

MID-LOES BENEFICE MAGAZINE

Ashfield-cum-Thorpe,
Charsfield with Debach,
Cretingham, Dallinghoo, Earl Soham,
Hoo, Letheringham, Monewden

October 2023



October Benefice Communion Service

Sunday 1st October

10am

St. Peter's Church, Cretingham

All Welcome

WHO'S WHO IN THE BENEFICE

Priest-in-Charge	Revd Gary Best, The Rectory, Earl Soham (Day off Friday) Email: revgarybest@gmail.com	01728 685550 07493 072 695
Curate	Revd Kathleen Martin, Firs Farm, Monewden Email: rev.kay@yahoo.com	01473 737285 07928 799 416
Lay Elders	Mrs. Mary Vellacott, Stretham House, Earl Soham, Miss Amber Pearce-Wright,	01728 685 423
Mag. Editor	Revd Gary Best, E-Mail: midloesmagazine@gmail.com	01728 685550

ASHFIELD

Churchwardens	Robert Grimsey,	01728 685 203
—	email: Robert@rwgrimsey.co.uk	
Secretary	Robert Grimsey, as above	
Treasurer	Robert Grimsey, as above	

CHARSFIELD

Churchwardens	Linda Stratton	01473 737771
—	Mike Bamford	
Secretary	Beverley Gugenheim, The Cottage, The Street, Charsfield Email: bev@gugenheim.net	01473 737667
Treasurer	Vacancy	

CRETINGHAM

Churchwardens	Alister Gourlay, Tubric Cottage, Creetingham	01728 685 335
“	Mrs. Heather Runacres, Dove Farm Cotts. Creetingham	01728 685736
Secretary		
Treasurer	Alister Gourlay, Tubric Cottage, Creetingham	01728 685 335

DALLINGHOO

Churchwardens	Mrs. Charlotte Sullivan,	07967743006
“	email : charlottesullivan87@yahoo.com	
Secretary	Tina Love, 2 Blacksmiths Cottages, Dallinghoo	01473 737653
Treasurer	Ros Bayley, ros.bayley@googlemail.com	

Who's Who continues on the inside back cover

The Deadline for contributions to the
NOVEMBER edition is
SUNDAY 22nd OCTOBER

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

October 2023

From The Rectory...

Well, here we are again. Summer seems to have come and gone... with very little sunshine, so now our attention turns to Harvest, to Advent and, dare I say it... to Christmas!

But, we are where we are and already the diary is becoming full of preparation meetings for various services and events taking place over the coming months.

By the time you receive this magazine, Harvest Services would have already taken place within the benefice, with others planned over the coming weeks. This year, the benefice will be donating all appropriate food donations to FIND (Families in Need), an Ipswich-based charity, providing vital support resources in Ipswich and the surrounding towns and villages. We may know FIND as a local Foodbank, but it is so much more. On talking to the founder of the charity, Maureen Reynel MBE, it was interesting to hear of the range of support provided to many people in need. Whether homeless, working people struggling to survive due to the cost of living crisis; people who have depression or other mental health issues; and a range of other issues that could affect any one of us. FIND also works with local agencies including schools, doctors, health visitors, social workers and CAB, to name a few.

I am delighted that the churches of The Benefice of Mid-Loes will be supporting FIND through donation boxes that will be available at each church, clearly identified and available to drop off any donations that you feel able to give. The donations will then be

collected on a regular basis and taken to the central distribution hub for FIND. The donation boxes will appear during October at every church. There is more information on page 30, but I would encourage you to look at the FIND website, www.findipswich.org.uk.

A wonderful benefice service took place at Ashfield on 3rd September, where we celebrated 170 years since the foundation stone was laid for the current church, as well as launching the benefice 5-year Plan for Growth, along with presenting a cheque to EACH, with a £600 cheque being given to the charity through your generosity at the Vicar's Tea Party, which took place in July. Further details on the Plan for Growth can be found on pages 26 and 27, and I must thank you all for the contributions made through completing questionnaires, visiting Listening Events, etc.

I feel a real sense of energy within the benefice, not just through the churches, but also through the community events that are taking place over the coming months. I am reminded of the importance of 'loving thy neighbour' and everything talked about here and the actions that are taking place throughout the benefice, show this to be so true. I don't know about you, but I feed off the energy of others and right now, I am very much looking forward to all aspects of ministry and community engagement during the coming months.

'You shall love your neighbour as yourself.' There is no other commandment greater than these.'

We don't change God's message – His message changes us.

Love and Blessings, Revd Gary Best

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:

Kathleen Martin - 01473 737 285

Pauline Cobley - 01473 737 317

Margaret Salter - 01473 737 182

Mary Vellacott - 01728 685423

Benefice Choir

The next service where the choir will be present, is being held at:

St. Peter's, Cretingham

Sunday 1st October — Choir present from 8.30am

If you would like more information, please contact

Revd Gary Best or David Irlande.

Revd Gary Best - revgarybest@gmail.com; 01728 685 550

David Irlande - davidirlande@gmail.com; 07931 594 325

BENEFICE HOLY COMMUNION AND LIGHT LUNCH

Thursday 12th October from 12noon

At Firs Farm, Monewden

A reflective Holy Communion service followed by a light lunch to which all are welcome.

Please let Revd Kathleen know if you are coming in order to help with planning.

b.a.martin@btconnect.com or 01473 737285

EARL SOHAM NOTES

Rota for the Altar and Roll of Honour Flowers and Brasses — St. Mary's	
October	Mrs Kerridge / Mrs Roberts
November	Mrs Patterson / Mrs Denton
Any Problems Ring Denise —685234	

EARL SOHAM WI

Is a friendly group with around 50 members, holding interesting, informative, and entertaining meetings normally on the 4th Thursday of each month at 7pm. Our next meeting is on:



Thursday 26th October - Brandeston Village Hall at 7pm

Speaker Jacqui Newton tells us all about. The costumes of Elizabeth 1st.

Visitors and new members are always welcome at our meetings.

So why not come along and give us a try.

For more information and to contact Earl Soham WI please find us at www.sefwi.org.uk or contact Eleri Whitham - 01728 628614.

THE HENCHMAN AND CLUBBE EDUCATIONAL TRUST

The Trustees of The Henchman & Clubbe Educational Foundation have a limited fund available for distribution as Grant Aid.

The Trustees invite applications from young persons, aged 21 or under, who are pursuing a full-time course in further or higher education to degree level or taking up an apprenticeship for grants to assist in the purchase of books, equipment, other necessary materials or travel costs

The applicants' permanent address MUST be in the Parish of Earl Soham

For application forms and any questions please contact Mrs Dawn Edwards, Clerk to The Trustees, Hedgerows, Low Road, Earl Soham, Suffolk IP13 7RN. Email: dawn1802@btinternet.com.

