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

March 2024



Benefice Service Sunday 3rd March 10am St. Mary's Church, Dallinghoo All Welcome

WHO'S WHO IN THE BENEFICE

Rector	Revd Gary Best, The Rectory, Earl Soham (Day off Friday) Email: revgarybest@gmail.com	01728 685550 07493 072 695			
Assistant Priest	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 — Secretary Treasurer	Robert Grimsey, email: Robert@rwgrimsey.co.uk Robert Grimsey, as above Robert Grimsey, as above	01728 685 203			
	CHARSFIELD				
Churchwardens — Secretary	Linda Stratton Mike Bamford Beverley Gugenheim, The Cottage, The Street, Charsfield	01473 737771			
, Treasurer	Email: bev@gugenheim.net Vacancy	01473 737667			
	CRETINGHAM				
Churchwardens " Secretary	Alister Gourlay, Tubric Cottage, Cretingham Mrs. Heather Runacres, Dove Farm Cotts. Cretingham	01728 685 335 01728 685736			
Treasurer	Alister Gourlay, Tubric Cottage, Cretingham	01728 685 335			
DALLINGHOO					
Churchwardens "	Mrs. Charlotte Sullivan, email : charlottesullivan87@yahoo.com	07967743006			
Secretary Treasurer	Tina Love, 2 Blacksmiths Cottages, Dallinghoo Ros Bayley, ros.bayley@googlemail.com	01473 737653			

Who's Who continues on the inside back cover

The Deadline for contributions to the APRIL 2024 edition is Sunday 17th March

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

March 2024 From The Rectory...

Very recently, I took some annual leave to travel to Cornwall to celebrate my Father's 90th birthday....90 years old, my Dad is 90 years old... I kept having to tell myself as I made the 7-hour journey. All sorts of memories came flooding back, sadly, many of which were challenging for me, as the memories were not always good ones from my childhood and, as we know, the negatives of life can often overshadow the good things in life. However, this was a trip that was to reverse that thinking as I returned from Cornwall having been reminded of so many good things about my childhood and young adult life, a life that was pretty good, spent with a wonderful family, and many friends. Sharing dozens of family photos from Aunties, Uncles, and Cousins, was testament to the fun times that were had as a child and, as I was to find out...still having as an adult! Needless to say it was a great birthday party.

As I was driving back to Suffolk, I started to think about the Bible and family, because the Bible does has a lot to say about family. In fact, God's Word is full of wisdom and guidance for every stage of family life. Whether you're single, married, or parenting, the Bible has something to say that will encourage us and bless us.

One of the most important things the Bible teaches us about families is that they are a source of blessing from God. God designed families to be a source of love, support, and strength for us. Unfortunately, not all families live up to this ideal. Sometimes our families disappoint us. Other times, we may have strained relationships with our parents or siblings.

1

When our families don't meet our expectations, it can be difficult to cope. But even in these situations, the Bible has something to say to encourage us.

The Bible reminds us that we are not alone in our struggles and that God understands what we are going through.

So if you are struggling with your family relationships, know that you can turn to the Bible for comfort and guidance and, as we approach Easter, celebrating new life, perhaps consider this to be a time for new beginnings.



A new commandment I give you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples if you have love for one another. (John 13:34-35)

Easter Prayer 2024

Almighty God,

You hold all things in your hands. You make sense of everything! So often we only see where we are now, what we feel now, in this moment - but you know the end from the beginning.

In all our troubles, our assurance is in your sovereignty, in your mighty act of salvation.

Thank you that, just as after winter comes spring and after night comes morning, so, most gloriously, after death on Good Friday, comes resurrection on Easter Day!

Christ is Risen - and we can know, by the indwelling of his Holy Spirit, that **He is risen indeed**!

We can know, in our real and every-day lives, where our help comes from.

Hallelujah! Thank you, living Lord, in Jesus name.

Amen.

