

MID LOES BENEFICE

Ashfield-cum-Thorpe, Charshfield with Debach
Cretingham, Dallinghoo, Earl Soham,
Hoo, Letheringham and Monevden

October 2017

From the Rector

Dear Friends

At the time of writing, Hurricane Irma has just made its way across the Caribbean islands and has arrived in Florida, causing devastation as it goes. Yesterday, I listened on the radio to a BBC reporter talking to a resident of one of those islands while the storm raged all around. In the background the listener could just hear a congregation singing 'O God our help in ages past', presumably during a church service. The young reporter was bewildered by this. "Why are those people singing?" he asked the interviewee. "I don't know", came the reply, "perhaps they are trying to cheer themselves up".

Clearly the notion that Christian folk, in the midst of a disaster, might want to gather together to pray to God and to express their total dependence on Him, was completely lost on the reporter and evidently on the interviewee too. Perhaps he thought that people should just despair and weep, as that might make for better reporting.

We usually sing hymns at funerals too, not to "cheer ourselves up" but because they express how we feel, our confidence in God in the midst of our grief, and the Christian hope that nothing can separate us from his love, even when we have lost everything else.

Perhaps I'm being a bit hard on the reporter; he may not have had much experience of how people behave in such situations and he was probably there to report the story in the way he was told. In the world which he comes from, and indeed the one in which we live, we are surrounded by so much which can distract us from what is really important. It is a very different world from the one in which many victims of hurricanes live. We should pray for those who have

lost everything, and perhaps also for those who have no comprehension of what that might be like.

With best wishes
Stephen



BENEFICE BIBLE STUDY

This month's Bible Study will be on Wednesday 18th October, 7:30pm at Monevden Village Hall. All are welcome. No previous experience necessary!

CONFIRMATION

We have three Confirmation candidates from this benefice this year: John Gill, Hannah Gill and Heather Whiting. The Confirmation will take place on Sunday 29th October, 4pm at St Michael's Framlingham. You are very welcome to come along and support them.

KATHLEEN MARTIN

Many readers of this magazine will know and appreciate Kathleen's ministry as a Lay Elder across this benefice of the Mid Loes. Much of her work has involved leading services of all kinds, including occasionally Communion-by-Extension.

Bishop Martin has recently been seeking candidates to train for ordination by what he has called the 'Auxiliary Ministry Pathway'. This will train people as priests to function locally in their own benefices. I put forward Kathleen's name as a possible candidate a few months ago and she has progressed successfully through the initial selection process. She has now begun training along with other ordinands from across the diocese. All going well, she will be ordained as a deacon within the next year or two, and then as a priest a year later. It must be said, however, that this is a new course and still evolving, so the time-scale is not yet fixed.. It is the initiative of Bishop Martin and led by him with help from others. The course itself is practice-based and very demanding in terms of time, but Kathleen will do her best to maintain as many as possible of her current liturgical commitments. Kathleen was heartily supported at a recent meeting of our churchwardens and parish representatives, and I'm sure everyone in our benefice will be equally pleased at (not to say benefit from) this welcome development in her ministry.



DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

09 September 2017

Over the summer period, I have especially enjoyed spending all of my time at home in Suffolk, enjoying all that the county has to offer and meeting a great number of residents as I visited a wide range of community events over recent weeks.

With the Parliamentary year traditionally starting after the annual summer recess, this week heralds a return to Westminster for Suffolk's MPs, and the day to day business of Parliament has now recommenced. There is undoubtedly a lot of talk about Brexit and this autumn's business is bound to be dominated by the Brexit negotiations as we embark upon leaving the European Union, but my priority will always be to ensure that the views and needs of the people of Central Suffolk and North Ipswich are represented and listened to by Government.

In particular, one of my top priorities will be to continue fighting for more money for our schools in Suffolk, making sure that they receive the funding that they deserve, to enable each and every child here in Suffolk to have the very best start in life. The Government's recent announcement that Suffolk is to benefit from additional funding for schools over the next two years is welcome news and I will continue to monitor this closely to make sure that our children and young people here in Suffolk can access the education and prospects that they deserve.