**Application forms when completed, should be returned
to the Clerk by 16th October**



Trains & Games on the Green

Saturday 30th September

Earl Soham

2:30pm to 4:30pm

Steam Train Rides

Traditional Games - Barbecue

Pimms & Beer Tent - Grand Draw

Bring family and friends – fun for all!

In aid of St Mary's Church Fabric Fund

EARL SOHAM 100 CLUB

Once again we approach the time for the Annual Draw and Prize Presentation. This year's Draw will be on Saturday 21st October 2023 at 1000 for 1030 in the village hall. Please remember to have your £12 subscription renewed by the 30th September deadline. Cash or BACS would be preferred as this incurs no bank charges. If you would like to start a subscription please let me know either by email or on 685745. Half of the subscriptions is divided between St Mary's Church and the Village Hall and the other half distributed in prizes from £75 to £12. Depending on the total of subscriptions there are usually around 20 prizes. This is an excellent way of raising funds so do consider joining if you have not done so in the past.

SUFFOLK PLANT MACHINERY

Your local friendly plant machinery hire company based in Brundish Nr Framlingham with 20 years experience in machinery hire and Bobcat sales.



We offer a full range of diggers from micro 1-ton machines to gain access through doorways to 6-8 ton machines for larger jobs, dumpers, skid steer loaders, mini telehandlers and specialised attachments for the machines.

- Prompt friendly service at a sensible price
- We can offer self-drive or with experienced operators.
- We can offer full delivery and collection service for machines if required.
- No job too small or too big and advice given if needed.

We also have full workshop facilities for repairs and servicing of any machines.

Please call to discuss your requirements on 01379 384977.

Email office@suffolkplantmachinery.co.uk





Annual Tournament 2023

**The Earl Soham Bowls Club Annual
Tournament was held on
Saturday 2nd September.**

The Annual Tournament was well supported by players from a wide area of surrounding villages. 42 players participated in a three-wood triples competition. It was won by a team from Stradbroke White Hart BC and second place went to a team from Bredfield BC. Third place went to a team from Shotford BC.

Thanks to the hard work of Earl Soham Bowls Club members, the support of visiting players and the generous sponsorship of Longstaff Transport, Walnes Seeds and Bruce Hinton, £827.75 was raised at our Annual Tournament on Saturday for Club funds.

The season is almost over and the Club have done extremely well this year, finishing second in the Saxmundham League Div. 2, which means a promotion to Div. 1. The Club also finished second in the Bob Wright 3-wood League.

Please contact Martin Dorey (Club Secretary) on 01728 684880 for further details of the Bowls Club and its events or if you are interested in joining the Club next year.

Vernon Cotton 1931-2023

Nella and family wish to thank everyone most sincerely for coming to Vernon's 'Songs of Praise' and singing their hearts out for him.

The happy tone of the day was everything we could have wished for him.

We'd like to especially thank Revd Gary, Anne the organist, the flower arrangers, Moore Bros, and of course, the Bell Ringers. All the cards and messages we received have been a huge comfort to us. With our grateful thanks, Nella, Ann and Mark.

EARL SOHAM FETE

Saturday, 5th August

We held our Fete on 5th August - it wasn't quite how we had planned it as the weather was awful. We made the decision two days before, having seen the forecast, to move from The Green to the Village Hall. It had to be a smaller event due to space restrictions but I am so glad we did so. We were amazed at how many people turned out to enjoy the afternoon with us, the Hall was full of chatter, laughter, music and busyness. It was as good as it could have been under the circumstances - I think people were just glad to find somewhere they could go on such an appalling day. .

I would like to thank everyone who helped in whatever form, planning, setting up, manning a stall or game, baking cakes or coming to support us on the afternoon. I would particularly like to take this opportunity to thank the following local businesses who supported us:

Aspall Cyder - Bridge House Catering - Clarke & Simpson - The Common Room - Earl Soham Natural Health - East of England Co-op - Ernest Doe - Gatsbys - Bruce Hinton - John Hutton - Lucy Murrell - Rob Pearce - Scarlett & Mustard - Walnes Seeds

Obviously we could not enjoy the train and many of the games, so we are planning a second event to enjoy these on 30th September, see poster elsewhere. Hope to see you there.

Mavis Kerridge for St Marys, Earl Soham Fete Committee

ST MARY'S EARL SOHAM
COME AND CELEBRATE
HARVEST

SATURDAY
28th OCTOBER

7.00 for 7.30pm
in the Village Hall

£12 - 2-Course Supper
Bar - Raffle

Singing with our own Harvesters

PLEASE BOOK YOUR TICKETS
BY 21st OCTOBER

For tickets phone
Irene 01728 685814
or Mavis 01728 685700
Families welcome

ESVH AGM & QUIZ

**Friday 6th October at 7:30pm
Earl Soham Village Hall**

All welcome.

**Please come along to support your local Village Hall,
meet friends and neighbours and help steer the
Committee forward in 2024.**

Resumé of events so far and plans for the future.

**Refreshment break with complimentary tea,
coffee and biscuits.**

**QUIZ ! A short Quiz to complete the evening
and herald a Winter Quiz Night Season.
Sharpen your wits and bring a pen...there may
even be a prize.**

BENEFICE MAGAZINE EDITOR

The Benefice Magazine is seeking a new Editor to manage the editorial content and layout of this magazine. The role of the Editor will involve proof-reading the copy and laying out the pages, as well as having 'artistic licence' to keep the magazine exciting and relevant.

A good understanding of Microsoft Word, Excel and Publisher would be an advantage. Please contact:

Revd Gary Best: 01728 685 550

revgarybest@gmail.com

CRETINGHAM NOTES

Flower and Cleaning Rota 2023		
	Altar Flowers	Cleaning
October	Mrs McBride	Vacant *
November	Mrs Chenery	Vacant *

** No cleaner for October/November – if anyone feels able to pop in and put a duster around it would be much appreciated. Thankyou.*

COFFEE & CHAT

St. Peters Church, Cretingham

10.30am - 12noon

Monday 16th October

Monday 13th November



OPEN TO EVERYONE from any village ... just bring yourself for a cup of coffee/tea and biscuit.

SAVE THE DATE

Saturday 18th November - 7pm

RACE NIGHT in Kettleburgh Village Hall
with hot supper and bar.