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. Mary's Church, Dallinghoo

Sunday 3rd March — Choir present from 9am

If you wish to join the choir or have any questions relating to the choir, please contact:

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

BENEFICE HOLY COMMUNION AND LIGHT LUNCH Thursday 14th March 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

Rota for the Altar and Roll of Honour Flowers

and Brasses — St. Mary's

March 2024

Mrs Peacher (brasses only until 29th March)

Any Problems Ring Denise -685234

Earl Soham WI

A thriving, growing and friendly group. We hold interesting, informative and fun meetings. These are usually on the 4th Thursday of every month at 7.00pm at Brandeston Village Hall. New members from Earl Soham and the surrounding villages/areas are most welcome.



Next meeting: 8th March - 7pm Birthday Meeting - A light-hearted evening with Robin and Sue Franklin

Find us at <u>www.sefwi.org.uk</u>

or contact Eleri Whitham – 01728 628614



The deadline for contributions to the APRIL 2024 edition is SUNDAY 17th March

Anything sent after this date will not be included.

E-mail: midloesmagazine@gmail.com

St Elizabeth Hospice are looking to recruit a team of warm, caring and empathetic Community Volunteers to provide support to people living in their own homes.

The support provided may include tasks such as collecting and delivering shopping, collecting medication, making a snack or drink, lighthouse work and gardening or visiting to provide carer/loved one respite, reassurance or a cup of tea and a chat.

We have many patients requesting support in their own homes, across various locations in Suffolk but in particular – Saxmundham, Ipswich, Woodbridge, Eye, Felixstowe and Stowmarket areas. Visits can sometimes be up to 4 hours, but usually would be much less.

If you have any questions regarding the role please contact the Volunteer Team on 01473 707939 or email <u>volunteer@stelizabethhospice.org.uk</u>

SUFFOLK PLANT MACHINERY

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



hire and Sunward 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



Flower and Cleaning Rota 2024			
Altar Flowers Cleaning			
March	*See Below	Mrs Chenery & Mrs Oliver	
April Mrs Runacres		Mrs Runacres	

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

Church Services in St. Peter's during March

10th March - 10am

Mothering Sunday with Revd Wendy Gourlay

17th March - 10am

Holy Communion with Revd Kathleen Martin

28th March - 7pm Maundy Thursday—Stripping of the Altar with Revd Gary Best

31st March - 9.30am Easter Sunday with Revd Wendy Gourlay

<u>Our RACE Night</u> on Saturday 9th March – 7pm

Book your places now, supper included, bar provided in Brandeston Village Hall at 7pm. £10 Adults/£5 Children

Cheer on those horses - no expertise needed!



Let Pauline or Heather know if you are coming so we can make sure there is plenty of food to go round. Pauline 01473 737317 or Heather 07895534702 or email heather.runacres@hotmail.co.uk

COFFEE & CHAT

St. Peters Church, Cretingham 10.30am – 12noon Monday 4th March 2024



OPEN TO EVERYONE from Cretingham and surrounding villages... just bring yourself for a cup of coffee/tea and biscuit... and the heating will be on! We look forward to seeing you there.

Church Cleaning Rota

Thank you to those who got in contact regarding keeping our beautiful church clean for all visitors. I will be in contact shortly to confirm your date! (Floods/School & Scotland means I may not have been in touch yet!)

If you haven't signed up yet please just email me a month you would like to do.

When we all help each other life is so much better.

Heather (Churchwarden) heather.runacres@hotmail.co.uk

CELEBRATING EASTER - ST. PETERS CRETINGHAM

EASTER STALL in CHURCH

Saturday 30th March 2024 10am to 12noon

Join us to browse the stalls, have a chat and taste the delicious refreshments on offer.

Raffle for Easter Egg and other prizes

Coffee & Teas and Freshly Baked Refreshments

Produce Stall / Books / Homemade Crafts / Plants

9th March 2024

Cretingham PCC present

RACE NIGHT

Saturday evening

7pm in Brandeston Village Hall SUPPER and BAR

Adults £10 Children £5

(if you would like to pay online please let us know)

Lots of frantic betting and of course totally non-competitive... believe that and you believe anything !!

To book a place contact either Pauline on 01473 737317

or text Heather on 07981526009 or email heather.runacres@hotmail.co.uk



Easter Sunday Service

9.30am Holy Communion Sunday 31st March

Come and join us for this uplifting service.

'because you have seen me, you have believed; blessed are those who have not seen and yet have believed' (John Ch20 v29)

EASTER FLOWERS in Church

Do pop in and visit to view the marvellous flower displays in each window and on each ledge celebrating Easter.

