13, will consist of a short AGM followed by Miriam Stead talking about the Bawdsey Radar Story. All meetings will, as usual, take place at Monewden Village Hall at 7.30 p.m.

**HARVEST SUPPER** this year will be held on Friday, October 6 in the village hall. Book this date..



**SPONSORED CYCLE RIDE** in aid of Suffolk Historic Churches Trust will take place on Saturday, September 9th, from 9 a.m. to 5 p.m. If you would like to cycle and help raise some money for Monewden Church and S.H.C.T. sponsorship forms will be available from Kathleen Martin, 01473 737285. Wendy Heath will organise the church sitting rota for which volunteers would be much appreciated.

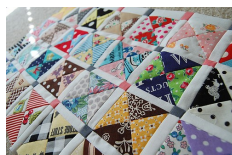
**CHURCHYARD CLEAR-UP** for the autumn is planned for Saturday, September 23rd, from 10 a.m., or if wet the following Saturday. Please put this date in your diary. We really could do with a good band of helpers for this autumn clear-up



A big thank you to Margaret and Neville Skeet for hosting Hymns in the Garden in July, it was very well attended and enjoyed by all. If you like singing well-known hymns, good company, and tea and cake, then you will enjoy 'Hymns in the Garden' - for all in the benefice. Everyone is welcome, particularly those who may not get to church as much as they would like. Also if you would like to come but would appreciate a lift (contact Kathleen Martin on 01473 737 285). The next one will be at **Firs Farm, Monewden, 3pm on Thursday 3 August.**

### **FANCY SOME RELAXING 'ME' TIME? .....**

Join us at the monthly 'stitching session' which is held in Monewden Village Hall on the first Friday of every month from 10am —12noon. We are an expanding friendly group of likeminded people sewing under the guidance of Alison Pearce who has over 20 years experience of Patchwork, Quilting, Applique and X-stitch. Whether you are experienced or a complete beginner you will be more than welcome to join us. Bring your own projects to work on or start from scratch. There will be a £5 charge per person per session. Some equipment/materials will be available at extra cost or bring your own. Please call Alison on 01473 737155 to book your place or email Alison.pearce1970@yahoo.co.uk, if you are a regular member and are unable to attend, it would be appreciated if you could call and let me know. Refreshments will be provided. Look forward to welcoming you on **Friday 4th August & 1st September 2017.**



## **Open Day**

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### **Anna**

Once upon a time, there lived the prettiest and most amiable little girl anyone could wish to meet. Many compliments were lavished upon her and everyone of whom she met insisted she perch herself upon their knee. A more adorable creature surely ever lived.

Anna, for that was her name, would wear the prettiest frocks, delicate silk stockings and the most exquisite little court shoes. Her guardians were very rich and loved Anna so much, she was given everything her heart desired and many things besides! With her long golden hair tied in ribbons, she would sit on this knee and that and chat in the most polite, yet friendly manner, all to the greatest delight of the person of whom's knee she happened to be perched.

Anna seemed to have a bad thought, she appeared always bathed in the soft light of innocence and beauty. Many said she must have been sent straight from heaven, to bring beauty to the World, with her face of an angel and goodness with her flawless heart. It certainly seemed that way, for Anna had the ability to melt the coldest heart in an instant.

In but a few years, Anna had acquired many accomplishments, for she was a studious child and applied herself to all that she undertook. Anna's greatest achievement was in music, for which she had a natural talent. To see her tiny hands glide effortlessly across the strings of her harp and to hear the sweet sounds she made, was to be totally captivated.

As well as having the most polite manners and to sit in the prettiest fashion when in company, Anna was still the child she ought to have been. She had many dolls, for which she cared a great deal and could often be seen with one or more of them upon her lap, as she read aloud from one of her story books. Anna would also have moments of pure childish delight, by running bare foot through the grounds of her home, enjoying the warm sun on her slender limbs. Anna, it seemed, was blessed with good fortune and knew nothing but happiness in her young life. Coming into the world like a tender bud and slowly blooming into the most beautiful English rose. Anna's guardians would often gaze upon her as she lay sleeping in bed, her long golden hair laid across the soft pillows and framing the youthful beauty of her face, as it peeped out from beneath the blankets. One of her cherished dolls would always be nestled beside her. There would be such a calmness seeming to enshroud her sleeping form and the soft pale complexion of her delicately featured face would have an almost ethereal beauty.

Such an impact did Anna have on everyone she met. It seems she carried with her always the gifts of beauty and love and innocence. No one could remain unaffected once they had been in her company. Everyone declared they had never before seen such angelic beauty and all were humbled by her modesty. Whether an angel or not, it really did seem Anna as sent as a messenger for all that is good. Drawn by her sheer beauty, people would soon see an even more profound beauty beneath.

Anna was often compared with the delicate beauty of an English rose and it turned out she also echoed the transient life of such a bloom. After just a few years of enchanting all who knew her, Anna became ill and quickly faded away. Such a sorrow was left in her wake, but just as we may gaze on the wilting bloom of an English rose and remember the beauty of its summer and so everyone looked upon Anna in the same way.

