

## MID LOES BENEFICE

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

**March 2019**

### *From The Rector*

Dear friends

What does the word 'Evangelism' mean to you? The subject is going to dominate meetings of the General Synod this year (that is the legislating body of the Church of England, for those of you with understandably better things to think about). The topic is bound to filter down through to the dioceses and parishes. For those of a certain generation the word may conjure up Billy Graham rallies and the like, or people asking you if you are 'saved'. What we have to do, though, is put aside those slightly embarrassing conceptions and think in terms of drawing people - including ourselves - towards faith. In practical terms, for us, that means drawing people towards the church, where they are likely to find others who take their Christianity seriously. The best thing to do is think of what drew you into Christian faith and into the life of the church and then work out how that might be achieved nowadays. We ourselves might be able to be metaphorical bridges which people can use to find their way into the worshipping community. It can happen through church social events, special services, or casual conversations. We may be surprised how many people there are out there who are looking for meaning and purpose in their lives, and a friendly community to join. If you are a baptised Christian, then you have all the qualifications needed to do the job and nudge people in the right direction. They will live to thank you.

With best wishes

Stephen

## ANNUAL MEETINGS

The time is fast approaching for the Annual Meetings, the main one being the APCM (Annual Parochial Church Meeting). Each parish also has a Meeting of Parishioners (sometimes know as a Vestry Meeting) purely for the purpose of electing churchwardens. Immediately after the APCM, each parish holds a meeting of the newly-elected PCC primarily to elect its officers. The meetings are as follows:

### **Ashfield**

Meeting of Parishioners following 10amHC, Sunday 31st March 2019.

Joint APCM, 7:30pm Thursday 25th April, Ashfield Village Hall.

### **Charsfield**

Meeting of Parishioners following 10amHC, Sunday 24th March 2019.

Joint APCM, 7:30pm, Wednesday 24th April 2019, Charsfield School.

### **Crettingham**

Meeting of Parishioners following 4pm EP&HC, Sunday 24th March 2019.

Joint APCM, 7:30pm, Thursday 25th April, Ashfield Village Hall.

### **Dallinhoo**

Meeting of Parishioners & APCM, 7:30pm, Tuesday 30th April 2019, Dallinhoo Village Hall or Church.

### **Earl Soham**

Meeting of Parishioners & APCM, 7:30pm, Monday 29th April 2019, St Mary's Church.

### **Hoo**

Meeting of Parishioners, following 8:30amHC, Sunday 7th April 2019.

Joint APCM, 7:30pm, Wednesday 24th April 2019, Charsfield School.

### **Letheringham**

Meeting of Parishioners & Joint APCM, 7:30pm, Wednesday 24th April 2019, Charsfield School

### **Monewden**

Meeting of Parishioners, following 10amHC, Sunday 7th April 2019.

Joint APCM, 7:30pm, Thursday 25th April 2019, Ashfield Village Hall.

## NEW ELECTORAL ROLL

Every six years Electoral Rolls have to be completely renewed. This means that even if you are already on the ER, you have to fill in a new form. Don't get forgotten! Your ER officer should be in touch with you, but it won't do any harm to ask them for a form first.

## ALL FORMS AND NOTICES

All the forms and notices needed for the annual meetings (including Electoral Roll forms) can be downloaded for free from: [www.parishresources.org.uk/pcc/apcms/](http://www.parishresources.org.uk/pcc/apcms/)

## VISITATION 2019

After the **churchwardens** have been elected, they need to be 'sworn in'. This happens at a deanery Archdeacons' Visitation. This year, ours will be at All Saints, Wickham Market, at 7:30pm on Wednesday 1st May. All supporters - PCC members or otherwise - will be welcome to attend. If for some reason a churchwarden is unable to attend, he/she should send their apologies to the Archdeacon of Suffolk and arrange to attend one of the other deanery visitations (see diocesan website).

## MARCH BIBLE STUDY

This month's Benefice Bible Study will be held on Tuesday 19th March, 7:30pm, at Monewden Village Hall. Everyone is very welcome to attend this friendly group, whether you attended previous ones or not.

## ASH WEDNESDAY AND DEANERY LENT COURSE

There will be a Deanery Ash Wednesday service at St Michael's Framlingham on Wednesday 6th March at 7:30pm. This also sees the launch of the Deanery Lent course. We are having to make some last-minute changes to the course due to the main speaker being unwell, but if you can make it to this first meeting (and Ash Wednesday Service) all will be explained.

## REMINDER

Just to remind you that I will be hitting the landmark of 60 this year and will be in Earl Soham Village Hall from 7.30 pm on Friday 15<sup>th</sup> March. All are welcome to join me. Refreshments available but please feel free to bring a bottle. RSVP would be welcome, otherwise just turn up ready to offer words of comfort and enjoy the evening.

Hope to see you there.

