MID-LOES BENEFICE MAGAZINE

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

June 2025



Benefice Rogation Service

Hoo - 10am Sunday 1st June

All Welcome

WHO'S WHO IN THE BENEFICE

· ·					
Rector	Revd Gary Best, The Rectory, Earl Soham (Day off Friday)	01728 685550			
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	Miss Amber Pearce-Wright				
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Treasurer	Robert Grimsey, as above				
	CHARSFIELD				
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	email: linda.e.stratton@gmail.com				
	Mike Bamford	07899 696606			
Secretary	Beverley Gugenheim, The Cottage, The Street, Charsfield email: bev@gugenheim.net				
Treasurer	Garry Stratton email: g.d.stratton@outlook.com				
	CRETINGHAM				
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	Jonathan Lettin, Moat Farm, Cretingham	07896 251 569			
Treasurer	Alister Gourlay, Tubric Cottage, Cretingham	07799 588 106			
DALLINGHOO					
Churchwardens	Mrs. Charlotte Sullivan	07967743006			
	email : charlottesullivan87@yahoo.com				
Secretary	Tina Love, 2 Blacksmiths Cottages, Dallinghoo	01473 737653			

Who's Who continues on the inside back cover

Ros Bayley, ros.bayley@googlemail.com

Treasurer

The Deadline for contributions panel
JULY 2025 ISSUE is
Sunday 15th June

MID LOES BENEFICE

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

JUNE 2025

From The Rectory...

On Sunday 1st June, we will be holding a Rogation Service, giving us the opportunity to give thanks for our food and those who produce it, and to pray a blessing on the communities we share together.

But, what is Rogation?

Rogation is a time of asking, asking God's blessings on emerging crops, which in times gone by, everything depended on the local harvest, which was vital to the local community. A failed local harvest meant starvation, so asking God's Blessing at various times of the year was seen as important.

Here in East Suffolk, we may not be as dependent on farming today for our food, because we can now draw on harvest from all over the country and beyond. The challenge I have is that it can be easy to feel disconnected form where our food comes from, which makes this still a good time to pray for farmers and farm workers who are at the mercy of the weather. All those involved in farming, whether livestock or arable, are key workers, something that we need to be reminded of and for which we give thanks through our forthcoming Rogation Service.

Recognising our farming community, along with gardeners and allotment growers, the Rogation Service provides us with the opportunity to praise the Creator God, give thanks for our food and those who produce it; to pray a blessing on the communities in which we live and share together, and be thankful for all we have been given.

From the Gospel of Mark, 'Jesus also said, "This is what the kingdom of God is like. A man scatters seed on the ground. Night and day, whether he sleeps or gets up, the seed sprouts and grows, though

he does not know how. All by itself the soil produces grain – first the stalk, then the head, then the full kernel in the head. As soon as the grain is ripe, he puts the sickle to it, because the harvest has come."

This parable, only found in the Gospel of Mark, evokes the secretive growth of a seed, night and day, nourished by the soil. Just as the ear of wheat ripens months after its seed was first planted, the seed of the spirit in the heart of a believer will ripen into a life lived fully for God.

It reminds us of the potential in every person who hears the message of Jesus, that they too are like a seed filled with everything they need to accept Grace and live fully and eternally. But just as a seedling needs fertile soil, water, protection from storms, the new Christian needs a community of guidance and love, and of time for prayer, so the seed of God's word will bear fruit.

Please join us on Sunday 1st June, 10am at Hoo Church, where we can celebrate our farming community together, giving thanks and praise for those who work tirelessly throughout the year, acting not just as a farming community, but as stewards of the beautiful countryside in which we live.

Love, and Blessings, Revd Gary

Revd Gary and Sarah invite you to a Garden Party to celebrate Sarah's 50th Birthday, raising money for

LIVE MUSIC

LICENSED BAR



BBQ

DEMENTIA UK PRESENCE

Please join us on
Saturday 5th July, from 2pm-5pm,
The Rectory, Church Lane, Earl Soham, IP13 7SD.

No presents or cards please, but if you wish to make a donation to Dementia UK, there will be plenty of opportunity on the day, or please use our JustGiving page: https://www.justgiving.com/page/sarah50thbirthday

BENEFICE HOLY COMMUNION & LIGHT LUNCH

Thursday 12th June 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

A Celebration of Marriage

Sunday 13th July, St. Peter's Church, Cretingham, 11am

A Celebration of Marriage is a service where we will be celebrating the wonderful institution of marriage.