I will also continue to work closely with Suffolk County Council to support the work being carried out to deliver faster, better broadband to all in Suffolk. Getting the initial tranche of Government money to deliver superfast broadband was hard fought and I was pleased to have been a part of this process, but there remains more to do to ensure that every home, school, business, farm and GP surgery in Suffolk can access the essential broadband services that they need and deserve.

With one in six jobs in Central Suffolk and North Ipswich being dependent on the agricultural sector, I have always been a strong voice for Suffolk's Farmers in Parliament and I will continue to work hard to support our farmers and local food producers, who play a vital role in our local economy. I regularly meet with the NFU and the farming community to remain informed of the important work being carried out across this sector, but also to help in raising awareness or addressing their concerns when necessary. I have worked hard to campaign for more honest food labelling, so that food can only be labelled "British" if it is farmed in Britain – and will continue to do so as this work will remain vitally important as we leave the European Union.

For more information, please visit my website www.drdanielpoulter.com

EARL SOHAM NOTES

Rota for the Altar and Roll of Honour Flowers and Brasses-St. Mary's			
OCTOBER	Mrs Patterson	Mrs Denton	
NOVEMBER	Mrs Tinkler	Mrs Patterson	
THANK YOU ALL FOR THE HARVEST DISPLAYS			
Any problems phone Lyn—685278			



The 36th Sponsored Ride and Stride **Saturday 9 September 2017**

Thank you so much to the recorders for sitting in the church. After a pretty slow start (just 1 lone cyclist in first hour!) things speeded up during the day and 35 cyclists visited St Mary's. A huge 'thank you' to my many sponsors. Over £200 was raised and will be divided equally between the Suffolk Historic Churches Trust and St Mary's.

Mary Patterson



HARVEST SUPPER **Saturday October 14th**

7 for 7.30 pm
in The Village Hall

2 course Hot Supper
followed by entertainment
£10 PER PERSON

Tickets to be booked by October 6th with either Irene Elmore
(685814) or Mavis Kerridge (685700)

EARL SOHAM BOWLS CLUB



The Annual Tournament, held on Saturday, 2nd September, commenced in sunny, dry weather but was interrupted by a heavy down-pour after just one round of bowls. However, the green drained readily and, after a half-hour break, play resumed. 48 players participated in a three-wood triples competition which was keenly contested. The winning block came from Wickham Market Red Triangle Bowls Club and the runners-up were from Stradbroke White Hart Bowls Club. Not far behind was a block from Fressingfield Bowls Club. The traditional £10 spider, which opened the tournament was won by Paul Catling from the home club. A delicious tea was served and there was a raffle which, in itself, raised £167. There was also a 1-110 draw for a hamper which was well supported. Thanks to the efforts of members, the support of visiting players and the generous sponsorship of Longstaff Transport a total of **£634** was raised during the afternoon for Club funds. The use of The Lawn as a car park was an added bonus which is always much appreciated.

Although the outdoor bowls season is almost over, several events are planned for the winter including the ever popular **Beetle Drive** which will take place on **Saturday, 25th November**, in the Village Hall at **7.30 p.m.** Please contact the Secretary on 01728 685519 or by e-mail pamrogskes@aol.com for further details of the Bowls Club and its activities.

EARL SOHAM WALKERS



This is intended to be sociable, good exercise, inclusive and fun.



Starting from Earl Soham Village Hall car park
Saturday 21st October, 25th November & 16th December at 2pm.

All ages and abilities welcome.
Comfortable footwear, waterproof top if wet

Do please give us a try.