Contributions to the Magazine

Please note that any contributions to the magazine need to be sent to the following e-mail address: **midloesmagazine@gmail.com**

March Benefice Service

St. Mary, Dallinghoo Sunday 3rd March - 10am

Archdeacon Rich Henderson will be joining us for this service as Revd Gary is to be made Rector of our Benefice. This is a service to which all are welcome and light refreshments will follow the service.

MONEWDEN NOTES

DATE	FLOWERS AND BRASSES	CLEANING	SIDESPER- SON	COFFEE
March 3rd	Benefice Holy Communion Service - Dallinghoo			
March 10th	J. Coe	L. Grier	W. Heath	L. Grier
March 17th	-	-	-	-
March 24th	A. Hamilton	F. Watts & C. Saxby	P. Keeble	W. Heath
March 31st	J. Vonberg	-	B. Martin	C. Saxby

READERS FOR MARCH. 10th—James and Caroline;

31st Wendy and Peter.

100 CLUB WINNERS - February: 1 £25-D. Grier; 2 £15-A. Legg; £10-A. Grier.

PCC MEETING: There will be a PCC meeting on Tuesday, February 20th, 7.30pm, at Maple House.

Our next **COFFEE MORNING** will be on Saturday, March 16th from 10am onwards. Real coffee, tea, breakfast and bacon rolls will be served. Come and join us, this monthly event is now very popular. The 100 Club draw prizes for Marchwill be drawn at this event.

FIRS FARM COMMUNION. A very well attended Home Communion Service was held at Firs Farm on Thursday February 14th.

BENEFICE HOLY COMMUNION AND LIGHT LUNCH Thursday 14th March from 12noon at Firs Farm, Monewden

Please let Revd Kathleen know if you are coming in order to help with planning. b.a.martin@btconnect.com or 01473 737285





Concert with Quaynotes

On the evening of 13 April 2024, we will be hosting a performance at the church by Quaynotes, a local musical group who responded to our request for support for our little church last autumn. Full details are on the flyer elsewhere. Please come along for what will be a very enjoyable evening. The refreshments after the concert will include a glass of wine.

At our recent PCC meeting, the conversation turned, as it often does, to our former churchwarden, Margaret Doe, and her funny stories. The one that always sticks in my mind goes something like this (you will have to imagine Margaret doing the various accents): An elderly Suffolk couple were visiting the USA for the first time on a motor tour.

The husband pulled into a garage to refuel. "Can you fill it up with petrol, please?" he asked the attendant.

"We don't call it petrol here sir, we call it gas".

From inside the car came a question. "Wot 'e say?"

"He said they don't call it petrol here; they call it gas".

The husband had another question for the attendant.

"Can you check under the bonnet please?"

We don't call it a bonnet here sir, we call it a hood". "Wot 'e say?" "He said they don't call it a bonnet here; they call it a hood".

There was a third question.

Can you check the boot please?"

We don't call it a boot here sir, we call it a trunk". "Wot 'e say?" "He said they don't call it a boot here; they call it a trunk".

When he learned the couple were from Suffolk, the attendant told the husband he was in the USAAF in the Second World War and served at Parham airfield. "While I was there" he said, "I met the ugliest gal I've ever seen". "Wot 'e say?"

"He says he's met you before" replied the husband.

Francis Whitbread

SONGS OF SEA AND SHORE

You are invited to join us at Hoo Church on Saturday 13th April 2024 for an evening of music



Quaynotes are a local folk trio who play a mix of traditional and contemporary songs and tunes with guitar, tenor and bass ukulele, autoharp, Celtic harp and voices all delivered with rich harmonies, good humour and a passion for their music.

'We came together to share songs soon after lockdown and now we never tire of playing the music we love. We hope you enjoy it too.' (Julia, Penny and Claudia)

Doors open 6.30, concert begins at 7.00 and lasts for 50 minutes, followed by refreshments.

Free entry – donations to the church welcome

CHARSFIELD WITH DEBACH NOTES

Date for your Diary

Advance notice of Coffee Morning at Hill Farm on Friday 17th May, 10am -12. Please start collecting bric-a-brac, books and raffle prizes for this event with funds raised going to the Church's Fabric Fund.