Liz (Brian)

[Lizbrian17@aol.com](mailto:Lizbrian17@aol.com)



## LENT EVENT Ash Wednesday, 6th March 2019

7.30 Deanery Sung Eucharist at St Michael's

We hope choirs from other churches will be joining us

### **Deanery Lent Course Theme: Jesus Says 'I am...'**

On each occasion there will be a short service, and one of our speakers will introduce thoughts about one of the 'I am...' sayings of Jesus from John's Gospel

Speakers: Andrea Skevington on March 13 and 20. Andrea is a Christian speaker and writer who has won the Christian Book of the year award in the past and has just written Jesus said 'I am' Finding life in the everyday. The Very Rev Keith Jones March 27, April 3 and 10 *served at St Mary le Tower, Ipswich as well as Dean of Exeter and then Dean of York Minster. They now live in Suffolk again. He has continued to write, accompany people in their spiritual lives, preach, lead worship and give teaching in prayer and meditation both in this country and in the United States.*

7.30 Wednesdays in Lent topic and venues are: venues:

- March 13 I am the Bread of Life Debenham – Dove Cottage or Church
- March 20 I am the Light of the World Framlingham College Prep School at Brandeston Hall in the Hobbies Room
- March 27 I am the Good Shepherd Rendham Church
- April 3 I am the Resurrection and the Life Dallinghoo Church
- April 10 I am the True Vine Wickham Market Church

All welcome to come and join in

## All in the month of MARCH

It was:

200 years ago, on 28<sup>th</sup> March 1819 that Sir Joseph Bazalgette, British civil engineer, was born. He created London's sewer network as well as several notable bridges, embankments and streets.

150 years ago, on 6<sup>th</sup> March 1869 that the first recognisable periodic table of the elements was published by Russian chemist Dmitri Mendeleev.

100 years ago, on 17<sup>th</sup> March 1919 that Nat King Cole, the American jazz/swing/pop singer and pianist was born. (Died 1965)

80 years ago, on 2<sup>nd</sup> March 1939 that Howard Carter, the British archaeologist and Egyptologist died. He discovered the tomb of the pharaoh Tutankhamen in 1922.

Also 80 years ago, that the fictional superhero Batman made his first appearance, in *Detective Comics no. 27*.

75 years ago, from 24<sup>th</sup> to 25<sup>th</sup> March 1944 that World War 2's 'Great Escape' took place.

76 Allied prisoners broke out of the Stalag Luft III prisoner-of-war camp near Sagan, Germany after digging tunnels. 73 were recaptured and 50 executed. The event was dramatised in the classic film *The Great Escape*.

60 years ago, on 9<sup>th</sup> March 1959 that the Barbie doll was launched at the International Toy Fair in New York City, USA.

50 years ago, on 4<sup>th</sup> March 1969 that British gangsters Ronald and Reginald Kray (the Kray twins) were found guilty of murdering the criminals Jack McVitie ('Jack the Hat') and George Cornell. They were sentenced to life imprisonment.

40 years ago, on 26<sup>th</sup> March 1979 that The Camp David Peace Accord was signed by Israeli Prime Minister Menachem Begin and Egyptian President Anwar Sadat, ending 30 years of war.

30 years ago, on 12<sup>th</sup> March 1989 that Tim Berners-Lee invented the World Wide Web while working at CERN.

25 years ago, on 12<sup>th</sup> March 1994 that the first women priests in the Church of England were ordained.

*Parish Pump*

## EARL SOHAM NOTES

Rota for the Altar and Roll of Honour Flowers and Brasses-St. Mary's		
MARCH	Mrs Peacher	
APRIL	Mrs Tinkler	Mrs Edmundson
Any problems phone Lyn—685278		

## CHURCH ELECTORAL ROLL REVISION 2019

### WHAT IS IT?

The Electoral Roll is your parish church's register of electors, it is the list of those qualified to attend and to vote at the Annual Parochial Church Meeting. By enrolling you become a voting member of the Church of England.

By law a complete new Electoral Roll is prepared for each parish every six years and this is due in 2019. The old Roll cannot be carried forward.

All those whose name is on the current electoral roll will receive this letter inviting them to complete an application form to be entered on the new Roll

### WHAT DIFFERENCE DOES IT MAKE?

First, the system is intended to enable church people at every level to be in touch with the Church as a whole and to play their part in decision-making.

Secondly, the system is intended to ensure that the laity have their place in every aspect of church life, including its doctrine and services.

So thank you for your support until now and we very much hope you will complete the application form for inclusion on the new Roll

Mavis Kerridge  
Electoral Roll Officer  
St Mary's Earl Soham



## **ANNUAL GENERAL MEETING**

### **THURSDAY 14<sup>TH</sup> MARCH 2019**

**7.30 pm in the Village Hall**

Please come along and hear how our Allotments are doing After the business of the meeting we will have a Quiz - Just for fun

**The meeting is open to everyone -  
members and anyone interested in  
our progress**

**We look forward to seeing you  
Refreshments will be served**

Earl Soham Village Hall Committee Annual General Meeting will be held on Saturday 6<sup>th</sup> April

at 5.00pm in the village hall.

This will be followed by a showing of the film Hot Fuzz ( a dark comedy starring Simon Pegg)

at 6.30.pm.(no charge for those that attend the AGM)

All are welcome.

#### **Vacancy for Secretary at Earl Soham Village Hall Committee**

The current secretary will be resigning at the AGM on 6<sup>th</sup> April and we are looking for a replacement.

If you are interested and would like further information please contact the present secretary Anne Pratt on 01728 685745.

Thank you

#### **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 .

## EARL SOHAM VILLAGE HALL USERS

Monday: Earl Soham Carpet Bowls  
7:30pm-9:30pm.

Tuesday: Dog and Puppy training classes.  
Classes during the day and evening.

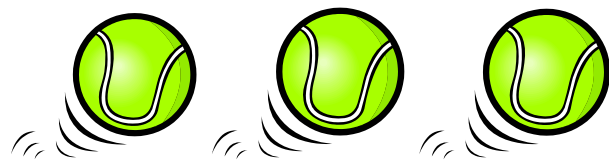
Wednesday: Yoga class.  
Suitable for all.

Thursday: Art classes (every fortnight)  
Water colors class with professional artist Sandra Pond.  
Beginners welcome. 2-4.