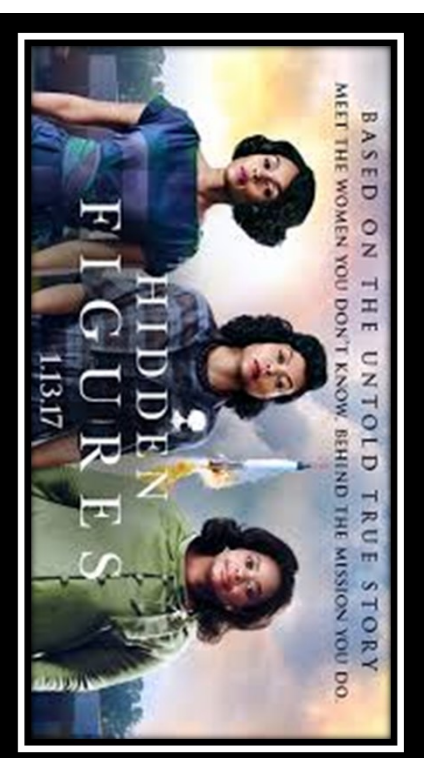
Contact: Mark Sargeantson Tel. 01728 684388 Email. mjs@femmwright.co.uk

EARL SOHAM FILM NIGHT

SATURDAY 7TH OCTOBER 2017

7-7.30 AT THE VILLAGE HALL

HIDDEN FIGURES



The story of a team of female African-American mathematicians who served a vital role in NASA

during the early years of the US space programme.

MONNEWDEN NOTES

Church Rotas

Date	Flowers & Brasses	Cleaning	Sides person	Coffee
Oct 1st	C Saxby			
8th	K Martin	C Saxby F Watts	D Grier	C Saxby
15th	F Watts		NO SERVICE. SEE CENTRE PAGES FOR ALTERNATIVE SERVICES IN THE BENEFICE	
22nd	S Kingston	K Martin J Vonberg	M Skeet	W Heath
29th	J Vonberg			

READERS

Oct. 1 Benefice Service. Oct. 8 Lesley; David, Oct. 22, Family; Children

COFFEE MORNING: The date for the October coffee morning will be Saturday 21st 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:

£25: K Dorsett, £15 W Heath £10 N Martin

MONNEWDEN LOCAL HISTORY SOCIETY. Our October meeting will be held in the village hall on October 11, at 7.30 p.m. when Sheila Harrison will have as her subject 'The Diary of a Country Parson'.

HARVEST SUPPER: The annual Harvest Supper will be held in Monewden Village Hall on Friday, October 6; at 7 for 7.30 p.m. Tickets will be available at £8 for adults and £4 for children to the age of 10 years. Contact Margaret Skeet on 01473 737344. Please bring your own drinks. It is advisable to book early to avoid disappointment.



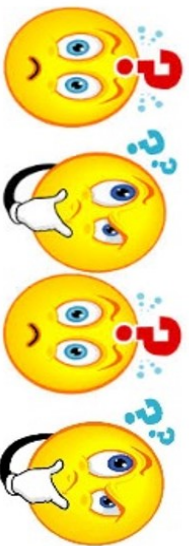
Care and support
through terminal illness



Quizmaster: Tony Whitmarsh
Old Mill House, Saxtead Green
Thursday 26th October 2017
7.00 p.m. for 7.30 start

Prizes and Raffle

Teams of 4 or 5 – Couples and Singles paired up on the night



£10 per person includes Pie and Chips supper

All proceeds to local Marie Curie Funds

For further details and tickets phone David Defoe on [01728 685927](tel:01728685927)



VILLAGE FETE

The rain stopped between 2.15pm and 4.30pm on the last Saturday in July, allowing Monewden to enjoy perfect weather for their annual fete. The event was a huge success and was enjoyed by all. The new addition of the 'human fruit machine' game provided entertainment throughout the afternoon. The organisers would like to pass on their thanks to all involved either before, after or on the day, it is a real village team effort. This year we raised just over £1,300 which will be shared between the Church and Village Hall. We would also like to say a special thank you to Wilf and Annie Weeks for allowing us to use the wonderful grounds of their house to host the afternoon's: fun, games, activities and afternoon tea.

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



son.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 **6th October 2017**. We will not be meeting in November but we will have our annual Christmas stitching day on **Saturday 4 November** when you can come along and complete a project for Christmas in a day. The cost will be £25 for the day which includes all the materials. To secure your place please send a £5 deposit by 25th October. Call me for more information. Look forward to sewing with you on **4 November, 10 - 4**, bring a packed lunch and I will provide cakes!