Cream Teas



Cream Teas will start again from June to September in St. Peter's Charsfield. This year they will be held on 3rd Sunday of the month, 3-5pm. Home-made scones and cake and a chance to chat with friends with a cup of tea. All proceeds will be going to Church Funds.

St. Peter's Church Rotas - March 2024				
Date	Readers Sides Person			
3rd March - 10am Benefice Service Holy Communion	Benefice Holy Communion at Dallinghoo			
10th March Mothering Sunday	No Service at Charsfield Please check the Magazine for details of services elsewhere in the Benefice			
17th March - 6.30pm Evening Prayer	Roger Antony			
24th March Palm Sunday	No Service at Charsfield Please check the Magazine for details of services elsewhere in the Benefice			
31st March - 9.30am Easter Sunday	Mike Linda			



CHARSFIELD WITH DEBACH NOTES

St. Peter's Church Cleaning Rota - March 2024		
March 9th March 23rd		
Angela and Joyce Sheila and Pauline		

<u>Charsfield and Dallinghoo</u> <u>Women's Institute</u>

We invite you to join us or visit us **INSPIRING WOMEN** and enjoy interesting speakers, friendly company and excellent catering! Our meetings are held at either Dallinghoo 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.

11th March - Charsfield Village Hall

Chiropractic, problems with the Back (and other) Mycel Mason Give us a try, come along as a guest and see what we're like!

8th April - Dallinghoo Village Hall

Gardening (bringing plants) David Garnet





Small class sizes

- Forest school and swimming lessons
- Affordable wraparound care 8am-5pm
- Close to Wickham Market, Framlingham & Woodbridge
- Rated 'Good' by Ofsted, 2023
- Pre-school coming soon
- · High adult to pupil ratio
- · Family feel and supportive staff
- Inclusive, diverse curriculum

Come and see what a small school can do for your child.

Church Road, Charsfield, Woodbridge IP13 7QB, office@charsfieldprimary.org.uk, 01473 737347





Charsfield Baptist Coffee Pot,

held alternate Tuesdays during February (6th and 20th)
10.30am - 12noon
in the Village Hall.
Everyone welcome

Sunday Services at 11am every Sunday.

Morning prayer times continue in the Chapel Wednesday-Friday, and alternate Tuesdays, 10am-10.30am.

The deadline for contributions to the APRIL 2024 edition is SUNDAY 17th March

Services for March 2024

	March 3rd	March 10th	March 17th	March 24th
Church	3rd of Lent	4th of Lent	5th of Lent	Palm Sunday
church		Mothering Sunday		
	Purple	Purple	Purple	Red
Ashfield		4pm Evening Prayer VB	8.30am Holy Communion GB	x
Charsfield		x	6.30pm Evening Prayer KM	x
Cretingham		10am Morning Prayer WG	10am Holy Communion KM	x
Dallinghoo	10am Benefice HC Archdeacon Rich	4pm Mothering Sunday GB	10am All-Age Worship WG / APW	x
Earl Soham		10am All-Age Worship MV	10am Holy Communion GB	9.45am Benefice HC Meet at the Green
Ноо		8.30am Holy Communion GB	x	x
Letheringham		10am Mothering Sunday KM	x	x
Monewden		10am Holy Communion GB	х	x

March Benefice Service

St. Mary, Dallinghoo Sunday 3rd March - 10am Archdeacon Rich Henderson will be joining us for this service as Revd Gary is to be made Rector of our Benefice.

Services for March 2024

	March 28th	March 29th	March 31st
Church	Maundy Thursday	Good Friday	Easter Sunday
	White	Red	White
Ashfield	x	10am Morning Prayer KM	8.30am Holy Communion GB
Charsfield	x	x	9.30am Holy Communion KM
Cretingham	7pm Stripping of the Altar GB	x	9.30am Holy Communion WG
Dallinghoo	x	x	11am Holy Communion WG
Earl Soham	x	9.45am Walk of Witness GB	11am Holy Communion GB
Ноо	x	х	8.30am Holy Communion KM
Letheringham	x	x	9.30am Holy Communion GB
Monewden	x	2pm Hour at the Cross GB	11am Holy Communion KM

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.