Whatever length of time you have been married, if you would like to acknowledge your marriage with a blessing taking part within this service, then please let Revd Gary know.

01728 685 550 - midloesoffice@gmail.com

You can now follow the Benefice of Mid-Loes on Facebook or Instagram - beneficeofmidloes Also, keep in touch with the Benefice through: www.mid-loes.com





www.achurchnearyou.com

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ASHFIELD NOTES

LECTERN BIBLE

The lectern bible from which passages of scripture are read during services at St Mary's has after many years of use become quite shabby and is "falling to pieces."! We are wondering if there is anyone out there who would like to sponsor a replacement perhaps in memory of a loved one who had a close affiliation with Ashfield Church, to mark an anniversary or special occasion. If this is something that you would be interested in please contact Revd Gary or myself to discuss details. Thank you.



Robert

THE GARDEN AT CORNER VIEW

Robert's garden and arboretum will be open on Sunday 1st June from 2pm to 6pm. Come along and see his Horse Chestnut collection and what he has been doing since Storm Babett when the whole site was under water. Some changes have been made already and others are ongoing with further ideas for the future. Tea/cold drinks along with biscuits/cake will be available. There is no set admission charge, donations are invited for Ashfield Church. Corner View [IP14 6ND] is located at the northern end of Ashfield-cum-Thorpe and will be signed from the A1120.

PARISH COUNCIL - UPDATE

The recent Annual Parish Meeting whilst not well attended did give those present a chance to hear what has been going on in Ashfield during the last 12 months. Reports were presented by the Parish Council, District Councillor, County Councillor, Ashfield Footpaths Group, The Community Council [Village Hall], Ladies Group, Welfare Trust and Village Recorder. All of these reports are posted on the village website. My thanks to everyone who contributed reports and to those involved with the organisations represented many of whom work very hard quietly to keep the village alive!

Key points from the meeting that the Parish Council will be working on in the coming months include putting pressure upon Suffolk County Council to improve the state of the road surface along Grove Lane parts of which are in a state of disrepair and seeking funding for the provision of two dog waste bins for the village that will be placed well away from any houses along routes popular with dog walkers, for reasons of cleansing they need to be accessible from the public highway. I am pleased also to report that the rather battered 'Ashfield-cum-Thorpe; sign at the north of the village is going to be replaced and am indebted to County Councillor Matthew Hicks for funding this.

Robert Grimsey

CHARSFIELD WITH DEBACH NOTES

CHARSFIELD CREAM TEA

The first Cream Tea of the season at Charsfield Church was a successful afternoon and raised £110 for church funds. A passing cyclist and a couple of holiday makers as well as villagers from Charsfield and further afield enjoyed scones with clotted cream and cake.



Everybody is welcome so if you are passing, please drop in (third Sundays of the month, 3-5pm).

ST. PETER'S CHURCH CHARSFIELD - JUNE CLEANING ROTA		
June 14 th	June 28 th	
Linda & Lesley	Gill & Beverley	





CHARSFIELD WITH DEBACH – Services, Readers & Sidespeople

Date	Readers	Sides person	
June 1st 10am	Benefice Rogation		
Benefice Rogation	Holy Communion at Hoo		
Holy Communion at Hoo	All Welcome		
June 8 th	No Service a	at Charsfield	
	Please check the Magazine for details of Services elsewhere in the Benefice		
June 15 th 6.30pm	Roger	Margaret	
Evening Prayer	Margaret		
June 22 nd 10am	e 22 nd 10am Mike		
Holy Communion	Sheila		
June 29 th 10am	Gill	Linda	
Morning Prayer	Linda		

ST PETER'S CHURCH FLOWER ROTA			
Thank you for your help with the flowers.			
If any of your dates listed below are not convenient, please arrange to swap with someone else on the list.			
Date Name			
7 June 25	Lesley Fuller		
14 June 25	Linda Stratton		
21 June 25	Linda Stratton		
28 June 25	Bev Gugenheim		



All welcome at Charsfield Village Hall!

Table Tennis

Pop Up Bar

Contactless Payment

Friday 6th and 20th June 7pm – 10pm

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

CHARSFIELD WITH DEBACH NOTES continued

CHARSFIELD FLOWER, PRODUCE AND CRAFT SHOW

Saturday 26th July 2025

Charsfield Village Hall

Start growing flowers and vegetables to enter the show.

Also photography, domestic and handicraft classes.