Friday: Cubs 6pm-7:15pm  
Scouts 7:30-9pm

Saturday: Co-op junior theatre academy  
Class 1- 9-9:45am age 4-6  
Class 2- 9:45-10:30am age 6-8  
Class 3- 10:30-11:30 age 9+  
Ballet, tap and modern. Fun and friendly. New members welcome with taster session

## EARL SOHAM TENNIS CLUB



**ANNUAL GENERAL MEETING**  
**7.30 PM MONDAY 1<sup>ST</sup> APRIL 2019**  
**EARL SOHAM VILLAGE HALL**  
**NEW MEMBERS WELCOME**

## SATURDAY 2<sup>ND</sup> MARCH 7.30PM IN THE VILLAGE HALL

### SOME LIKE IT HOT



## THE ORIGINAL 1959 FILM WITH MARI- LYN MONROE

### **The World Wide Web – 30 years on**

The World Wide Web was invented 30 years ago this month, on 12<sup>th</sup> March 1989, by Tim Berners-Lee while he was working at CERN, the European particle physics laboratory.

His innovation – a global hypertext document system originally described by his superior as “vague but exciting” – was intended to help scientists share data across a then obscure platform called the Internet, but his decision to make the source code freely available meant it took on a life of its own and is now used by almost everyone with a computer.

He has never profited directly from his invention, but now spends much of his time trying to protect it from malign influences and is working on Solid, a project designed to provide “true data ownership as well as improved privacy”.

As a result of his original invention, Berners-Lee was named one of the 20th century’s most important figures by *Time* magazine, received the prestigious Turing Award for achievements in the computer sciences, and was honoured at the Olympics. He was also knighted by the Queen.

Raised as an Anglican, he turned away from religion but then became an active member of the Unitarian Universalist Church, which he describes as tolerant and liberal.

*Parish Pump*



## LEATHERINGHAM NOTES

### ST MARY'S LEATHERINGHAM

We are now in the process of forming a PCC for Letheringham and hope to have the church building open again very soon. The aim is to have it open for visitors and occasional services. Watch this space!

SB

### TAKE UP A NEW HOBBY.....



Join us for our monthly stitching session on **Friday 1st March 2019** from 10 - 12 in Monewden Village Hall. We are a small friendly group from beginners to advanced stitchers, sewing under the guidance of Alison Pearce who has almost 30 years of experience in hand sewing, patchwork, quilting, applique and cross stitch. Bring your own projects to work on or purchase all the materials you need from the session. Each session

costs £5. Refreshments provided. For more information call Alison on

01473 737155 or

email: [Alison.pearce1970@yahoo.co.uk](mailto:Alison.pearce1970@yahoo.co.uk).

Look forward to you joining us.

Apologies for having to cancel the first two sessions of 2019, hopefully we can now meet on the first Friday of every month for the rest of



## CHARSFIELD WITH DEBACH NOTES

### Church Rotas

Date	Readers	Sides person
<b>March 3rd 10am BHC</b>	<b>Benefice Holy Communion at Cretingham All Welcome</b>	
<b>March 10<sup>th</sup> 10am Morning Prayer</b>	Ros Pam	Pam
<b>March 17th 6.30pm Evening Prayer</b>	Stephanie Antony	Antony
<b>March 24<sup>th</sup> 10am Holy Communion</b>	Cherry Pauline	Pauline

### Cleaning Rota for March

March 2nd	9th	16th	23rd	30th
No Cleaning	Fran	Gill Beverley	Sarah	Ros Lucy

### Flower Rota for March

2nd March	9th, 16th & 23rd	30th March & 6 April
Pauline	Lent - No Flowers	Lent - No flowers

### COFFEE ROTA

March	Lucy
April	Sheila
May	Margaret
June	Pauline

## JOIN THE ENVELOPE SCHEME!

We have now launched a new 'Envelope Scheme' in Charsfield. This is to encourage people to give regular financial support to their parish church without having to sign up to anything!



### How does it work?

Everyone who wishes to participate gets their own personal box of 52 offertory envelopes - one for each Sunday of the year, starting on 7th April. These blue boxes are now available in the church and will be throughout March for people to collect and take away. Simply put your offering in a separate dated envelope each week at home, and either bring it/them with you whenever you come to church, or, if you prefer, someone from the church can collect your filled envelopes every few weeks. That's all there is to it! To recoup the initial cost of the envelopes we are asking people to contribute £3 for their box. Each box has its own unique number (from one to twenty) stamped on every envelope so that we know who has them when it comes time for a new set, and also so that those who are able can sign a Gift Aid form to enable us to recoup the tax paid. There will be a sheet next to the boxes for people to write their contact details against their number when they take their box. We do hope you will join the scheme to help secure the future of your parish church.

SFB

### *St Peter's Church Fabric Fund - Diary Notes*

**Friday 17 May 10am – 12noon Coffee Morning** at Hill Farm – tea/ coffee and cakes, plants, books, bric-a-brac, jams, pickles and raffle.

If you can help by baking a cake or cakes, donating bric-a-brac, books, making jams or pickles, please let Pauline (737517) or Margaret (737182) know. Please also let us know if you would like us to collect. Gluten-free cakes will be very much appreciated.

**Saturday 1 June** Please come and see us at the **Big Raffle** at Charfest

## **PRIMROSE TURNER**

St. Peter's Charsfield send their heartfelt condolences to the family of Primrose. A lovely smiley friend who will be missed by all who knew her.