Bible Readings for	March 2024
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Date	Reading	Psalm
March 3rd	1 Corinthians 1: 18-25	19: 7-end
	John 2: 13-22	
March 10th	Colossians 3: 12-17	34: 11-20
	John 19: 25-27	
March 17th	Hebrews 5: 5-10	119: 9-16
	John 12: 20-33	
March 24th	Psalm 118: 1-2, 19-end	118: 19-end
Palm Sunday	John 12: 12-16	
March 31st	Acts 10: 34-43	118: 1-2, 14-24
Easter Sunday	John 20: 1-18	



Toby persistently sang flat

Charsfield Amateur Dramatics Society CADS Present LAUGHTER IS THE **BEST MEDICINE** 22nd & 23rd March Doors Open: 7.00pm **Charsfield Village Hall** Adults £10 Children (up to age 14) £7 Tickets: Jan Carley 07747 611443 or 07881 941124 Tickets also on sale at the Village Hall Bar on 23/2 & 8/3CASH ONLY FOR TICKETS AT BAR



Charsfield Church of England Primary School

Dear Reader, Can you or someone you know help please? Charsfield CofE Primary School needs governors to help move the school forward following our successful Ofsted inspection last year. The Ofsted report correctly stated, 'the school feels like a family', and we would like to extend our family by welcoming new governors. No formal experience is needed, just a willingness to help ensure all the children attending the school thrive and get the best possible educational experience.

If you would like to make a difference to the lives of young people and interested in finding out more, please contact the school on 01473 737347 or email the main office at office@charsfieldprimary.org.uk . *Mark Taylor (Executive Headteacher)*



...his constant droning from the pulpit is really getting on my nerves!

Services at St. Mary's, Dallinghoo, for March 3rd March - Benefice Holy Communion with Installation of Revd Gary Best as Rector. Service led by Archdeacon Rich Henderson.

10th March - Mothering Sunday Service - 4pm

17th March - All-Age Service - 10am

31st March - Easter Sunday - 10am

Cleaning Rota

We would be extremely grateful to anyone could spare the odd hour on any day, to do a spot of cleaning to help us keep our newly restored church looking fabulous; a rota has been left in the church for any volunteers names.

Churchyard tidy up 13th April - from 10am

Advance notice for your diaries - do come along and help us get the churchyard ready for the summer season. All helpers welcome. There are a wide variety of tasks to be completed both large and small.

WANTED - EMPTY FLOWER POTS

As you will have seen elsewhere in the Magazine, the Dallinghoo Church Repair Fund is holding another Plant & Cake sale outside the Dallinghoo Village Hall on Sunday 28th April from 2 to 4pm. However, we now find we are short of <u>small</u> plastic flower pots so, if you have any spare, please call me (01473 737700) just to check 50 others haven't already given us all we could ever want. If you could then drop them into The Old Rectory, we would be very grateful indeed.



DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

As an NHS hospital doctor who has worked in some of the biggest and best London Hospitals throughout my medical career, I am only too familiar with the signs and symptoms of Measles. Measles is an illness with unpleasant and sometimes life-threatening complications; a virus that Britain had hoped to eradicate through a vaccination programme delivering herd immunity, but unfortunately, parents failing to vaccinate their children has resulted in a loss of herd immunity and a recent surge in Measles cases.

Until recently, herd immunity had meant that cases of Measles had been isolated to small outbreaks in London and the big cities. However, the loss of herd immunity means that we are now seeing a surge of cases throughout the United Kingdom.

Herd immunity is where the spread of an infectious disease within a population is prevented by the pre-existing immunity of a high proportion of people within that population. In Britain, herd immunity against Measles had, in the past, been conveyed by an effective vaccination program – which in recent years meant a two-dose course of the MMR (Measles, Mumps and Rubella) triple vaccine administered before a child's 5th birthday.