CHARSFIELD WITH DEBACH NOTES

Church Rotas

Date	Readers	Sides person
Oct 1st	BENEFICE HOLY COMMUNION AT MONEWDEN, 10 AM. ALL WELCOME.	
10am		
Harvest Festival 10am	1 Michael 2 Ros	Ros
Evening Prayer 6.30pm	1. Stephanie 2. Roger	Stephanie
Holy Communion 10am	1. Sheila 2. Pauline	Pauline

Cleaning Rota for October

Oct 1st	8th	15th	22nd	29th	Nov 5th
Sheila G Pauline L	No Cleaning	Stephanie D Margaret S	Fran M Lucy F	Gill W Beverley G	No Cleaning

Flower Rota for October

1st Oct	8th & 15th	22nd & 29th
Maureen A	Everyone	Sheila G

Charsfield and Dallinghoo WI



Our next meeting will be held at Dallinghoo Village Hall on Monday 9th October at 7.45. Mandi M Cox-Osbourne will tell us about The Royal British Legion. Guests and new members are always welcome, hope to see you there! For more information contact Ros Bayley 01473 737171.

Fundraising in aid of St. Peter's Church, Charsfield

An Evening of Light Classical

Music with the Triamon Music Group

Saturday 7 October 2017 at 7.30pm,

St. Peter's Church, Church Road, Charsfield, IP13 7QB

Tickets £8

From Pauline Llewellyn 01473 737517, Roger Pulham 01473 737460, Margaret Sater 01473 737182 and on the door

There will also be a small exhibition of Charsfield Memorabilia in the Village Hall from 10am to 4pm. All are welcome. Refreshments available.

We welcome additional items for the exhibition. If you have anything, however small, please get in touch with Pauline on 01473 737517.

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: bruceinphpp@yahoo.com



St Elizabeth Hospice Coffee Morning.

Our annual Coffee Morning will be held in The Three Horse-shoes, (courtesy of Jerry & Sharon), on Saturday 25th November, 10am until noon.

Please come along and support this worthwhile cause, make new friends and chat with the established ones! Hand made Greetings cards will be available, along with other crafty items. Good coffee and wonderful home made cakes make for a happy time for all!! The perfect way to start off the Christmas Season. We look forward to seeing you all.

If you have any crafts to donate to our stall please contact:-

Joyce & Dave Whitley
737549

NEWS FROM CHARSFIELD RECREATION GROUND

After many years of service our current Treasurer will be retiring in November so if anybody is interested in playing this very important part in running the recreation ground please get in touch.

Our AGM this year is to be held on 7th November at 7.30pm in the village hall committee room – do please come along and support us.

Two forthcoming events: **THE GOOD OLD BIG BREAKFAST** this year will be on 15th October from 9am to 12 noon in Charsfield Village Hall and we will be holding a **WORKING PARTY** on the field on 5th November from 10am onwards.

We have two major tasks this year. The hornbeam hedge needs its annual prune so please bring along your loppers and secateurs. The picnic benches need some general maintenance and preservative treatment so if you have a tool kit bring it along.

Further details from Jan Pedgrift 01473 737701
Janpedgrift@btinternet.com

Charity Coffee Morning

& Table Top Sale

followed by

‘Soup & Pud’ Lunch

Tuesday, 17th October 9am – 2pm

All proceeds to CHARSFIELD PRIMARY SCHOOL & E.A.C.H.

The Chapel Hall, The Street, Charsfield

‘Is Jesus Still Relevant Today?’

Sunday, 29th October 6-7pm

CHARSFIELD VILLAGE HALL

Worship Services in October

Sunday 1st 11am & 6pm

Sunday 8th 11am

Sunday 15th 6pm

Sunday 22nd 11am

Sunday, 29th 11am & 6pm (Village Hall)

Charsfield Baptist Church – EVERYONE ALWAYS WELCOME

for further details on the above please contact Bruce or Mary

on 01473 277182 or bruceinph@yahoo.com

www.charsfieldchapel.org.uk

CHARSFIELD PARISH COUNCIL

VACANCY

PARISH COUNCILLOR

Notice is hereby given that by reason of the resignation of Councillor Joanna Newman a vacancy has occurred within Charsfield Parish Council.