**The tennis courts in Charsfield are available for anyone to play on - want to find out more then read on.....**

Charsfield Tennis Club is continuing with a household-based membership scheme for the season 1st April 2019 to 31st March 2020.

Each household has the opportunity to 'join the tennis club' allowing all members of their household unlimited play for a year on the courts. Once signed up you will receive the code for the courts allowing you and whoever lives in your household access to the tennis courts. We do have a small, informal tennis club who meet on a Monday evening - it would be great to see more players coming to this for fun, relaxed tennis and the occasional match!

The fee per household is just £30.

Our season is due to start in April with club nights starting on Monday 15th April 2019 from 6.30pm - why not come along?

For more information on joining please contact a committee member - they are Val Volz, Sian Kingston, Pauline Llewellyn, Jo Le Vay and John Fox.

Important Tennis Club dates for 2019: SGM Meeting 13th May 2019, 7.30pm and AGM 9th September 2019, 7.30pm both are going to be in the Village Hall Committee Room.

## **THANK YOU**

Charsfield Village Hall committee would like to thank all those who attended the extremely successful Dance with the Phoenix six piece band and guests on 2nd Feb. This was a wonderful community event and as a result a considerable amount was raised for our funds for which we are very grateful.

*Peter Holloway*

# Charsfield Baptist Chapel

## Sunday services

11am each week

## Coffee Pot

Every Tuesday from 10-12

At the chapel hall



There is a warm welcome for all. We hope you can join us.

Further information available from:

Mary Rowe on 01728 582243

## Singalong Suppers

Friday 1st March and Friday 5th April

Held once a month in the Chapel hall. We start each evening at 6.30pm with something of general interest for half an hour. We then enjoy a buffet meal together. This is followed by a 'singalong' of hymns and songs at 8pm, finishing at 9pm. Do come and join us - you will be most welcome.

## CHARSFIELD FLOWER SHOW POTATO COMPETITION .

Come and join our potato growing competition.

Entries £1.00 per pot. Pots and Potato's

to be collected from Mrs. Pauline Llewellyn

6 St. Peter's Close Charsfield on Friday 22nd March between 10am and 4pm or Sat 23rd March between 10am and 12pm.

Judging will take place on Saturday 20th July between 10am and 12pm at the village hall. The heaviest crop wins!

# CADS 2019 Production The Source of the Nile

The cast of CADS are on A Quest. In an *almost* historical drama set at the turn of the last century, we find intrepid explorer, Rupert Grant, heading an expedition on behalf of the Royal Geographical Society to find the elusive source of the Mighty Nile. But there are nefarious ne'er-do-wells whose intentions are not so, er, well-intentioned, who are out to thwart him! We invite you to join Rupert, Cinders, Jack, Dick, Captain Hook and a host of other colourful characters in Al-Addin's Bar on the outskirts of Cairo as they set off to search for **The Source of the Nile**.

**'The Source of the Nile'** by Martin Wollacott will be staged on **Thursday 4<sup>th</sup>, Friday 5<sup>th</sup> and Saturday 6<sup>th</sup> April 2019 at 7.30pm** in **Charsfield Village Hall**.

Tickets are available now from **The Three Horse Shoes** in Charsfield (01473 737187) and

**R & S Hardware** in Wickham Market (01728 747394)

Adults £8.00 - Children £4.00

Book early to avoid disappointment!

## St. Elizabeth's Hospice Coffee Morning 2018.

Many thanks to all who supported our efforts last November, we had lots of help on the day and we appreciate everyone involved. We made a total of £960, which was quite overwhelming. This included £135 which was all the change collected in the buckets! A certificate from the hospice is displayed in the pub.

We will be having a coffee morning on November 30<sup>th</sup> this year. We may have to change the venue, but please watch this space for final details later in the year.

So thank you all for your efforts, and please continue to collect those coins, it really does make a difference.

Joyce & Dave Whitley.



## EVERYDAY MEALS ON A BUDGET

### BOLOGNESE BAKE Serves 6

400g Lean Minced Beef  
3 garlic cloves, crushed  
1 tbsp Castor Sugar  
1 tbsp Dried Mixed Italian Herbs  
690ml Jar Passata with onions and garlic  
350g Penne Pasta  
200ml tub half-fat Crème Fraiche  
25g parmesan, grated  
Garlic and salad, to serve



Heat grill to high. In a large, non-stick frying pan, fry the mince until browned. Add the garlic, sugar and herbs, and cook for one minute more. Pour over the passata, add seasoning, then simmer while you cook the pasta, following the pack instructions. Meanwhile, mix the crème fraiche and parmesan. Spoon half the mince into an oven proof dish. Mix the rest with the pasta and pour this on top. Drizzle over the parmesan cream and grill until golden and bubbling. Serve with salad and garlic bread.

### Making sense of Lent

This month sees the start of Lent, the six-week period leading up to Easter. In the early Church, it was a time when new converts were instructed in the faith, ready for their baptism at Easter. Over the years, Lent has become a season of penitence, self-examination and fasting. Jesus began His earthly ministry by fasting in the wilderness for 40 days and taught his disciples to fast, *'when you fast.'* (Matthew 6:17).

Fasting might involve missing one or two meals in a day, refraining from TV or alcohol, or whatever gets in the way of us fully focusing on God. What are the reasons for fasting?

The act of giving up something is a tangible sacrifice to God, reminding us of our desire to put him first in our lives.

Giving up things I value shows me how depend I can be on other things rather than God.