The MMR vaccine is routinely offered by health visitors and GPs. Herd immunity against Measles is achieved when 95% or more of the population have gained immunity. But in parts of London and Birmingham, less than 70% of the population have completed the MMR vaccination course by their 5th birthday. In Suffolk, the picture is better, with 89.1% of children being fully vaccinated by their 5th birthday but this is insufficient to convey herd immunity, and means that over 1 in 10 children in our county are not fully protected against the Measles Virus. Measles is not an illness to be dismissed lightly. It is highly contagious with an R rate (or reproduction rate) of between 15 and 16. When compared to the R rate of the first strain of COVID-19 of between 2 and 3, it is clear that Measles spreads easily and quickly in the unvaccinated. The school classroom is particularly fertile territory for the Measles virus to spread.

The reason why vaccination against Measles is so important is because it can result in serious and life-threatening complications including pneumonia, meningitis, blindness and seizures. In pregnancy, Measles can cause miscarriage, still birth and premature labour.

The task now is to restore herd immunity against Measles. If you or your child or grandchild has not completed the MMR vaccination course, then please book an appointment with your GP. It may just save a child's life.

Dr Dan Poulter is the MP for Central Suffolk and North Ipswich and a practising NHS Doctor.

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

Your call will be treated in the strictest confidence .

Benefice Service - Sunday 4th February 2024

We were delighted to welcome many parishioners from the Benefice to the service held at St.Mary's on 4th February, officiated by Revd Kathleen Martin.

The Benefice Choir led by David Irland, were in fine voice and very ably accompanied by organist, Roger Pulham - our very grateful thanks to them all. Tea,Coffee and biscuits were served after the service and were very well received on a cold and windy morning in Letheringham.

Forthcoming Services at The Priory Church of St. Mary's, Letheringham

Sunday 10th March 10am—Mothering Sunday

Sunday 31st March 9.30am - Easter Service

Wednesday 19th June 6.30pm - Taize Service

BENEFICE HOLY COMMUNION AND LIGHT LUNCH

Thursday 14th March 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

RULES OF LIVING WELL AFTER 60

The King is 75. Last year he did 516 engagements, and before his recent diagnosis for cancer, he had no intention of slowing down. Instead, he was keen to be 'back up and running' as soon as possible after his prostate operation. Was he right?

"Absolutely he was – you shouldn't slow down," says Sir Muir Gray, 80, former chief knowledge officer for the NHS. "Ageing exists as a normal biological process but until the age of 90, it has little effect on your ability to look after yourself, engage with others or get about independently. In fact, paradoxically, as we get older, we need to become more active – physically and mentally. Ageing doesn't make you feel old – disease and loss of fitness will."

A study from the Yale School of Public Health found that people who had positive ideas about their own ageing ("I have as much pep as last year") lived for an average of 22.6 years after they first participated in the study, while the people who felt less positively about ageing, lived for just 15 years more on average.

Of course, getting older does involve some loss of energy. But slowing down a bit is never something to be ashamed of, and getting enough rest is the very cornerstone of leading a good life.

Exercise is also crucial as we get older. Focus on the four Ss: stamina, strength, skill (balance) and suppleness. Maintain your stamina by brisk walking every day for 30 minutes.

When you are ill, get up again as soon as you reasonably can. Otherwise, you are at risk of 'deconditioning syndrome', a physiological decline where muscle strength can decrease dramatically if you are over 70.

Thoughtfully review of your personal life-balance. Try to find the 'sweet spot' between activity and rest. Gray advises: "If you're only doing activities, you are inevitably going to burn out. But if you only rest, you will become sedentary and you're more likely to fall ill, feel disconnected and lonely."

Finally, don't run on a hamster wheel of someone else's making. This Lent, before God, rethink your real purpose and calling in life. And live it!



Food Donations across the Benefice

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

Each church within the benefice has now become a donation point where there are boxes in the church porches in which 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.