October Services at St. Peters, Cretingham

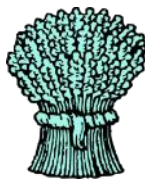
1st October - 10am - Benefice Holy Communion with Choir

8th October - 10am - Morning Prayer with Revd Kathleen Martin

15th October - 10am - Holy Communion with Revd Wendy Gourlay

29th October - 10am - Holy Communion with Revd Gary Best

HARVEST FESTIVAL - THANK YOU



BIG thankyou to everyone who has taken part in our **HARVEST** celebrations. The Church looked wonderful filled with flowers, vines, sunflowers, fruit & vegetables and tinned/packet produce. All the produce will be gathered together and taken to FIND (Families in Need) Foodbank through our Benefice churches collection.

On Saturday 9th September we celebrated our **HARVEST SUPPER** with the doors wide open (as very hot!) but great fun with quiz identification of parts of our village in photos – won with a 6 month share each by David Sedgwick and Linda Buckmaster – Well Done. A chance to chat over supper and meet with old and new friends. Thankyou to everyone who gave so generously of their time, support and contributions to supper.

We rounded off the weekend with a traditional **HARVEST FESTIVAL** Service led by Rev. Kathleen Martin with gifts for the altar and a handful of Harvest hymns – realising how lucky we are to be surrounded by beautiful countryside.

MAGAZINE COPY
DEADLINE DATES FOR 2023

ISSUE

November 2023

Dec 2023-Jan 2024

COPY DEADLINE

Sunday 22nd October

Sunday 19th November

MONNEWDEN NOTES

DATE	FLOWERS AND BRASSES	CLEANING	SIDESPERSION	COFFEE
October 1st	-	M. Sills	-	-
October 8th	S. Kingston	-	B. Martin	L. Grier
October 15th	-	L. Grier	W. Heath	-
October 22nd	M. Gibson	-	P. Keeble	W. Heath
October 29th	J. Coe	F. Watts & C. Saxby	B. Martin	C. Saxby

CHURCH READERS:

October 8th - Caroline, Sheila; October 29th - David, Lesley.

100 CLUB WINNERS:

August - 1: £25 R. Aitchinson; 2 - £15 A. Weeks;
3 - £10 P. Grier.

Our next **COFFEE MORNING** will be on **Saturday, 21st October**, from 10am onwards. Coffee, tea, breakfast rolls and bacon rolls will be served. Come and join us, this monthly event is now very popular. The 100 Club draw prizes for September and October will be drawn at this event.

Advance Notice: There will be a meeting of Monewden PCC on Monday, October 16th at 7.30 p.m.
The meeting will at Maple House.

HOO NOTES

Annual Tea Party

The Annual Tea Party in the Churchyard of St Andrew & St Eustachius went very well on Saturday 12 August.

The weather was sufficiently clement for everyone to sit outside and there was much telling of stories ancient and modern. We had some new visitors, which was very nice, and they joined in the conversations. It was a particularly pleasant surprise to be able to welcome Mrs Perry Branton, who had been Church Warden here for many years.

Although there were only eighteen of us we raised an impressive seventy-five pounds for the DEC and it was decided by the PCC to direct this amount for the relief of suffering after the earthquake in Morocco."

Life on the Deben

Please join us for a joint screening of the film 'Life on the Deben', taking place on 10th November, Monewden Village Hall. Please refer to the advert on page 37 for more details.



Please contact:

Oliver Smith



07712 698023



athenaplumbing13@gmail.com

CRETINGHAM, MONEWDEN & HOO PARISH COUNCIL

VACANCY: Following the departure of David Egan the Parish Council is seeking a new Councillor to represent Creetingham. The PC meets 4 times a year with the possibility of additional, short meetings - usually about planning matters. We meet on Tuesdays at 7.30pm in Monewden Village Hall. If you are interested in undertaking this role please contact me for further information.

PC MEETINGS IN 2024: Please be advised of the following dates for 2024. 16th January; 12th March; 12th May and 17th September. Agendas, minutes, etc can be found on our website: <http://cretinghammonewdenhoo.onesuffolk.net/>

FOOTPATH MAINTENANCE: This topic was discussed at our September meeting following questions raised by concerned villagers. Specifically - who is responsible for cutting the footpaths that criss-cross our parishes? And who is responsible for keeping the hedges/trees alongside them in good order? The County Council is responsible for keeping the footpaths trimmed - although this task is sometimes undertaken on a goodwill basis by the landowner - THANK YOU to those who do this. County Council policy is to cut twice a year but a severely restricted budget means these cuts are prioritised (and I quote) *"...to those paths that people genuinely want or need to use."* The limited budget can also mean that *"... we are not in a position to cut all routes, or those routes that we do cut as often as we would like to."* The ongoing maintenance of hedges and trees alongside public rights of way (footpaths, bridleways and byways - which total nearly 18 miles in our 3 parishes, 3,500 miles across Suffolk) is the responsibility of the owner of the land on which they are planted. If you use specific footpaths regularly and they become overgrown or the hedges are encroaching, then please let one of your Parish Councillors know. Alternatively you can contact the Rights of Way & Access Team by email on prow.east@suffolk.gov.uk

Alister Gourlay - Chair of CMH Parish Council

CHARSFIELD WITH DEBACH NOTES

CREAM TEAS AT CHARSFIELD CHURCH

The Cream Teas that have been held on the second Sunday of June, July, August and September at St. Peter's have been enjoyed by those who came along and have raised a generous total of £340 for the Church. Thanks to those who have supported us. We hope to repeat the Cream Teas in 2024 from May to September.



Food Donations

Donations placed in the collection box in the porch at Charsfield Church are now going to FIND (Families in need) in Ipswich.

FIND has suggested donations that would be helpful such as: long grain rice, longlife whole milk, tinned veg, tinned meat, tinned fruit, desserts, coffee, sugar, jam, soup, toiletries for men, women and children, and pet food.

Many thanks for your continued support and donations which are especially important in this time of rising costs of food, fuel and utilities.

Everyone is Invited to:

**A Cheer-Up October Event In
Charsfield Village Hall on Saturday 14th October.**

Enjoy Fun, Food & Company at a Competitive

Beetle Drive with Prizes

Commences at 7pm with Intro & Rules

Price £8/person, Teams of 2 (if you're on your own its OK, we'll sort it out) including a 2-Course Meal. Licensed Bar (Contactless Payment).

We are limited by numbers so places are on a first come first served basis.

To express an interest or have a query please email: seniors@potsford.com

Stating how many places. We will reply with Confirmation & Payment Details.

Charsfield Baptist Coffee Pot,
held every Tuesday morning
10.30am - 12noon
in the Chapel Hall.
Everyone welcome



Sunday Services at 11am every Sunday.

Morning prayer times continue in the Chapel **Tuesday -Friday**,
but only from **10am-10.30am**.

Sing-along Suppers will be held on every second Friday in the
month until November, at 6.30pm. Buffet supper included.