Fasting helps me to surrender my *'idols'* to God. When fasting I am reminded of a deeper hunger and need for God in my life: *'Blessed are those who hunger and thirst for righteousness, for they will be filled.'* (Matthew 5:6). I learn to be more dependent on God, while releasing the stuff I depend on in my life.

Lent can also be a time to embrace new spiritual disciplines egg joining a study group, *'random acts of kindness'*, giving more time to prayer and Bible study Whatever you do, have a great Lent!

Parish Pump

## DALLINGHOO NOTES

### Church Rotas

Date	Service/Readers	Sides people
March 3rd 10am	<b>BENEFICE HOLY COMMUNION SERVICE, 10AM, DALLINGHOO , ALL WELCOME.</b>	
3.30pm	10th Evening Prayer & Holy Communion TBA	C Pennington
10am	17th Morning Prayer C Sullivan S West	Dawn Gill Tina Love
10am	31st Family Service Mothering Sunday	Dawn Gill Tina Love & All Helpers Please

### Flower and Cleaning Rota

9th - 16th - Roz & Sheila (No Flowers - Lent)

23rd - 30th - Barbara (No Flowers - Lent)

### Church Opening and Closing

4th - 16th March - Dawn

18th - 30th March - Barbara

## MOTHERING SUNDAY 31ST MARCH

All welcome, young and old, to celebrate Mothers everywhere. The family friendly and less than an hour long. Please come and join us.

## CHURCH WORKING PARTY

We are having a church working party on the 13th April, 10am - 12pm. All volunteers welcome for a working session to get the church and churchyard ready for the summer. The list of jobs is various and suitable for all helpers. There will be refreshments at the end if it.

## THANK YOU'S

Thank you to Chris Pennington, Mick Hines & Philip Hines for all their hard work cutting the trees and hedges in churchyard, also to Jeremy Quinlan for sorting out the guttering on the vestry roof and Richard West for cutting the Ivy off the lower part of the oak trees.

## PRIMROSE TURNER

Peter, Di, Allen & Sue Turner would like to say a big thank you to all who came to say their last goodbye's to Primrose. We were overwhelmed with how many people were there, we think Primrose would have loved it. The service was really lovely. Rev Kathleen Martin had got Primrose off to a tea and I am sure Primrose would have really liked it.. Also thanks to everyone who gave donations in memory of Prim. We have not as yet got a figure of how much was raised to the church in her memory but when we do we will let you know. Many Thanks!

## CARPET BOWLS

Carpet bowls meetings for March will be 13th & 27th at 7.30pm in Dallingham Jubilee Hall. Everyone welcome, especially beginners, good fun, gentle exercise. Contact Cliff Green on 01473 737421 for more information.

## Psalm 63 – or how to cope with the pressures of daily life

If you had to describe our society in a single word, the most appropriate one would be *pressure*. We live with pressure in every aspect of life, from our school, work or family life, to the big issues facing our world.

King David knew what it meant to live under pressure. His son, Absalom, led a rebellion against him, resulting in David fleeing for his life into the wilderness of Judah. It was there that he wrote Psalm 63. The psalm demonstrates the priorities a person of God under pressure.

*God my desire: 'You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.'* (v1). David's physical thirst was an expression of his deeper thirst to know God. Even though separated from the worship of the sanctuary, he chose to seek God. When God seems distant or silence in our lives, we too can choose to seek him; this can be a vital path of growth in our relationship with him.

*God my delight: 'Because your love is better than life, my lips will glorify you.'* (3). David's delight in God is expressed in praise, as he recognises God's love for him. What gives us delight in our lives? Does it come from the things of this world or from God himself?

*God my defense: 'I cling to you; your right hand upholds me.'* (8). David is surrounded by enemies, but confident in God's defense and purpose for him. God uses our troubles and disappointments to fulfil his will, as he develops our character and trust in his purposes.

*'Don't worry about locating your purpose. If you are seeking after God, your purpose will locate you.'* (Tony Evans).  
Parish Pump

## SERVICES FOR MARCH 2019

Church	Mar 3rd Next before Lent Green	Mar 10 Lent 1 Purple	Mar 17 Lent 2 Purple	Mar 24 Lent 3 Purple	Mar 31 Lent 4 Mothering Sunday
Ashfield-cum-Thorpe	↓	6.30pm Evening Prayer	-----	----	10am Holy Communion
Chars field w. Debach	↓	10am Morning Prayer	6.30pm Evening Prayer	10am Holy Communion	To Dallingham
Cretingham	10am Benefice Holy Communion	---	10am Morning Prayer	4pm Evening Prayer & Holy Communion	10am Family Service
Dallingham	↑	3.30pm Evening Prayer & Holy Communion	10am Morning Prayer	----	10am Family Service
Earl Soham	↑	10am Morning Prayer	10am Holy Communion	8am Holy Communion	10am Family Service
Hoo	↑	8.30am Holy Communion	----	8.30am Morning Prayer	To Dallingham
Monewden	↑	10am Holy Communion	----	10am Morning Prayer	To Dallingham
Letheringham	↑	----	----	----	To Dallingham