Are you interested in local current affairs?

Do you wish to serve your community?

Could you provide a voice for residents?

For further information or an informal chat pleased contact the Parish Clerk

Pam Hembra

Charsfieldparishcouncil@gmail.com

01473 737655

or

Jan Pedgriff

Janpedgrift@btinternet.com

01473 737701

The term of office will run until the next ordinary elections in May 2019.

There are approximately six Parish Council meetings a year.

This position is only open to people living in the Parish of Charsfield or within 3 miles of the Parish boundary and those working or owning land within the Parish for the preceding 12 months.

Community SpeedWatch

Please see below the latest figures for vehicles speeding through out village. The key point from this information is that unless we continue to regularly provide the police with data from CSW patrols, the risk is that they will assume that 'no news is good news' and that there is no speeding problem in our village. It is certainly the case that our efforts in CSW and regular data we send has resulted in the police sending out the Safety Camera team to the village twice a month. We hope this information is helpful and gives some faith that what we report is acted upon - and in turn this helps educate drivers about the impact of excessive speed on our community. We need to continue to support CSW through the winter months where possible.

August	Number of Vehicles	Average Speed	Maximum Speed	Total letters sent	Total 2nd Letters sent	Police Discretion	No Trace
	60	41	54	47	3	8	2

IMPORTANT NOTICE FROM THE EDITOR!

Please note I will no longer be sending out reminders to people who are consistently late submitting their articles for the magazine, therefore with **NO EXCEPTIONS** if you have not sent you items by the deadline they will not be included!

To assist you with this I am now publishing deadline dates for the coming year -

15 October	15 April	16 September
12 November	13 May	14 October
14 January	10 June	11 November
11 February	15 July	
11 March	12 August	<i>Thank you!</i>

LEATHERINGHAM NOTES

SHCT Bike Ride:

We were pleased to welcome 23 visitors to Letheringham Church on Saturday 9th September for the annual sponsored bike ride and stride.

Again, special thanks go to Brian O'Tuama, who not only manned the church but cycled to 21 churches and has so far raised £316.

Thank you to all those who manned the church on the day including Helen Whitfield, Polly fitch, Brian O'Tuama, Debbie Maskery and Daphne Dutton.



Sue Clarke

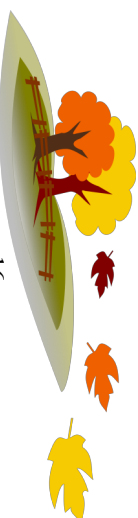
Letheringham's Lone Rider writes.....

On Saturday 9th September I set out on my second Ride and Stride, determined to improve on last year's tally of 12 churches visited. Four and a half hours, and forty something miles, later I entered my twenty-first church just as the clock struck five o' clock. What an enjoyable (if exhausting!) way it was to help raise money for a great cause. The beauty of the countryside, the quiet dignity of the churches and the hospitality of the volunteers in each location are memorable in equal measure. Even the weather cooperated - apart from a brief downpour during which I sheltered under a large oak tree at the side of the road. In the process I barely missed being hit by a boy racer speeding along a narrow winding road (sound familiar?), somewhere between Bredfield and Dallinghoo. Whether the narrow escape was due to luck or divine intervention I'm not certain, but I'm exceedingly grateful nonetheless!

£316 raised so far, and hopefully still counting!

*Brian O'Tuama
Pike Cottage, Letheringham*

<https://www.justgiving.com/fundraising/brian-o-tuama>



HOO NOTES

CYCLE RIDE AND THANK YOU'S

First OF all we thank Clive Arbon once again for cycling for us and also all those who sponsored Perry and I for sitting in the church all day. I was nice to see old faces and new ones but there were nowhere near as many people as we normally have visit. Several people remarked on the churchyard and hedge being all cut and tidy; thanks go to Andrew for getting Nigel to cut the hedge and Eric for cutting all the grass. We have been busy today decorating the church for our Harvest Festival tomorrow evening and I must say everyone has once again done us proud, it is looking wonderful.