The photography classes this year are:

Into the wild, Doorways, A piece of food, A local scene, Pet/s, In the garden, Seaside, A wet day, Birds, Your choice of colour photo and A black and white photo. So get snapping!

The Flower Show schedule will be available in late May in Charsfield Church porch, the telephone box in Charsfield and Charsfield Village Hall. The schedule will also be available via a link on the village website. Have a look at the classes and see if you would like to enter any. Entries cost 30p per class for adults and the children's classes are free.

Entries night is on Tuesday 22nd July, 7-9pm at Charsfield Village Hall.

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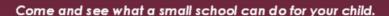
Charsfield C of E Primary School

Aiming high, valuing individuals, celebrating success.





- · 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



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

- 7 -



CHARSFIELD WITH DEBACH NOTES continued

NEWS FROM CHARSFIELD PRIMARY SCHOOL

We have all been working hard at Charsfield Primary School this term. Year 6 pupils have just finished their SATS tests, and we are now looking forward to putting on a summer performance for our families.



Pupils in Oak class have enjoyed taking part in Forest Schools and were delighted when Mrs Foster brought in her giant tortoises for the session! The children learn many different skills in forest schools and enjoy learning outside the classroom. The children have also enjoyed designing their own nature books based upon "Where My Wellies Take Me" by Michael Morpurgo. We have been looking for signs of spring and early summer.

We are very excited to be hosting Little City again on Friday 13^{th} June for our pupils. The public session (10.45 - 11.45) is open to all pre-schoolers and their parent/carer and is free of charge. Please contact the school office to book your place.

Our younger pupils have been learning about toys that their grandparents may have played with, comparing them to the toys they play with today. They have also been learning about the value of responsibility by looking after the plants and keeping their outside area tidy. We are still waiting for some bees to find our bee café for refreshments!

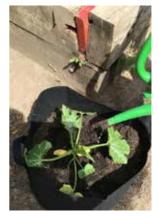
Pupils in KS2 have been learning about what it was like to be an evacuee in the war, and I think quite a few of the children were so surprised by how little people had back then! We researched what children would have packed in their suitcase and designed our own evacuee labels.

To keep up to date with school news please follow our Facebook or Instagram pages, these are regularly updated.

If you are looking for schooling in the area, we do have spaces available in some year groups. Visits to the school are always warmly welcomed. Please contact the school office 01473737347 or email office@charsfieldprimary.org.uk to arrange a visit.









Cream Teas at Charsfield Church

3-5pm

Third Sundays:

Jun 15, Jul 20,

Aug 17, Sept 21

Proceeds to Church Funds



CRETINGHAM NOTES

CHURCH SERVICES

In June our services are as follows:

Sunday 1st June Benefice Holy Communion at 10am[~]

at Hoo Church

Sunday 8th **June** Morning Prayer @ 10am

led by Revd Kathleen Martin

Sunday 15th June Holy Communion @ 10am

led by Revd Wendy Gourlay

Sunday 29th June PATRONAL FESTIVAL @ 11am

led by Revd Gary Best and followed by a bring-your-own-picnic lunch

Our **PATRONAL FESTIVA**L, which we celebrate on the Sunday closest to St Peter's Day, will be led by our Rector, Revd Gary Best, and will commence at 11am.

It will be followed by a Bring-Your-Own picnic lunch in the Churchyard – Refreshments will be provided.

Those unable to join the service are welcome to attend the picnic which will begin around noon.

CRETINGHAM FETE

This year's Fete will be held on Oak Corner on Saturday 5th July and will be jointly organised by the Village Committee and the PCC.

The PCC will be running three stalls: Grand Draw; Tombola/ Crafts; and Books. Donations of gifts for the Tombola can be left with Christine Chenery at Emmerson Cottage and Books can be left in the Church porch – thank you.



"Well, no, I'm not dressing like this to create common ground with today's youth culture – I've always worn a hoody."

theW

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:

May 22nd – 7.00pm – The Beehive
A refuge for abused women in Kenya
Introduced to us by Ruth Leigh
June 26th – 7.00pm – East Anglia Air Ambulance
First Responders with Barbara Stapleford
Find us a www.sefwi.org.uk

or contact Eleri Whitham - 01728 628614



EARL SOHAM 100 CLUB

I am delighted to report that Janice Meakin has agreed to take over as Chairperson/ Treasurer of the 100 Club. I appreciate that some of you might have cancelled your standing orders following my previous notice. I am sorry for the inconvenience but I hope that you will feel able to reinstate them in order to carry on in supporting not only St Mary's and the Village Hall but also Janice and the committee as they move forward.