### READINGS FOR MARCH 2019

	Holy Communion	MP or EP	Psalms
March 3	2 Corinthians Ch 3 v 12 - Ch 4 v 2 Luke Ch 9 vs 28-43a		
March 10	Romans Ch 10 vs 8b-13 Luke Ch 4 vs 1-13	Deuteronomy Ch 26 vs 1-11 Luke Ch 4 vs 1-13	Psalm 91 vs 1-2, 9-end
March 17	Philippians Ch 3 v 17 - Ch 4 v 1 Luke Ch 13 vs 31-end	Genesis Ch 15 vs 1-12, 17-18 Luke Ch 13 vs 31-end	Psalm 27
March 24	1 Corinthians Ch 10 vs 1-13 Luke Ch 13 vs 1-9	Isaiah Ch 55 vs 1-9 Luke Ch 13 vs 1-9	Psalm 63 vs 1-9
March 31	2 Corinthians Ch 5 vs 16-end Luke Ch 15 vs 1-3, 11b-end	For Mothering Sunday: Exodus Ch 2 vs 1-10 or 1 Samuel Ch 1 vs 20-end 2 Corinthians Ch 1 vs 3-7 or Colossians Ch 3 vs 12-17 Luke Ch 2 vs 33-35 or John Ch 19 vs 35b-27	For Mothering Sunday: Psalm 34 vs 11-20 or Psalm 127 vs 1-4
April 7	Philippians Ch 3 vs 4b-14 John Ch 12 vs 1-8	Isaiah Ch 43 vs 16-21 John Ch 12 vs 1-8	Psalm 126

**The Benefice Palm Sunday Service on  
Sunday 14 April  
Will be hosted by  
St. Peter's , Charsfield  
All Welcome**

### CRETINGHAM NOTES

#### Flower and Cleaning Rota

	Altar Flowers	Cleaning
March	Miss Whiting	Mr & Mrs Gourlay
April	Mrs Sedgewick	Mr & Mrs Defoe

\* No altar flowers between Ash Wednesday up to and including Good Friday.

**Church Events:** The next events coming up are –

**Women's World Day of Prayer** – Friday 1st March 7 pm at St. Marys Earl Soham. A time for worship and reflection followed by refreshments. This year coming from Slovenia, one of the smallest and youngest countries in Europe.



**BENEFICE HOLY COMMUNION Service** – in St. Peters on Sunday 3<sup>rd</sup> March at 10 am, followed by refreshments in church.



**BEETLE DRIVE and SUPPER at Monewden Village Hall at 7.15 pm Hot supper and bar on Saturday 30<sup>th</sup> March.. book your place now – not at all competitive (believe that and you believe anything!!). Ring Pauline on 01473 737317 or email Heather on heather.runacres@hotmail.co.uk.**

**MOTHERING SUNDAY – Family Service** in St. Peters on Sunday 31<sup>st</sup> March at 10 am Please do come and join us – a service for all ages.

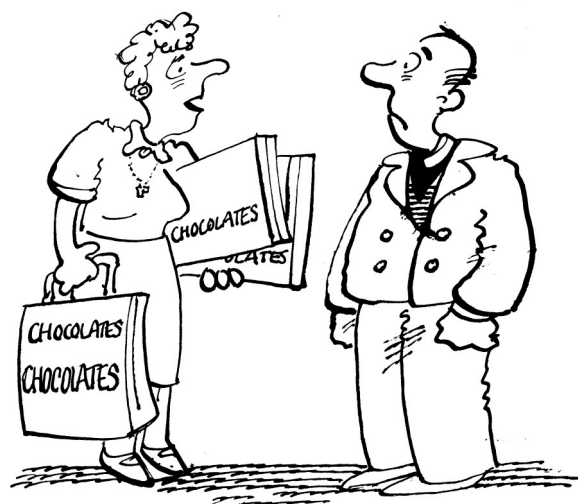
Church Services for March will be up on the noticeboard during the week of March – do please join us at any of the services.

**Magazine costs** – Have you done your salmon coloured envelope yet? Not sure where to put envelope? then either give one of the Churchwardens a ring (in front of magazine) and they will pick it up or pop through one of our doors – Alister at Tubric Cottage (top of The Street) and Heather (through the cat flap!) at Doves Farm just passed the ford on road going out of Cretingham towards A1120.

### CRETINGHAM, MONEWDEN & HOO PARISH COUNCIL

Future meeting dates for 2019 are -

7 March  
9 May  
12 September



I am stockpiling, just in case...

### HOO NOTES

#### PRIMROSE

What a lovely service we had in Dallinghoo church saying our goodbye's to Prim, I congratulate Kathleen as it was her first funeral, of a lifelong friend and her Mother's best friend. She did a wonderful job with Stephen by her side, Stephen read a very nice poem and Prim's sons gave us some nice stories of things Prim had done. May she rest in peace now with Basil.

#### RETIREMENT

Clive Arbon , gardener at Hoo House retires at the end of February. Hoo church PCC would like to wish Clive & Jocelyn, Clive's wife a very happy retirement, and thank Clive for all that he has done to support us at Hoo, watching over the church, cutting the grass paths, helping Eric to clear the gutters over many years. Being a keen cyclist Clive has done the historic churches bike ride in aid of Hoo. The PCC appreciate all that Clive and Jocelyn have done.

#### SOME CHURCH HUMOUR!!

A Vicar decided that a visual demonstration would add emphasis to his Sunday sermon and so four worms were placed into four separate jars.

The first worm was put into a container of alcohol.

The second was put into a container of cigarette smoke.

The third was put into a container of chocolate syrup.

The fourth worm was put into a container of good, clean soil.

At the end of the sermon, the vicar reported the following results;

The first worm in alcohol...DEAD

The second worm in cigarette smoke...DEAD

The third worm in chocolate syrup...DEAD

The fourth worm in good, clean soil...ALIVE

So the Vicar asked the congregation, 'What did you learn from this demonstration?'

Maxine, sitting at the back, quickly raised her hand and said, 'As long as you drink, smoke, and eat chocolate, you wont have worms!'