*Hatter W Lustre  
Dallinghoo*

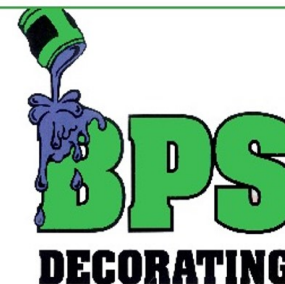
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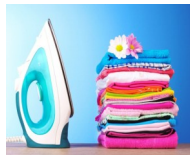
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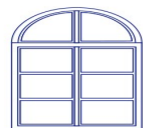
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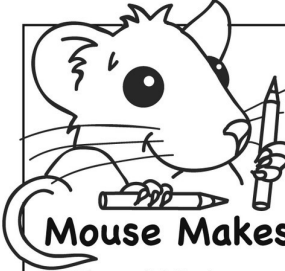
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USEFUL CONTACTS	
Clerks to Parish Councils	
<b>Ashfield</b>	Simon Ashton E-mail: <a href="mailto:actcp.clerk@gmail.com">actcp.clerk@gmail.com</a> Tel:
<b>Charsfield</b>	Pamela Hembra E-mail: <a href="mailto:charsfieldparishcouncil@gmail.com">charsfieldparishcouncil@gmail.com</a> Tel:
<b>Cretingham</b>	Jane Page E-mail: Tel:
<b>Dallinghoo</b>	Chris Ling E-mail: <a href="mailto:all.lings@btopenworld.com">all.lings@btopenworld.com</a> Tel:
<b>Earl Soham</b>	
<b>Hoo</b>	Caroline Saxby - Acting Clerk (see Cretingham above)
<b>Letheringham</b>	David Allan E-mail: <a href="mailto:letheringham@btinternet.com">letheringham@btinternet.com</a> 07411 277784
<b>Monewden</b>	Caroline Saxby - Acting Clerk (see Cretingham above)
Village Hall/Community Centre Booking Secretaries:	
<b>Ashfield</b>	Malcolm and Sue Pease E-mail <a href="mailto:malcolmpease@btinternet.com">malcolmpease@btinternet.com</a> Tel: 01728 685 452
<b>Charsfield</b>	Website: <a href="http://www.charsfieldvillagehall.org.uk">www.charsfieldvillagehall.org.uk</a> Or Tel: 07788 957558
<b>Dallinghoo</b>	Mr Chris Pennington Tel: 01473 737 836
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<b>Monewden</b>	Sian Kingston Tel: 07887606717 Email: <a href="mailto:sian@rskingston.com">sian@rskingston.com</a>

Village Organisations			
ASHFIELD	Community Council	Mr Myles Hansen	01728 685 738
"	Ladies Group	Mrs Susan Hansen	01728 685 738
CHARSFIELD	CEVC Primary School	Mrs Val Jones	01473 737 347
"	WI Secretary	Mrs Rosalin Baley	01473 737171
"	Rec. Ground Com	Mrs Jan Pedgrift	01473 737 701
"	Tennis Club	Mrs Pauline Llewellyn	01473 737 517
"	Flower Show Secretary	Ms Diana Alexander	01473 277190
"	Village Hall	Mr Steve Moor	07788 957558
CRETINGHAM	100 Club	Mr. Alister Gourlay	01728 685 335
DALLINGHOO	Rec. Ground Com.	Mr. Derek Spall	01473 737 565
"	Carpet Bowls Club	Mr. Cliff Green	01473 737 421
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EARL SOHAM	FO St. Mary's	Mr. John Stott	01728 860 997
"	Primary School	Mr. Lambillion-Jameson	01728 685 359
"	Neighbourhood Watch	Mrs J. Sheffield Mrs Mary Patterson	01728 685 403 01728 685 362
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"	Carpet Bowls Club	Chris Pratt	01728 685745
"	Allotment/Gardeners Association	Mrs Mavis Kerridge Mr. John Stark	01728 685 700 01728 684 385
MONEWDEN	Local History Society	Mr. Peter Driver	01728 724 951

## Young Readers Page



Have you ever been on a long journey?  
Where did you go?  
How long did it take you to get there?

The Bible reminds us that wherever we travel and wherever we go, God is with us!

**Mouse Makes**

Where did God ask Jonah to go?

Read Jonah 1:4

**What did Jesus tell his disciples not to take with them on their journey?**

Read Matthew 10:9-10

*Who spoke to Saul on his journey to Damascus?*

Read Acts 9:3-8

**What animal took Balaam to Moab?**

Read Numbers 22:22

How did God guide the Israelites on their journey through the wilderness?

Read Exodus 13:21

**Who did Abram take with him on his journey to Canaan?**

and \_\_\_\_\_

Read Genesis 12:4-5

**Can you decipher the verse on the suitcase?**

Psalm 139: 9-10