Come and enjoy singing a mix of your favourite traditional hymns
and modern songs. No tickets required.

Date for your diary!

A great night of music and dancing with:

Infrared **Saturday 25th November**



**Regarded as one of Suffolk's Favourite five-piece Band for over
20 years. Playing iconic music from the 50s to present day,
including a Freddie Mercury tribute not to be missed.**

**Bar available - Card Payment Only - At Charsfield Village Hall
More details to follow.**

CHARSFIELD WITH DEBACH NOTES

Flower Rota October 2023			
October 7th	October 14th	October 21st	October 28th
Lucy Fox	Lucy Fox	Gill Winkworth	Gill Winkworth

Church Rotas—October 2023		
Date	Readers	Sides person
1st October - 10am Benefice Holy Communion	Benefice Holy Communion, Cretingham. All Welcome!	
8th October	No Service at Charsfield. Please check the Magazine for details of services elsewhere in the Benefice	
15th October — 6.30pm Evening Prayer	Roger Stephanie	Stephanie
22nd October — 10am Holy Communion	Sheila Margaret	Margaret
29th October — 10am Morning Prayer	Gill Linda	Linda

Magazine Printing Costs

Many thanks to all who have made donations towards the costs of printing the Benefice Magazine. This is much appreciated. If you have not yet made a donation we shall still be very happy to receive one.

Cash and cheques (payable to Charsfield PCC) may be given to a member of the PCC.

Bank transfers can be made to: **Account** 80249289;
Sort Code; 20-98-07; **Reference** 'Benefice Magazine'.

Thank you for your support."

Everyone is welcome to the Charsfield Village Hall Bar

Plus Table Tennis!

Dominoes, Shove Halfpenny and a selection
of other games.

CONTACTLESS PAYMENT

BAR WILL BE OPEN

Friday 6th and 20th October

Friday 3rd and 17th November

7pm to 10pm

Christmas lunch

Do you live in Charsfield? Are you aged 60 or over?

If the answer to both these questions is YES –

You are invited to a **Seniors Christmas Lunch** on Saturday
9th December at 12noon in Charsfield Village Hall.

**£8 per person for a delicious Christmas meal
and entertainment.**

Grateful thanks to ‘**Communities Together, East Anglia**’
who have sponsored the hall hire.

To register an interest in attending please e-mail
‘seniors@potsford.com’ or telephone 07887 440404
(e-mail preferred). You will then be contacted with
further details.

ST. ELIZABETH HOSPICE COFFEE MORNING

Well, it will soon be Christmas, and once again we shall be trying to raise funds for the hospice. Our coffee morning will be held at Jan's again, on **November 25th**. So do come along and join in this friendly event.

Tea, coffee and cakes to enjoy and Christmas crafts for sale!

Also lots of prizes to be won in the raffle!

So come and join us at 1, St. Peter's Close, for a pre-Christmas get-together! 10am until noon. If anyone has any crafts please telephone Joyce & Dave Whitley on 01473 737549.

HELP NEEDED

Charsfield Flower Show

has been going for over 100 years.

Due to personal circumstances we are in need of a new secretary to start in November.

The job itself entails taking minutes at the committee meetings, booking the hall and judges, with the majority of the work occurring in the build up to the show.

The committee is friendly, I can assure you of that, and you won't be left to do it on your own.

If you are interested in saving the show

Please contact Pip Smith (sec)

twinklebrown@hotmail.com

Charsfield and Dallinhoo Women's Institute



We invite you to join us or visit us and enjoy interesting speakers, friendly company and excellent catering! Our meetings are held at either Dallinhoo village hall (in the summer) or Charsfield village hall (in the winter) on the second Monday of the month at 7.45pm.

Guests and new members are always welcome - for more information contact the President, Maureen Arbon at thearbons@btinternet.com or 01473 737346

We would love to have some new members join us.

Give us a try, come along as a guest and see what we're like!

Planned events for the next two months are:

9th Oct CVH – 7.45 pm Colour Me Beautiful Jacolyn Franklin

13th Nov CVH – 7.45 pm Charsfield Bug Life (and AGM) Trevor Boyd

If you wish to advertise in the Benefice Magazine, please contact Caroline Saxby, Advertising Manager:

Tel: 01473 277146

E-mail: saxbies@hotmail.com

MAGAZINE COPY

DEADLINE DATES FOR 2023

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LEATHERINGHAM NOTES

Teddy Bears Are Go

We are delighted to report that 'Teddy Bears Are Go' on Sunday 27th August at St Mary's Letheringham was a great success, with £280 raised towards the Restoration Fund at St. Mary's. A very BIG THANK YOU to all who attended and helped on the day. The rain stayed away until the very last minute in the afternoon, and there were some fairly strong winds, blowing teddies to record distances! Everyone enjoyed the BBQ, Pimms and Beer as well as the tea and delicious cakes - our very grateful thanks to all those who baked cakes for the day.

Monday Mardle 4th September at Easton and Letheringham Village Hall

Landguard Fort, Felixstowe - through the ages.

Many thanks to Gerry Dunlavey, who has been a guide at Landguard Fort for many years, for enlightening us with his knowledge of the Fort's history dating back to Henry VIII's reign. He related the dramatic stories of how the fortifications played a pivotal role in the defence of the East Coast for over 400 years, where the last opposed seaborne invasion of England by the Dutch in 1667 and the first land battle of the Royal Marines happened and much much more.

Landguard Visitor Centre and Cafe, with its museum, maze of rooms, tunnels and passageways and spectacular views of Harwich Haven, certainly is a place that we now want to visit.

Check it out on www.landguard.com

PLEASE NOTE

Monday Mardle 13th November 2023 - EVENT POSTPONED

My Life in UK Customs presented by Jim Jarvae.

Unfortunately, this Mardle has to be rescheduled until early 2024 - date to follow.

SAVE THE DATES

Friday 1st December 2023

Luke Flunder of Flunder Wines, based in our neighbouring village of Clopton, will have a selection of fine wines available to taste and order in time for the Christmas festivities.

Further details to follow.

FORTHCOMING SERVICES AT ST. MARY'S, LEATHERINGHAM

Harvest Festival Service - Sunday 8th October 10am

We would welcome volunteers to help with displaying flowers, fruit and vegetables in the Church.

Please contact Polly Ffitch on 01728 747449 if you are able to help.

Contributions of tinned food, packet goods, biscuits, cereals etc., can be left in the church the day before. All goods and the collection will be donated this year to FIND (Families in Need).