*God Bless you All
Margaret Doe*

Oh, Brother!

I am eighty now, and I still smile when I hear or recite the Lord's Prayer. The reason for this is a story my mother told me about her little brother, my uncle Harold.

They were walking from church together on Sunday when Harold suddenly asked why he was named after God.

"What do you mean?" my mother asked.

"Our Father, who art in Heaven, Harold be thy name," Harold replied.

My mother said she could not stop laughing, and neither could I when she told me the story.

(Thank you Margaret for your continued input, I am sure you make many people smile each month—Ed)



SERVICES FOR OCTOBER 2017

Church	Oct 1 Trinity 16 Proper 21 <i>Green</i>	Oct 8 Trinity 17 Proper 22 <i>Green</i>	Oct 15 Trinity 18 Proper 23 <i>Green</i>	Oct 22 Trinity 19 Proper 24 <i>Green</i>	Oct 29 Trinity Last Proper 25 <i>Green</i>
Ashfield-cum-Thorpe	↓	6.30pm Evening Prayer	6.30pm Holy Communion	—	—
Charsfield w. Debach	↓	10am HARVEST	6.30pm Evening Prayer	10am Holy Communion	—
Cretingham	↓	—	10am Morning Prayer	6.30pm Evening Prayer	10am Holy Communion
Dallinghoo	↓	6.30pm Evening Prayer & Holy Communion	10am Family Service HARVEST	—	10 am Morning Prayer
Earl Soham	↓	6.30pm Commern	10am Holy Communion	8am Holy Communion 10am Family Service	—
Hoo	↓	8.30am Holy Communion	—	8.30am Morning Prayer	—
Leathering-ham	↓	10am Morning Prayer	8.30am Holy Communion	—	—
Monevden	10am Benefice Holy Communion	10am Holy Communion	—	10am Family Service	6.30pm Evening Prayer

READINGS FOR SERVICES IN OCTOBER 2017



	Holy Communion	MP or EP	Psalm
Oct1st	Philippians Ch 2 vs 1-13 Matthew Ch 21 vs 23-32		
Oct 8th	Philippians Ch 3 vs 4b-14 Matthew Ch 21 vs 33-end	Isaiah Ch 5 vs 1-7 Matthew Ch 21 vs 33-end	Psalm 80 vs 9-17
Oct15th	Philippians Ch 4 vs 1-9 Matthew Ch 22 vs 1-14	Isaiah Ch 25 vs 1-9 Matthew Ch 22 vs 1-14	Psalm 23
Oct22nd	1 Thessalonians Ch 1 vs 1-10 Matthew Ch 22 vs 15-22	Isaiah Ch 45 vs 1-7 Matthew Ch 22 vs 15-22	Psalm 96 vs 1-9
Oct 29th	1 Thessalonians Ch 2 vs 1-8 Matthew Ch 22 vs 34-end	Leviticus Ch 19 vs 1-2, 15-18 Matthew Ch 22 vs 34-end	Psalm 1
Nov5th	1 Thessalonians Ch 2 vs 9-13 Matthew Ch 24 vs 1-14		

THE BENEFICE SERVICE ON SUNDAY 5 NOVEMBER, at 10am will be hosted by ASHFIELD, ALL WELCOME!

ASHFIELD NOTES

SHCT CYCLE RIDE.

Thank you to everyone who made donations towards the Cycle Ride this year your support is much appreciated. If you would still like to make a contribution [50% of which comes back to Ashfield Church] please put it through the letterbox at Corner View before the 14th October.



HARVEST SUPPER.

If you haven't got your tickets for the Harvest Supper on 7th October yet please contact Jane Davidson at Ashfield Hall as soon as possible. Thanks.

RG.