Chris Pratt

	Rota for the Altar and Roll of Honour Flowers and Brasses- St. Mary's	
June	Mrs Rothery/Mrs Hinton	The second
July	Mrs Edmundson	
	Any problems Ring Denise - 685234	N. MART
		7/

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EARL SOHAM FETE

SATURDAY 2nd AUGUST

2pm on the Village Green

steam train rides, stalls and games for all the family

Further information to follow

We will be receiving any donations you wish to make to the Fete on Friday 25th July after 5 pm in the church - bottles, books, jigsaws, preserves, plants, items in good condition for the Tombola or Raffle would be very much appreciated. Cakes and bakesfor the cake stall or refreshments would be gratefully received on the day. Look out for posters.

IN AID OF ST MARY'S CHURCH FABRIC FUND

HOO HALL OPEN GARDEN 2025

The PCC of St Andrew and St Eustachius, Hoo, are again looking forward to welcoming visitors old and new to the Open Garden at Hoo Hall from 2pm on the afternoon of Sunday 8 June 2025 (see attached flyer for full details). The Open Garden has been a major event in the calendar of our little church for a good few years now and we are so grateful to Graham Nicholson for his continuing generosity in opening his beautiful garden to the public to support Hoo church. I haven't been able to find out when the event started, but I can certainly remember going for the first time in 2011, so thank you Graham for what you have done, and continue to do, for the church on your doorstep.

In the days when I first became aware of Hoo Hall Open Garden, it was very much a "Perry and Margaret" event. I can still picture the two redoubtable lady churchwardens in the Hall kitchen, serving refreshments, running a raffle, greeting everyone with a smile and cheerful word and generally making the afternoon one to remember. Anyone who knows Perry and knew Margaret will, like me recall with pleasure the unique spell the two of them cast over those summer afternoons. I still miss them but hope Perry will be able to come to the garden again this year as a visitor, while I am sure Margaret is watching down to make sure we are doing everything as we should!

Those of us on the PCC who have taken up the mantle from Perry and Margaret do our best to make the Open Garden afternoon as close to what they used to do as we can. In truth, it is not a particularly difficult task, as the garden always looks at it's absolute best, whatever the weather has been over the preceding weeks. That state of perfection is due to the hard work of Mark the gardener, who is also a valued member of our PCC. As well as perfection in the garden, there is more to be found in the church, from the quartet that Graham kindly organises to play a short concert in aid of the Hoo Church Building Trust. There is something very special about the sound of music flowing through the open door of a beautifully unspoilt Suffolk church.

We are always pleased to see visitors for whom the Open Garden is an annual expedition but equally delighted to welcome first timers who so like what they see that they return the next year and become "regulars". With all these visitors, parking would be an issue if it were not for John and Evelyn Parkinson at Hoo Hall Farm kindly allowing their farmyard to be used for parking. Our grateful thanks to them for doing this over many years, also to John for making sure everyone gets parked and Evelyn for helping in the kitchen.

If you are a regular, we look forward to seeing you again on 8 June, but if you haven't been before, please come and bask for a couple of hours in what I can best describe as the "Hoo Hall Open Garden Experience". I have already mentioned the garden and the concert but should add that the refreshments are also top notch. Finally, spread the word to your friends outside the Mid Loes benefice, as without wishing to swell Mark's head in any way, his hard and loving care of his workplace deserves be seen by anyone who can appreciate a beautiful garden.

Francis Whithread

Revd Gary and Sarah invite you to a Garden Party to celebrate Sarah's 50th Birthday, raising money for

LIVE MUSIC

LICENSED BAR



BBQ

DEMENTIA UK
PRESENCE

Please join us on Saturday 5th July, from 2pm-5pm, The Rectory, Church Lane, Earl Soham, IP13 7SD.