Remembrance Service - Saturday 11th November - 10.30am

Candlelit Service - Saturday 23rd December 6.30pm

**BENEFICE HOLY COMMUNION
AND LIGHT LUNCH**

Thursday 12th October from 12noon

At Firs Farm, Monewden

A reflective Holy Communion service followed by a light lunch to which all are welcome

Please let Revd Kathleen know if you are coming in order to help with planning

b.a.martin@btconnect.com or 01473 737285

Growing in God

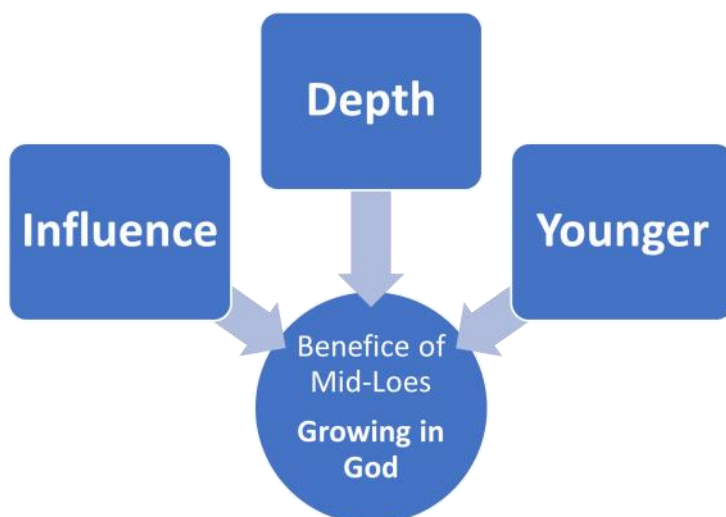
Plan for Growth 2023-2028

At the Benefice Service on 3rd September, the 'Growing in God - Plan for Growth' was launched, providing the benefice with a five-year plan for ministry across the 8-church benefice.

At the service, Revd Gary shared a little about the background, the discernment and the outcomes from a range of information gathering that has taken place over the past 10 months through questionnaires, conversations and information gathered at the Listening Events held earlier this year, the Ministry Team has been able to reach a conclusion in the shape of ministry for the next five years within the Benefice of Mid-Loes.

The Conclusion

It was agreed within the Ministry Team that the focus would be on:



Behind each of the headings, we have concluded that our ministry would focus on:

- ◆ **DEPTH - Bible Study and Prayer**
- ◆ **INFLUENCE - Pastoral Support**
- ◆ **YOUNGER - Children and Families**

DEPTH - Bible Study and Prayer

Establishing regular bible study opportunities across the benefice, perhaps including sermon series focussing on specific topics or books from the Bible.

Providing prayer resources for visitors to our churches, whilst also including more people to lead intercessions at services.

Developing our services to provide reflective opportunities through our worship, i.e. Taizé services and experience days/services for schools and families.

Services to bridge gaps with our communities. Celebrating life events and people.

INFLUENCE - Pastoral Support

Utilising the church buildings for coffee mornings and other similar opportunities in supporting our communities.

Ongoing review of home visiting and home Communion.

Keeping people informed through the provision of a monthly news sheet, focussing on ministry and updates within our churches.

YOUNGER – Children and Families

Set up a monthly youth/family club, encouraging all ages to come together outside of the traditional Sunday morning.

Build on links with the two schools within the benefice, through Collective Worship and developing an after-school club.

Develop music through our choir and schools, providing singing events for young people.

Growing in God

PLAN FOR GROWTH 2023 - 2028

1. Develop bible study, prayer and worship opportunities for all people, including those searching, those new to faith and those with an established faith.
2. Develop pastoral support initiatives to people of all ages through the provision of regular visiting, community events, and prayer.
3. Develop our links with two local schools, through an increased presence, the provision of experience days within the church, and through an after-school club.

MISSION STATEMENT

The Benefice of Mid-Loes

‘Sharing the love of God within our community, through our ministry and service, supporting ALL through life’s joys and sorrows’.



Whatever stage of your faith journey you might be on, somebody searching, someone just wanting to learn more, someone who has attended church all their life.... The Pilgrim Course is a Christian resource creating a place where people can explore the Christian faith together and see how it can be lived out each day.

Pilgrim approaches the great issues of faith not through persuasion, but participation in a pattern of contemplation and discussion with a group of fellow travellers.

The Pilgrim's journey offers an opportunity to lead us through 8 books, each comprising of 6 sessions. The first book, *Turning to Christ*, explores the questions asked at baptism...

Session 1 - Do you turn to Christ?

Session 2 - Do you believe and trust in God the Father?

Session 3 - Do you believe in his Son Jesus Christ?

Session 4 - Do you believe in the Holy Spirit?

Session 5 - Do you repent of your sins?

Session 6 - Do you renounce evil?

Please phone or e-mail Revd Gary Best if you wish to receive further information or to book a place at one of the sessions.

Pilgrim - Book 1 - Turning To Christ

Monday – 7pm	Tuesday 2.30pm
Oct 16 – Session One	Oct 17 – Session One
Oct 30 – Session Two	Oct 31 – Session Two
Nov 6 – Session Three	Nov 7 – Session Three
Nov 13 – Session Four	Nov 14 – Session Four
Nov 20 – Session Five	Nov 21 – Session Five
Nov 27 – Session Six	Nov 28 – Session Six

All sessions will be held at The Rectory, Church Lane, Earl Soham, IP13 7SD.

Services for October 2023

Church	October 1st	October 8th	October 15th	October 22nd	October 29th
	17th after Trinity	18th after Trinity	19th after Trinity	20th after Trinity	Last after Trinity
	Green	Green	Green		Green
Ashfield		6.30pm Harvest Service VB	8.30am Holy Communion KM		X
Charsfield		X	6.30pm Evening Prayer GB	10am Holy Communion KM	10am Morning Prayer KM
Cretingham	10am Benefice Service KM & WG	10am Morning Prayer KM	10am Holy Communion WG	X	10am Holy Communion GB
Dallinghoo		6.30pm Holy Communion GB	10am Harvest Service APW	X	10am Morning Prayer TBC
Earl Soham		10am All-Age Worship WG	10am Holy Communion KM	10am Morning Prayer GB	X
Hoo		8.30am Holy Communion KM	X	6.30pm Harvest Service GB	X
Letheringham		10am Harvest Service GB	X	X	X
Monewden			10am Holy Communion and Baptism GB	10am All-Age Worship CW	6.30pm Evening Prayer GB

Key to Service Leader: GB = Revd Gary Best; KM = Revd Kathleen Martin;
WG = Revd Wendy Gourlay; APW = Amber Pearce Williams, Lay Elder;
CW = Churchwarden; VB = Veda Berriman, Reader.