**PROGRAMME
MONEWDEN LOCAL HISTORY SOCIETY 2017-2018**

- 2017
 - 13th September* Miriam Stead Bawdsey Radar Story (& AGM)
 - 11th October Sheila Harrison The Diary of a Country Parson
 - 8th November David Wood History of Languard Fort
 - 13th December Robert Simper The River Deben from Source to Sea
 - 2018
 - 10th January Tony Diamond Oliver Cromwell
 - 14th February Peter Booth-Smith The History of Tea
 - 14th March Helen Geake A Day in the Life of Helen (her job)
 - 11th April Dr Kate Jewell Cakes, Ale and Partying: Feasting and Fundraising
- Membership is £14 for the year, otherwise £2.50 per evening.
Meetings take place at Monewden Village Hall starting at 7.30 pm.

LOCAL INFORMATION AND PERSONAL ANNOUNCEMENTS

If anyone would like to place an item on this page please contact the editor for consideration , a donation of £5 - £10 will be required. Thank you.

COMMON GROUND THEATRE COMPANY

The Old Curiosity Shop
by Charles Dickens adapted by Jac. Wilmink & Julian Farnies

Earl Soham Village Hall
 The Street, Earl Soham, IP13 7SY
Wednesday 15th November, 7.30pm
 Box office: 07807 341364 Tickets: £10/£7 (U21s)
 For all tour dates (25th October to 25th November), visit www.commongroundc.co.uk

"TERRIFIC ORIGINALITY"
 LIBBY PURVES SMITH MBE




THE NETTUS BARN ART GROUP

Based at Moat Farm, Otley, IP6 9PE

Would like to invite you to join us on Tuesday mornings Between 9.45 and 12.45

We ate a small group who enjoy trying to draw or paint and experiment with different mediums. Come & join us in the beautiful and relaxed atmosphere of Nettus Barn.

For more information call Margaret on 01473 7373443 or Daphne on 01473 737092

Free Mindfulness Course For Carers

Are you the main carer for a family member at home? Or do you have a family member in care? Have you tried 'Mindfulness' to relax and de-stress? A special opportunity for carers or those who have someone in care to enjoy a free eight week course with a 'one off' cost for a book with CD to practise at home approx £15.

The free weekly course starts on Tuesday 26th September 2017 and will run on Tuesdays from 2 – 3.30pm.

Led by:
 AnneMarie Bealing – Professional presenter specialising in Mindfulness courses.

Where?
 The Nettus Barn, Moat Farm, Otley IP6 9PE. Just 20 minutes from Ipswich, in the peaceful Suffolk countryside with ample off road parking.

More details or would like to book a place.
 Email Jackie at thenettus@hotmail.com or call 07505146415

Places Limited

Interested but not a carer or with a family member in care – each session will cost £10 plus the cost of the book with CD approx £15.

DALLINGHOO NOTES

Church Rotas

Date	Service/Readers	Sides people
October 1st	BENEFICE HOLY COMMUNION 10AM AT MONEWEDEN, ALL WELCOME.	
10am		
6.30pm	Evening Prayer & Holy Communion Mr P Taylor Mrs P Turner	Mr & Mrs Arbon
10am	Family Harvest Service TBC	MS Arbon & All Helpers
	22nd	Alternative Services throughout the benefice can be found in the centre pages of this magazine.
No Service		
10am	29th	Morning Prayer

Flower and Cleaning Rota for October

- 1 October - No Cleaning
- 8 & 15 - Linda Barry
- 22 - No Cleaning
- 29 - Charlotte Sullivan

Church Opening/Closing Rota for October

- 2 - 14 - Jenny Blyth
- 16 October – 12 November - Bridgett Quinlan
- Chris Pennington will open and close the church every Sunday

Saturday 28 October

Please join us at Harvest Supper in the Jubilee Hall 7pm for 7.30pm on Saturday 28th. Hot meal followed by a choice of numerous deserts. Tickets are available at £8 for adults and £4 for children to the age of 10. Contact Charlotte Sullivan on 07967743006@charlottesullivan87@yahoo.com or Sue Arbon on 01473 737 431.

Harvest Festival

Join us at 10am on October 15th for our Harvest Festival. This is a great opportunity for all ages to give thanks for the wonderful produce and bounty of our village and the world.

Historic Churches Cycle Ride

Thanks to everyone who helped with the cycle ride in September. We had 32 cyclists at the church: many of whom enjoyed looking round.