As I sit to write this month's column, the first real cold snap of the year has brought us snow and ice, but thankfully bringing minimal disruption. I'd like to pay special tribute to our dedicated highways teams who are working, often in treacherous and freezing conditions, around the clock, to keep Suffolk's roads safe and accessible for all of us.

Living in a predominantly rural county like Suffolk, our road infrastructure is simply vital in connecting our rural communities and enabling those who live and work here to travel easily to and from school, our places of work, to visit friends and family and to access local services, such as hospital appointments or local facilities. That's why I am committed to doing all that I can to support our County Council colleagues and my fellow MPs in lobbying Government for much needed cash to improve and maintain our road network.

I was delighted that back in October, the Chancellor made an additional £420 million available for local authorities in England to spend on road maintenance. One of the most common issues coming through my mailbox and post-bag are issues relating to Highways complaints and I know that this money will deliver some much needed and real on-the-ground improvements to our road network here in Suffolk. I'm looking forward very much to visiting our dedicated Highways Team at Suffolk County Council soon to see how this money is being put to good use.

Working with our local councils and Chamber of Commerce, I have also helped to secure £3.8 million of Government funding for improvements to the A140 at Eye. This money has been awarded to Suffolk County Council to deliver the project and works are due to be completed by 31 March 2020. The A140 is a vital economic route and these improvements will go some way in helping to further boost the area's economic potential, not to mention vastly improving road safety on this busy and fast moving stretch of road.

Finally, alongside my fellow East Suffolk MPs and the Leader of Suffolk County Council, I was pleased to meet with Roads Minister, Jesse Norman, in pressing the urgent case for improvements to the A12 and more specifically, for a Four Villages Bypass. There has been a strong case for a Four Villages Bypass for many years now, but with such a bypass likely to cost in excess of £150 million, the funding requirement is significant and will require all those involved to work collaboratively in order to match fund any potential Government money.

I will continue to do all that I can to support our District and County Council colleagues in ensuring that Suffolk's needs, in terms of infrastructure, remain firmly on the Government's radar.

## ***ASHFIELD NOTES***

### ***MAGAZINE DONATIONS***

Thank you to all who have already dropped in donations for the Parish Magazine. If you have not made a donation and would still like to please forward these to Jane at Ashfield Hall or myself at Corner View.

### ***PEA STICKS.***

I still have a few bundles of pea sticks available please refer to last months magazine for more details.

### ***VESTRY MEETING 2019***

Please be advised that the Vestry Meeting where the election of churchwardens takes place will be held on Sunday 31st March in church after the 10am Communion Service.

### ***ASHFIELD FOOTPATHS***

By the time you receive this edition of the magazine I should have completed the annual audit of the entire footpath/bridleway network within Ashfield. So far I have not found any major issues although there are going to be some way mark posts to replace and inevitably in the current wet weather the surface of some cross-field paths is quite muddy. As always if you experience any problems whilst out walking the parish paths please let Malcolm Pease or myself know as soon as possible so that we can initiate remedial action as appropriate.

Finally and at the request of all landowners we respectfully ask that dogs are kept on a lead at all times.

RG

### ***A BIG THANK YOU***

A big thank you to all my friends and neighbours who have been kind and given me support since I have been in hospital. I am grateful for the lovely cards and flowers, and for friends who pop in to see me now I am home. Thanks again from Jan Gissing.



## News from High Suffolk Rotary [See Facebook for more...](#)



### “Fair fa' your honest, sonsie face!”

Translation: “Good luck to you and your honest, plump face”.

Robert Burns uses this line to give a warming start to his poem “Address to a Haggis”. And RCHS had a warming start to the year with two Scottish-flavoured events. Our annual **Burns Night Supper** at the Old Mill House at Saxtead, featured a number of Haggis's (Haggis?). And our President-to-be John was the genial host in another of his very successful **Rotary Whisk(e)y Tasting** events, held at **Kingfishers Restaurant** at Cretingham Golf Club.

At our first meeting in February, we handed over the proceeds from the “Santa's Sleigh” collection to our two chosen charities, and heard more about their work.



**Suffolk Family Carers** provides support, information and advice to carers and their families across Suffolk. Their young people's service team support young people aged between 5-24 years who look after, or help care for, a family member who has a disability, physical or mental illness or misuses drugs and or alcohol.  
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## MONEWDEN NOTES

### Church Rotas

Date	Flowers & Brasses	Cleaning	Sides person	Coffee
March 3rd	J Vonberg		<b>BENEFICE SERVICE AT CRETINGHAM, 10AM, ALL WELCOME</b>	
10th	C Saxby	K Martin J Vonberg	P Keeble	M Skeet
17th	K Martin			
24th	W Heath	W Heath	M Skeet	W Heath
31st	F Watts			

**READERS:** Mar. 10 Communion Service, 24 Family Service, 31 Jill, Paul.

### COFFEE MORNING

Our next Coffee Morning will be held on Saturday, March 16th from 10 a.m. onwards. Do come along for a bacon roll, a cup of tea or coffee and a good chat. The 100 Club draw will also take place during the morning.

### 100 CLUB WINNERS

January 2019, £25 Louise Parker £15 Stuart Rose; £15 Janet Martin

### CRETINGHAM, MONEWDEN & HOO PARISH COUNCIL

Future meeting dates for 2019 are -  
7 March  
9 May  
12 September

## LOCAL HISTORY

There will be a change to the March meeting of the society to be held on Wednesday, March 13, as Sir Michael Bunbury will be unable to give his talk and in his place Dave Steward will give a talk on The Story of Sir William Fitzwilliam, who was Cardinal Wolsey's treasurer and high chamberlain, and the Fitzwilliam family had many links to Suffolk.