BENEFICE HOLY COMMUNION AND LIGHT LUNCH

**Thursday 12th October from 12noon
At Firs Farm, Monewden**

A reflective Holy Communion service
followed by a light lunch to which all are welcome.

Please let Revd Kathleen know if you are coming
in order to help with planning.

b.a.martin@btconnect.com or 01473 737285

Bible Readings for October 2023

Date	Readings	Psalm
October 1st	Philippians 2: 1-13 Matthew 21: 23-32	78: 1-7
October 8th	Philippians 3: 4-14 Matthew 21: 33-end	19
October 15th	Philippians 4: 1-9 Matthew 22: 1-14	106: 1-6, 19-23
October 22nd	1 Thessalonians 1: 1-10 Matthew 22: 15-22	99
October 29th	1 Thessalonians 2: 1-8 Matthew 22: 34-end	90: 1-6, 13-17



*The harvest produce was taken to the old
people's bungalows*



Harvest Services across the Benefice

This year, and going forward, the benefice churches are delighted to be supporting FIND (Families in Need) a local charity based in Ipswich supporting people across the local villages and towns.

For over 30 years, Families in Need (FIND) Ipswich, has offered a lifeline to people in Ipswich and the surrounding areas who are experiencing poverty and despair.

FIND provides free food parcels and personal care items to help people get through a crisis, as well as furniture, bedding and other household items where the person or family has none.

An army of over 80 volunteers regularly give their time freely to check and sort the donated food, collect items from local stores, make up the food parcels and deliver them.

It's a six-day a week operation.

The demand for food parcels has risen year on year and FIND now distributes an average of 120-150 parcels every week and even more at Christmas - more than 7,000 every year.

Going Forward

During October, each church within the benefice will become a donation point where there will be boxes in the church porches where donations can be left. The donations will then be collected on a regular basis and taken to the offices of FIND. Currently, the food requirements are as follows:

Long grain rice - Long-life whole milk

Toiletries for men, women and children

Tinned vegetables, meat, fruit/desserts

Coffee - Sugar - Jam - Soup

Pet food (dog, cat, fish, rabbit/guinea pig)

If you are able to donate, thank you.

DALLINGHOO NOTES

Harvest Festival

Join us at Dallinghoo church on 15th October for our Harvest Festival to celebrate all the harvests of our world. This service is family friendly and lasts less than an hour. We would love to share our gratitude for God's world with you.

Harvest Supper 7 October 7.30pm

It's not too late to get your tickets for the annual Harvest Supper at the Jubilee Hall. With sausage and baked potato on the menu followed by Dallinghoo deserts and some entertainment, this promises to be an excellent evening. Tickets are available from Jeremy Quinlan on 01473 737 700.

Services at St. Mary's, Dallinghoo, for October

8th October 6.30pm - Holy Communion

15th October 10am - Harvest Service

29th October 10am - Morning Prayer

Carpet Bowls will resume in Dallinghoo Village Hall

7.30 pm on the following Wednesdays

October 4th - October 18th

No experience necessary. Come along and join this friendly group.

Gentle exercise and a pleasant social evening.

More details from Cliff Green 01473737421

or email cliffval@btinternet.com

Dallinghoo Parish Meeting

Tuesday 17th October - 7.30pm

Dallinghoo Village Hall

The Dallinghoo social event of the year!

Harvest Supper

From 7:30pm on Saturday 7th October 2023

Deadline for bookings is midnight 3rd October

**Menu: Sausages, baked potatoes, carrots
& cabbage**

Veggie option

**Followed by a variety of delicious
Dallinghoo puddings! Offers please!**

**And the renowned Peter
Holloway entertains!**

Price: £8.00 (under 12s £4.00)

**Bring your own glasses & drink
Raffle. Gifts of prizes appreciated**



DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

Like many of you I feel blessed to live in Suffolk. I always do my best to support local businesses, especially our farmers and food producers. Most of you are aware, that as well as being your MP, I am a doctor working in the NHS and, not long ago, I wrote about the perils of faddy and extreme diets. Buying locally produced fresh, seasonal food is absolutely vital for our health and it is also far better for our environment if we buy local and keep our food miles down wherever possible.

I often visit our local farmers and farm shops, and I am always impressed by the high quality of local produce, by our high animal welfare standards and by the high standards of traceability from farm to fork of Suffolk produced food and drink. However, many of us lead busy lives, and it is often necessary to do our shopping online as we keep up with the demands of juggling work and family. There are also many people who struggle with mobility issues and other health concerns who find online shopping an essential lifeline.

I am sure that most people, whatever their shopping habits, always hope to find ways to support local producers where they can. That is why I have called on all of the big supermarkets to adopt a simple new system to make it much easier for online shoppers to buy British.

At the end of August, I helped to co-ordinate a letter from over 100 MPs that went out to the big supermarket companies urging them to support a Buy British Campaign. We are asking supermarkets

to highlight the very best of British produce by incorporating a 'Buy British' section on their online shopping pages. The simple addition of a tab that collates produce from farmers across the UK will help customers shop locally quickly and easily, with the click of a mouse.

Many of our shops and supermarkets already label British made and farmed products, The addition of a 'Buy British' button is simply providing the online shopper with the same ability to better identify homegrown produce as is already enjoyed by those attending a shop in person. A 'Buy British' button could encourage customers to eat seasonally and healthily and support their local farmers at the same time.

I have long championed the work of Suffolk's farmers in improving our food security, supporting a strong local economy and preserving and protecting the environment. I know the people of Suffolk want to back our local farmers and food producers. We all want to understand more about where our food comes from and how it is produced. This simple change on supermarket webpages will help to ensure home grown food is easily identifiable and that in the future we can all play our part in backing British farmers and food producers.

I'm pleased to have played a key role in co-ordinating this important initiative. I talk to farmers in Suffolk regularly, and they tell me time and again the best way we can support them is to simply, 'buy British'. Ensuring we do this is a win-win situation, we protect our health, Suffolk's economy and our environment.

The deadline for contributions to the
NOVEMBER edition is
SUNDAY 22nd OCTOBER
E-mail: midloesmagazine@gmail.com

170th Service / Celebrations



Thank you to everyone who joined us for the service on 3rd September. The congregation was the largest we had had for a service of worship [excluding a few funerals] for over 20 years, the church was almost full! We were delighted to welcome the Archdeacon, Ven. Rich Henderson who presided and preached. The singing was greatly enhanced by the Benefice Choir.

During the service as well as marking 170 years of the present church in Ashfield we launched the 'Plan for Growth' 2023 - 2028 following feedback from the listening events held in the spring. Every household at the service came away with a copy of this, there are further copies in the church if anyone would like one. Towards the end of the service a cheque for £600 was presented to representatives from EACH [East Anglian Children's Hospices] being half the proceeds of the Vicar's Tea Party held in July.