DALLINGHOO CARPET BOWLS

Carpet Bowls sessions will be on Wednesday 4th & 18th October and 1st November.. Held in Dallinghoo Jubilee Hall at 7.30pm. Gentle exercise, good fun and no previous experience necessary. Contact Cliff Green 01473 737421 email: cliffval@btinternet.com.



Autumn Quiz

In aid of Dallinghoo Jubilee Hall
Saturday 18th November at 7pm
In the Village Hall

Revetts Sausage Supper and French Tart
Bring your own drinks
Contributions for Raffle greatly appreciated
Contact Pauline £8.00
01473 737830 Per Head

CRETINGHAM NOTES

Flower and Cleaning Rota

Month	Altar Flowers	Cleaning
October	Mrs Mayhew	Mr & Mrs Defoe
November	Mrs Pinner	Mrs Oliver

Harvest Supper – A great time was had by all. Bristol

Fashion played, a hot supper 'cooked with cider!' was eaten (especially good on a cold evening) and huge marrows weighed to see which was heaviest – congratulations to Alan Chenery who won the rose bowl for a year. Competition for the Appleby and Tuckwell cups took place with spontaneous balloon sculpturing – making a poodle/giraffe! Creations were then voted on and the winner was Carol Brown – well done everyone.

Thankyou to everyone who took part.



Harvest Service

It was great to see the church so beautifully decorated by our able flower arrangers. The church was full with voices singing 'All things bright and beautiful'. Big thank you to Terry Gilder for taking the service which had lots of people bringing up the traditional gifts and lay them on the Altar. The church will stay decorated for a week and then the hard stores will be re-moved and given to The Salvation Army for their winter soup kitchens and emergency supplies. All fresh produce will be taken to a local residential care home where friends, old neighbours and past residents of the village have resided.

October Services in St. Peters, Cretingham.

15 th October	10am	Morning Prayer
22 nd October	6.30 pm	Evening Prayer
29 th October	10am	Holy Communion

Please note that with the darker evenings Evening Prayer moves to 4pm for our November Service.

The next PCC Social Evening will be held on the 18th November and will be a **A BEETLE DRIVE** with hot supper and bar in Kettleburgh Village Hall. Please let us know if you are coming so we can ensure plenty of food to go around.



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Charsfield	Pamela Hembra E-mail: charsfieldparishcouncil@gmail.com Tel:
Cretingham	Jane Page E-mail: Tel:
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"	WI Secretary	Mrs Rosalin Baley	01473 737171
"	Rec. Ground Com	Mrs Jan Pedgrift	01473 737 701
"	Tennis Club	Mrs Pauline Llewellyn	01473 737 517
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MONNEWDEN	Local History Society	Mr. Peter Driver	01728 724 951

Young Readers Page



MIXED UP MONTHS

Words that begin with 'oct' mean to do with the number eight – an octopus has 8 tentacles, an octagon has 8 sides. So October should be the 8th month of the year, shouldn't it? But it isn't.



The reason goes back to Roman times. October was the eighth month in the Roman calendar until July was added to celebrate the birth month of Julius Caesar.

This was followed by Augustus who also added another month (guess what that one was called!). With these two extra months fitted into the calendar what was the eighth month became the tenth month. Which gets more muddled: because words beginning with 'dec' mean to do with the number ten, so under the old way December was the tenth month. Shall I stop now before we all get even more confused?

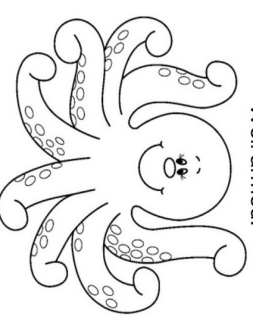
OOOOOOO

All these names begin with O – which ones aren't the real name of a saint?

1. Odo
2. Olaf
3. Osyth
4. Oliver
5. Olympias
6. Odilia
7. Omer
8. Oudoceus
9. Osburga
10. Ouen

How does an octopus go into battle?

Well armed.



What's round, orange and can't sit down?
A seatless Satsuma.

Answers: the answer is that they all are real saint's names! Aren't you glad that they didn't call you after some of these saints?