

**MID LOES BENEFICE**  
**Ashfield-cum-Thorpe, Charsfield with Debach**  
**Cretingham, Dallinghoo, Earl Soham,**  
**Hoo, Letheringham and Monewden**

July 2020

## *From The Rector*

Dear friends

As I write this we are on the cusp of Sunday services resuming, after a fashion. The Government says there must be social distancing of at least a metre between individuals and households, sanitising of hands at the entrance and exit, no books and no singing, no touching the altar rail (the host is to be received into the hand whilst standing), no wine for the congregation, and the person presiding must wear a mask and sanitise hands before and after handling the bread. It will be odd, but I think we can manage it, and there will be a **Benefice Holy Communion Service at 10am on 5th July at St Mary's Earl Soham**. In the following weeks there will be services in other benefice churches which can manage the safeguards and I will be in touch about that. It looks like I will after all be able to preside at a final **Benefice Service on 2nd August**. It will be **10am at Dallinghoo**, and probably outside. Unfortunately, it looks like the same safeguards will probably be in place as described above but importantly we will be able to celebrate the Eucharist together. Whether or not some kind of socially-distanced outdoor bring-and-eat/drink will be possible remains to be seen, so please come if you can so that Liz and I can thank everyone for thirteen enjoyable years here.

That aside, I wonder how you are coping. One thing that is clear is how differently this crisis is affecting people. Some healthy, recently-retired people have enjoyed the quiet, the fresh air and the countryside. It's rather different for a single parent with three young children in an urban high-rise flat. It's very different again, of course, for those who have been seriously ill or lost their livelihood. The virus is still around, so it is difficult to predict the future.

Mental health has become a big issue, with some people's resilience being tested. The huge relief that some clearly felt at being able to get back to shopping reveals the fragility of those whose well-being depends on the acquisition of 'stuff'. Sadly, our economy seems to depend on it. What of our spiritual well-being, when the distractions normally around us are lessened and we are left face-to-face with ourselves? It could be scary - hence the demand for retail therapy. What is left when much of the contact with the people we love and the things we want is withdrawn? Thankfully, it is only temporary, but it could happen again. It would be too easy for me to start talking about our relationship with God at this point, so I won't do that. I simply leave us to ponder for a moment the huge questions of meaning and purpose for our lives raised when both our support structures and our distractions are taken away. If that is all too much to think about - we had better head for the high street and hope for the best. But I'm sure we have a stronger basis for our lives than that.

With best wishes  
Stephen

### **PREPARING TO MOVE ON**

July is my last month functioning as the rector here. I will write a piece for the August magazine and we will still be resident at the rectory, but will be spending the time clearing stuff out, packing and then moving shortly before the end of the month. From the third of August, I will leave a message on my answering machine that all church business should be directed towards our curate, the Revd Kathleen Martin, and she will have the support of the Revd Canon Graham Hedger who is the rural dean. Kathleen should continue to be the first point of contact for all matters relating to Sunday services and the ministers to conduct them. SFB

## ***EARL SOHAM NOTES***

### **Rota for the Altar & Roll of Honour flowers & Brasses St Mary's**

As the Church is still closed we will resume the Flower Rota etc when we are able to do so

In the meantime if this changes I will do the flowers & Brasses myself

Any problems ring 685278

## **Earl Soham Community Primary School**

### **New Normal**

As I write this article a phrase that I am hearing regularly is 'New Normal'. With lockdown being gradually lifted I am sure that by the time this article is published our 'New Normal' will have evolved yet further and look considerably different for now. At school, it has been fantastic to welcome back some pupils and interact with them again albeit whilst attempting to maintain social distancing. I have to say that the children have been truly fantastic at adapting to, and adopting our 'New Normal'. The biggest challenge is staying in their small group or 'bubble' throughout the day.

Although some children have returned to school others remain at home. We now have established routines with packs of material being collected by parents and communication taking place through the internet. This has very much become our 'New Normal' and we are very thankful for the continued support and contribution of parents. It is not at all easy to work from home and support a child or children with the work sent from school.

I wonder how our 'New Normal' will change over the coming months and whether or not it will ever truly reflect what was considered normal at the start of the year. We will just have to wait and see.

Keep safe

Peter Lambillion- Jameson

Head Teacher

## ***CHARSFIELD WITH DEBACH NOTES***

### ***Church Rotas***

#### ***Readers and Sides persons***

*Sadly, while there are no Services, the rota of Readers and Sides persons has been temporarily suspended*

#### ***Coffee, Flowers & Cleaning Rotas***

*Temporarily suspended whilst the church remains closed*

### **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**

**Margaret Salter - 01473 737 182**

**Your call will be treated in the strictest confidence .**



DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

The COVID-19 pandemic has changed all of our lives. Britain has been forced to implement restrictions and new rules that our country has not experienced since the Second World War. Many people are still working from home and we remain unable to freely see people that we love and care about. But these ongoing measures are necessary to halt the spread of the virus and to protect lives. Our Prime Minister, Boris Johnson, has recently announced the Government's intention to take the first careful steps in modifying some of the restrictions facing our daily lives and these remain under constant review. However, it remains vitally important that we all continue to respect and follow Government advice so that we don't risk a second wave of infection. A second wave would have devastating consequences for our NHS and for our economy. In my view, it is essential that we continue to be led by the scientific evidence, which dictates which restrictions can start to be lifted and when.

We must all continue to play our part in helping prevent the spread of the COVID-19 virus by:

Maintaining social distancing - keeping at least 2 metres apart from people who are not from your own household helps to protect each other and reduces the spread of the virus;

Ensuring good hand hygiene - thoroughly washing your hands and wrists before eating and when returning home after leaving the house is particularly important to protect yourself from catching the virus;

And to protect others, it is important **NOT** to leave home if you or anyone in your household has Coronavirus symptoms

Since the start of the COVID-19 pandemic, my office and I have continued to work hard on behalf of everyone in Central Suffolk and North Ipswich, helping people to access personal and business financial support, and also helping a great many people who were stranded overseas as a result of the COVID-19 pandemic to return home. I continue to ask probing Parliamentary questions of our Government about its response to the pandemic and continue to raise issues that matter to us here in Suffolk in Parliament and directly with Government ministers.

I will always do my very best for the people of Central Suffolk and North Ipswich and if there is anything with which I can help, please get in touch with me. My website also has up to date, helpful information so do please check there:

[www.drdanielpoulter.com](http://www.drdanielpoulter.com)

As ever, I would like to close by paying tribute to my NHS colleagues, the Police and the many others on the frontline of our public services who are putting others before themselves to help in this crucial fight against Coronavirus.

## NOTE FROM THE EDITOR

Most people will be very pleased to hear that it is our intention to be printing and distributing a hard copy of our magazine to every house in the Benefice once again in August. Please start sending your items for inclusion in our monthly publication from today.

Please note the deadline date for your articles to be included in August will be -

**SUNDAY 12 JULY**

As usual, anything received after this date will not be included, thank you for your understanding. If you know anyone who does not have access to the website please let them know.

## OUR READERS ARE PLEASED TO HAVE LOCAL BUSINESSES TO CONTACT WHEN THEY NEED PROFESSIONAL SERVICES.

If you would like to advertise in this magazine's **Directory of Local Businesses** please contact Mrs. Caroline Saxby, our advertising Manager who will be pleased to give you full details.

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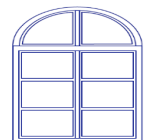
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