Once the service was over everyone moved across to the Village Hall where the Archdeacon and Revd



Gary cut a celebration cake which was enjoyed over tea or coffee both by the congregation and others who came along in eager anticipation of the bar opening at Noon!

The whole celebration was very enjoyable and judging by the feedback appreciated by those present.

Thank you again to everyone who came or helped in any way.

ASHFIELD NOTES

SHCT Cycle Ride 2023

Thank you to those who manned the church for me. By virtue of our location visiting cyclists are usually few, nevertheless it is important to be there for those that do come. When we undertook major roof repairs about 12 years ago Suffolk Historic Churches Trust gave us a very significant grant towards those works for which we will always be very grateful!

AN EVENING WITH PETER HOLLOWAY

SATURDAY NOVEMBER 4TH

We are delighted that Peter has agreed to join us for an evening's entertainment with a soup and pudding supper. Full details will be sent out on the 'Ashfield Village' email shortly.

For those not on the village email if you are interested please contact Jane Davidson [Ashfield Hall] or myself. Thank you.

OCTOBER SERVICES AT ST. MARY'S

There are two services in Ashfield Church during October to which everyone is very welcome.

October 8th, at 6.30pm Harvest Evening Prayer.

October 15th, at 8.30am Holy Communion.

MAGAZINE COPY

DEADLINE DATES FOR 2023

ISSUE

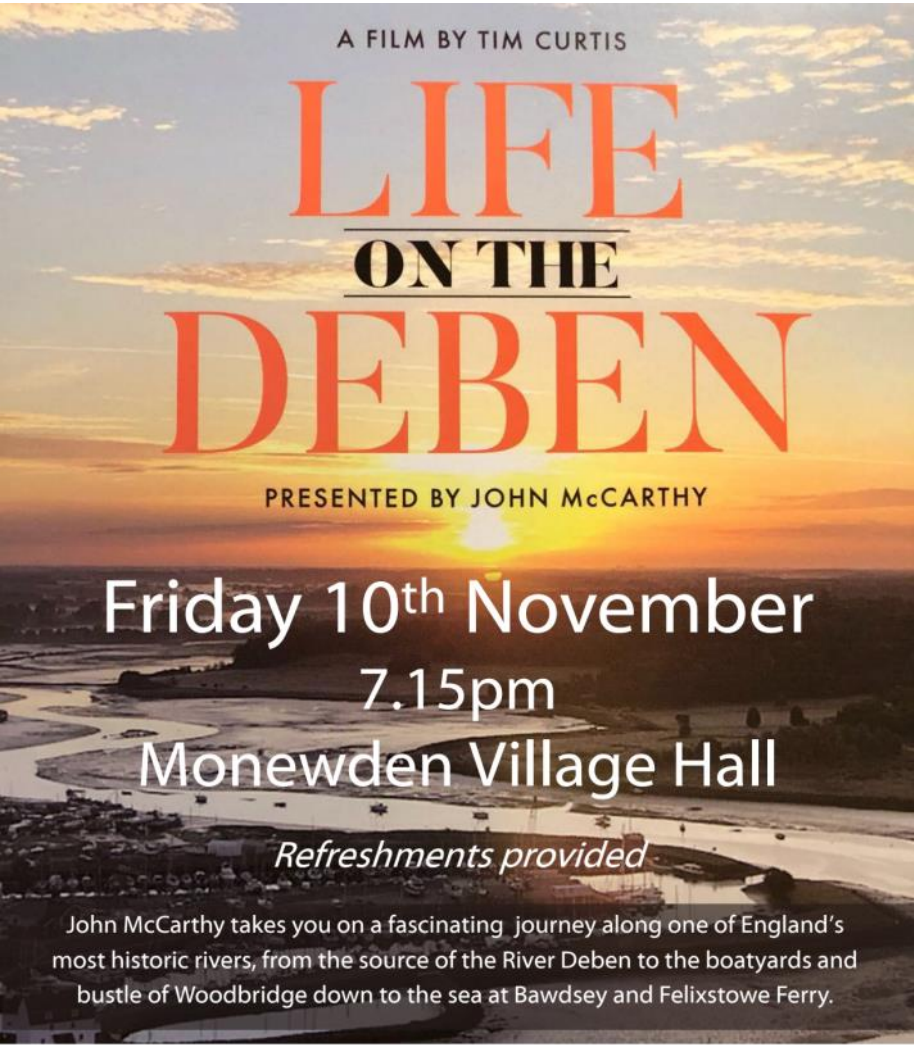
November 2023

Dec 2023-Jan 2024

COPY DEADLINE

Sunday 22nd October

Sunday 19th November



A FILM BY TIM CURTIS

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Friday 10th November

7.15pm

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Mark Saunders - 07539 934218

Brian Martin - 01473 737285 b.a.martin@btconnect.com

No admission charge but donations gratefully received

Profits to Hoo and Monewden PCC

Framlingham Medical Practice

Update as at August 2023

Staff

Goodbye

During August we are saying goodbye to the following staff:

Sian – Care Navigator. Sian is moving to a new part of the country and nearer to family.

Laura – HCA. Laura is moving to a new practice after 10 years of service at Framlingham Medical Practice.

Lucy – Phlebotomist. Lucy is leaving the NHS to take up a post at a local primary school.

We wish them all the best for the future and look forward to them keeping in touch.

Welcome

We welcomed to Framlingham Medical Practice

Sarah – Care Navigator. Sarah joined the practice in July 2023 and is undergoing her care navigation training within the reception team.

Appointments

August 2023 was a busy time in the practice with doctors on annual leave. We will be back to full strength at the end of August 2023.

Thank you for your understanding and support.

1 Appointment for 1 Problem.

Please remember regardless of whether your appointment is a face to face or telephone appointment we can only manage 1 problem per appointment. If you feel you want to discuss more than 1 problem with our clinicians, please ask the care navigators for a longer appointment.

Long Term Condition Reviews

Patients who have a long term condition (ie Diabetes, asthma, COPD, heart failure) will be called on to attend their annual review during the month of their birth. If you have more than one long term condition, we aim to review all your long term conditions in one appointment. If you can't make your appointment please ensure you cancel it and rebook it.

Influenza (Flu)/Covid vaccinations

We are now in the final stages of planning the Autumn Flu and Covid vaccinations programme.

Flu Vaccinations

We will be sending invitations out for Flu vaccinations at the end of August 2023 to the eligible patients. The appointments will be on Saturdays towards the end of September 2023.