## ADVANCED NOTICES:

### MONEDDEN SPRING SALE

This year will be held on Saturday, May 4th, at 10.30 a.m. to mid-day, in the village hall. There will be numerous stalls and refreshments. You will also be able to buy bedding plants and tomato plants from us at bargain prices! Gardeners, when sowing plants this year please sow a few extra for the spring sale



### CHURCHYARD CLEARUP

This year will take place on Saturday, May 11, from 10 a.m. onwards. We really could do with a few more helpers!



### QUIZ:

There will be a Quiz Night in Monewden Village Hall, on March 8th at 7pm. Questions by Julian Dean, with soup and cakes at half time. Bring your own drinks if you wish. Tickets will be £6 per person, with teams of 4. We can make up teams on the night if you can't find a full team. This event is in aid of Monewden Village Hall. Tickets available from David 01473 737298 or Brian 01473 737285.

## Give your garden birds a feast!

March is a hungry time for birds, but you can easily help them. Here are some things they will love:

Seed and grains like Nyjer, millet, oats, and sunflower seeds.  
Unsalted peanuts fit for human consumption. (cut them up, or the chicks could choke)  
Cooked pasta, rice and boiled potatoes.  
Grated cheese, unsalted uncooked bacon rind,  
Raisins and sultanas (be careful! These are poisonous for dogs)  
Suet and fat balls.  
Mealworms and waxworms.  
Apples, pears and soft fruits, cut small.

*Parish Pump*



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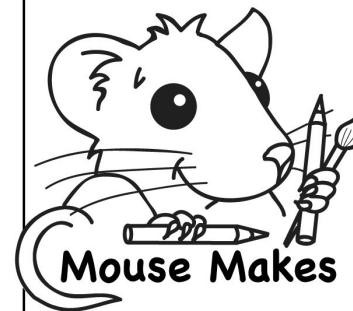
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<b>Ashfield</b>	Simon Ashton E-mail: <a href="mailto:actcp.clerk@gmail.com">actcp.clerk@gmail.com</a> Tel:
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<b>Cretingham</b>	Acting Clerk : Caroline Saxby E-mail: <a href="mailto:cmhparishcouncil@gmail.com">cmhparishcouncil@gmail.com</a> 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>	Guy Harvey E-mail: <a href="mailto:gutharvey1@btinternet.com">gutharvey1@btinternet.com</a> Tel: 01728 685729
<b>Hoo</b>	Jane Page (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 (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> Email: <a href="mailto:enquiries@charsfieldvillagehall.org.uk">enquiries@charsfieldvillagehall.org.uk</a> Or Tel: 07935 445193
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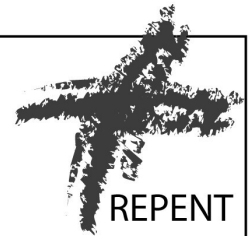
Village Organisations			
ASHFIELD	Community Council	Mr Myles Hansen	01728 685 738
"	Ladies Group	Mrs Susan Hansen	01728 685 738
CHARSFIELD	CEVC Primary School	Dr Paul Parslow-Williams	01473 737 347
"	WI Secretary	Mrs Rosalin Baley	01473 737171
"	Rec. Ground Com	Mrs Jan Pedgrift	01473 737 701
"	Tennis Club	Mrs Pauline Llewellyn	01473 737 517
"	Flower Show Secretary	Mrs Pip Smith	01473 277166
"	Village Hall	Pam Hembra committee@charsfieldvillagehall.org.uk	
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
"	Village Hall Com.	Mr. Derek Spall	01473 737 565
EARL SOHAM	FO St. Mary's	Mr. John Stott	01728 861 340
"	Primary School	Mr. Lambillion-Jameson	01728 685 359
"	Neighbourhood Watch	Mrs J. Sheffield Mrs Mary Patterson	01728 685 403 01728 685 362
"	WI Secretary	Mrs Daphne Dale	01728 621 292
"	Village Hall Com.	Anne Pratt	01728 685 745
"	100 Club	Mr. R. Tinkler	01728 685 278
"	Tennis Club	Mrs Mary Patterson	01728 685 362
"	Bowls Club	Mrs Pam Sykes	01728 685 519
"	Scouts/Cubs/Beavers	Mrs J. Lovett	01728 723 712
"	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



During Lent read through the Gospel of Luke and each day pray for God to help you become more like Jesus

**Lent** is the name given to the **40 days** before Easter and is a time to *pray*, to *read* the bible and to *turn* to God. The first day of Lent is **Ash Wednesday**, a day to *repent* and say *sorry* to God for the wrong things we have *said* or *thought* or *done*.



P W R P W O R D O R G F  
I S C R I P T U R E O O  
T O O A L R E A D F D R  
E R K Y D I T H E L P T  
M R E M E M B E R E R Y  
P Y F O R G I V E C E D  
T S L E N T N R J T P A  
A S H W E D N E S D A Y  
T W O R S H I P U E R S  
I E J E S U S E S N E D  
O F A S T H I N K Y E Y  
N I B I B L E T G I V E

Can you find these words in the word search above?

LENT • ASH WEDNESDAY • FORTY DAYS  
JESUS • WILDERNESS • TEMPTATION • PRAY • FAST  
DENY • REPENT • SORRY • FORGIVE • GIVE • HELP  
PREPARE • REFLECT • THINK • READ • SCRIPTURE  
BIBLE • WORD • REMEMBER • WORSHIP • GOD