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

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	USEFUL CONTACTS		
Clerks to Parish Councils			
Ashfield	Mrs Sarah Clare E-mail: actpc.clerk@gmail.com Tel: 01449 781671		
Charsfield	Pamela Hembra E-mail: charsfieldparishcouncil@gmail.com Tel: 01473 737655		
Cretingham	Acting Clerk : Caroline Saxby E-mail: cmhparishcouncil@gmail.com		
Dallinghoo	Chris Ling E-mail: dallinghoo@outlook.com Tel: 07963305205		
Earl Soham	Guy Harvey E-mail: espcclerk@gmail.com Tel: 01728 685729		
Ноо	Caroline Saxby (see Cretingham above)		
Letheringham	Trevor Gill E-mail: letheringhamparishcouncil@gmail.com Website: https://letheringham.onesuffolk.net		
Monewden	Caroline Saxby (see Cretingham above)		
Village Ha	all/Community Centre Booking Secretaries:		
Ashfield	Geoff Henney Tel: 07507 040041 Email: sueandgeoffhenney@hotmail.co.uk		
Charsfield	Website: www.charsfieldvillagehall.org.uk Email: enquiries@charsfieldvillagehall.org.uk Or <i>Tel:</i> 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				
ASHFIELD	Community Council	Ms Sam Thomas	07985 807683	
u	Ladies Group	Mrs Susan Hansen	01728 685 738	
CHARSFIELD	CEVC Primary School	Mr Mark Taylor	01473 737 347	
u	WI Secretary	Mrs Rosalin Baley	01473 737171	
u	Rec. Ground Com	Gerry Smith	01473 277166	
u	Tennis Club	charsfieldrgtennis@yahoo.c	om	
u	Flower Show Secretary	Mrs Pip Smith	01473 277166	
"	Village Hall	Pam Hembra committee@charsfieldvillag	ehall.org.uk	
CRETINGHAM	100 Club	Mr Alister Gourlay	01728 685 335	
DALLINGHOO	Rec. Ground Com.	Mr Derek Spall	01473 737 565	
u	Carpet Bowls Club	Mr Cliff Green	01473 737 421	
u	Village Hall Com.	Mr Derek Spall	01473 737 565	
EARL SOHAM	FO St. Mary's	Mr John Stott	01728 861 340	
u	Primary School	Mrs Jen Carlyle	01728 685 359	
u				
u	WI Secretary	Mrs Daphne Dale	01728 621 292	
u	Village Hall Secretary	Mrs Susie Starke	01728 684 385	
u	100 Club	Christopher Pratt	07395 918937	
u	Tennis Club	Mrs Mary Patterson	01728 685 362	
u	Bowls Club	Martin Dorey	01728 684880	
u	Scouts/Cubs/Beavers	Mrs J. Lovett	01728 723 712	
u	Carpet Bowls Club	Chris Pratt	07395 918937	
	Allotment/Gardeners Association	Mrs Susie Starke Mrs Janice Meakin	01728 684385 07921 263632	



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

EARL SOHAM

Churchwardens	Dr. John Elmore, Hill Farm, Earl Soham	01728 685 814
		<u>_</u> _
Secretary Treasurer	Mrs. Mavis Kerridge, The Malt House, Earl Soham Christopher Pratt, 5 Clarke Drive, Framlingham	01728 685 700 07395 918 937

HOO

Churchwardens Vacancy

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

LETHERINGHAM

Churchwardens	Vacancy	
Secretary	Janet Ross, Pips Cottage, Cooks Hill, Letheringham	01728 746228
	Email jeross I @me.com	
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/	Mary Rowe, 15 Broad Road, Wickham Market	01728 582243
Treasurer		
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 APRIL 2024 edition is Sunday 17th March

Easter Services across the Benefice

Palm Sunday - Benefice Service

Sunday 24th March - St. Mary's Church, Earl Soham (meet at The Green and process to the church for a 10am service)

Maundy Thursday - March 28th

St. Peter's, Cretingham - Stripping of the Altar - 7pm

Good Friday - Friday March 29th

St. Mary's, Ashfield - Morning Prayer - 10am St. Mary's, Earl Soham - Walk of Witness - 9.45am (If you are able to undertake the walk, meet at the Village Green, where there will be a walk to the church)

St. Mary's, Monewden - Hour at the Cross - 2pm (A service of Music and Reflection)

Easter Sunday

Holy Communion at all Easter Day Services, to which all are welcome.

St. Mary's, Ashfield - 8.30am

St. Peter's, Charsfield - 9.30am

St. Peter's, Cretingham - 9.30am

St. Mary's, Dallinghoo - 11am

St. Mary's, Earl Soham - 11am

St. Andrew and St. Eustachius, Hoo - 8.30am

St. Mary's, Letheringham - 9.30am

St. Mary's, Monewden - 11am