COVID Vaccinations

We have been informed that COVID vaccines will be arriving during October 2023. We will be sending invitations out once we have confirmation of vaccination delivery to all eligible patients.

Patient Participation Group

Our Patient Participation Group is looking for new members from the following demographic groups:

- Patients aged between 18 – 25

- Parents of School aged children

- Parents of 0-5 year olds

- Carers

If you would like to support the practice please contact the practice by emailing framlingham.medicalpractice@nhs.net

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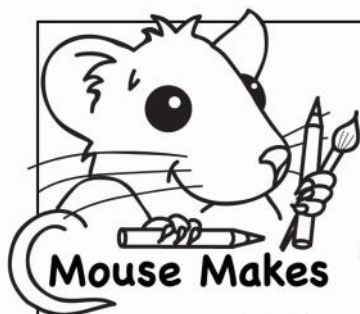
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Charsfield	Website: www.charsfieldvillagehall.org.uk Email: enquiries@charsfieldvillagehall.org.uk Or Tel: 07935 445193
Dallinghoo	Mr Chris Pennington Tel: 01473 737 836
Earl Soham	Village Hall Committee Tel: 07961 606647 Email: esvhbookings@gmail.com Website: earlsohamvillagehall.org
Monewden	Sian Kingston Tel: 07887606717 Email: sian@rskingston.com

Village Organisations			
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"	Ladies Group	Mrs Susan Hansen	01728 685 738
CHARSFIELD	CEVC Primary School	Mr Mark Taylor	01473 737 347
"	WI Secretary	Mrs Rosalin Baley	01473 737171
"	Rec. Ground Com	Gerry Smith	01473 277166
"	Tennis Club	charsfieldrgttennis@yahoo.com	
"	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	Mrs Jen Carlyle	01728 685 359
"			
"	WI Secretary	Mrs Daphne Dale	01728 621 292
"	Village Hall Secretary	Mrs Susie Starke	01728 684 385
"	100 Club	Christopher Pratt	01728 685 745
"	Tennis Club	Mrs Mary Patterson	01728 685 362
"	Bowls Club	Martin Dorey	01728 684880
"	Scouts/Cubs/Beavers	Mrs J. Lovett	01728 723 712
"	Carpet Bowls Club	Chris Pratt	01728 685745
	Allotment/Gardeners Association	Mrs Susie Starke Mrs Janice Meakin	01728 684385 07921 263632



CONNECT THE BIBLE FOOD PAIRS

MANNA	HONEY
OIL	WINE
WATER	FISH
LOCUSTS	QUAIL
LOAVES	FLOUR

What drink ran out at the wedding?

and what did Jesus use to make more?

John 2:3 and 7

What food did God supply for his people in the wilderness?

_____ and _____

Numbers 11:7-9 and 31

After Elijah came to visit, what never ran out?

_____ and _____

What food did the ravens feed Elijah?

_____ and _____

1 Kings 17:6

What food did John the Baptist eat in the wilderness?

and _____

Matthew 3:4

What did the boy give Jesus to feed 5,000 people?

Five _____

and two _____

John 6:9

FIND THE BIBLE VERSE

Change each letter in this bible verse to the letter **before** it in the alphabet.

NBO TIBMM OPU
MJWF PO CSFBE
BMPOF, CVU PO
FWFSZ XPSE UIBU
DPNFT GSPN UIF
NPVUI PG HPE.

NBUUIFX 4:4

DID YOU KNOW?

As Lot escaped Sodom with his family an angel told him not to stop or look back, but Lot's wife did look back and became a pillar of salt.

READ Genesis 19 v15-26

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

Find the words below and the answers to the questions all in the word search

OLIVES • CHEESE
FIGS • DATES
MUSTARD
RAISINS • WHEAT
SALT • GRAIN
FRUIT • GRAPES
VEGETABLES

WHO'S WHO IN THE BENEFICE *(Continued from inside front cover)*

EARL SOHAM

Churchwardens	Dr. John Elmore, Hill Farm, Earl Soham	01728 685 814
Secretary	Mrs. Mavis Kerridge, The Malt House, Earl Soham	01728 685 700
Treasurer	Christopher Pratt, Waters Edge, Low Road, E. Soham	01728 685 745

HOO

Churchwardens	Vacancy	
Secretary	Mr. Trevor Branton, The Poplars, Pound Hill, Dallinghoo	01473 737 246
Treasurer	Mr Francis Whitbread, Archers Keep, Butts Lane, Debenham. Email fwhitbread57@gmail.com	07788 563827

LEATHERINGHAM

Churchwardens	Vacancy	
Secretary	Janet Ross, Pips Cottage, Cooks Hill, Letheringham Email jeross1@me.com	01728 746228
Treasurer	Terence Carlin. Email terence.carlin@btinternet.com	01728 746480

MONEWDEN

Churchwardens	David Grier, Northgates, Monewden	01473 737 298
"	Mr Brian Martin, Firs Farm, Monewden	01473 737 285
Secretary	Mrs. Caroline Saxby, Maple Ho, Rookery Rd. Mon'den	01473 277 146
Treasurer	David & Lesley Grier, Northgates, Monewden	01473 737 298

CHARSFIELD BAPTIST CHAPEL

Pastor	John Green, The Manse, The Street, Charsfield	01473 737861
Secretary/ Treasurer	Mary Rowe, 15 Broad Road, Wickham Market	01728 582243
Deacon	Philip Read, 2, Owners Cottages, Hall Road, Charsfield	01473 737372

**In order to keep this information up to date
please inform the Editor of changes as they occur.
midloesmagazine@gmail.com**

The Deadline for contributions to the
NOVEMBER edition is
SUNDAY 22nd OCTOBER



A COURSE FOR THE CHRISTIAN JOURNEY

Whatever stage of your faith journey you might be on, somebody searching, someone just wanting to learn more, someone who has attended church all their life....

Pilgrim is a Christian resource creating a place where people can explore the Christian faith together and see how it can be lived out each day.

Pilgrim approaches the great issues of faith not through persuasion, but participation in a pattern of contemplation and discussion with a group of fellow travellers.

The Pilgrim's journey offers an opportunity to lead us through 8 books, each comprising of 6 sessions. The books are:

Turning To Christ - The Lord's Prayer
The Commandments - The Beatitudes
The Creeds - The Eucharist
The Bible - Church & Kingdom

The sessions will start on 16th October offering an evening and afternoon session each week for 6 weeks, Monday evenings at 7pm and Tuesday afternoons at 2.30pm. Please see page 29 of the magazine for confirmation of the dates.

Each session will held at The Rectory, Earl Soham.

Please call or e-mail Revd Gary Best if you are interested in receiving further information or would like to book a place.

01728 685 550 - revgarybest@gmail.com