No presents or cards please, but if you wish to make a donation to Dementia UK, there will be plenty of opportunity on the day, or please use our JustGiving page: https://www.justgiving.com/page/sarah50thbirthday

Save the Date

For Church events taking place across the Benefice

June 8th Open Garden & Concert Hoo

July 5th Birthday Garden Party The Rectory

5th Village Fete Cretingham

29th Teddy Bear Drop Letheringham

August 2nd Village Fete Earl Soham



Contributions to the Magazine

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following e-mail address: midloesmagazine@gmail.com

June 2025

Date	Readings	Psalm
June 1st Benefice Service	Acts 16: 16-34 John 17: 20-end	97
June 8th Pentecost	Acts 2: 1-21 John 14: 8-17	104: 2636
June 15th Trinity Sunday	Romans 5: 15 John 16: 12-15	8
June 22nd	Galatians 3: 23-end Luke 8: 26-39	42
June 29th Peter the Apostle	Acts 12: 111 Matthew 16: 1319	125

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

Kathleen Martin 01473 737 285

the following:

Margaret Salter 01473 737 182

Mary Vellacott 01728 685423

CHURCH SERVICES

	June 1st	June 8th	June 15th	June 22nd	June 24th	June 29th
Church	Easter 7 White	Pentecost Red	Trinity	Trinity 1 Green		Trinity 2 Peter the Apostle White
Ashfield		6.30pm Evening Prayer VB	White 8.30am Holy Communion KM	X	х	X
Charsfield with Debach		×	6.30pm Evening Prayer GB	10am Holy Communion KM	х	10am Morning Prayer WG
Cretingham		10am Morning Prayer KM	10am Holy Communion WG	х	Х	11am Patronal Festival GB
Dallinghoo		Х	10am All-Age Worship KM	x	Х	10am Holy Communion KM
Earl Soham		10am All-Age Worship APW	10am Holy Communion GB	10am Morning Prayer GB	x	x
Ноо	10am Benefice Rogation Holy Communion GB	8.30am Holy Communion GB	x	8.30am Morning Prayer KM	x	x
Letheringham		x	x	x	6.30pm Taize Service WG	x
Monewden		10am Holy Communion GB	x	10am All-Age Worship APW	x	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;

MV = Mary Vellacott, Lay Elder;

CW = Churchwarden;

VB = Veda Berriman, Reader.



Back by popular demand ...

TEDDY BEARS ARE GO! Sunday 29th June 2025 1.30pm - 4pm

We are excited to invite you all to this very popular fundraising event that will delight children and adults alike. In addition this year we are thrilled to welcome Charsfield School Children's Choir, who will be singing some popular songs.

The beautiful and historic Priory Church of St.Mary, will be the backdrop for an afternoon of fun and laughter. Bring your favourite teddy bear/soft toy and watch it take flight from the top of the church tower!



Event details:

Sunday 29th June 2025
1.30pm - 4pm
Priory Church of St Mary Letheringham IP13 7QY
Parking in front of Church
Family ticket on entry - suggested donation £5
- all proceeds will go to the Restoration Fund of St Mary's.

Highlights:

- Charsfield School Children's Choir
- Thrilling parachute drops for teddy bears
- Prize for the most adventurous teddy bear that flies the furthest
- Refreshments for the whole family: BBQ, Strawberries & Cream, Pimm's tent and bar

So gather your friends, parents, grandparents and of course your teddy bear/soft toy, for an afternoon you will not want to miss!

FORTHCOMING SERVICES AND EVENTS at ST.MARY'S CHURCH

Taize style Worship

Tuesday 24th June at 6.30pm

All are welcome to experience a reflective service in the style of Taize Worship, with scripture, prayer, silence, singing Taize Chants. The chants, words from scripture and psalms, are short simple tunes repeated over and over.

The name Taize comes from a tiny French village, hidden away in the hills of Burgundy, It was here in 1940, that Brother Roger, aged 25, formed an ecumenical community whose prayer, three times each day, was the centre of their life. Today, Taize is a place to which visitors of all ages and backgrounds go on pilgrimage to participate in international meetings of prayer and reflection

Revd Wendy Gourlay

Save the Dates:



Sunday 31st August 2025 - 3pm

Hexachordia Trio 'All in a Garden Green'

We are delighted to be welcoming back the early music trio Hexachordia (www.hexachordia.com) who will be presenting their summer programme:

'We celebrate the joy of the English garden in music, song and verse, tracing its history from monastic herb gardens to more formal grounds.'

Full details and ticket price to follow.

Saturday 13th December 2025

Christmas Concert - Illuminati Choir

We are excited to announce that the 'Illuminati Choir' will be presenting a Christmas concert at St.Mary's Church. Full details and ticket price to follow.

MONEWDEN NOTES

CHURCH ROTAS

Date	Flowers/Brasses	Church Cleaning	Sidesperson	Coffee
June 1	Benefice Rogation	Service at Hoo		
June 8	L. Grier	L. Grier	P. Keeble	C. Saxby
June 22	J. Coe	F. Watts & C. Saxby	B. Martin	L. Grier
June 29	Evening Service 6.3	30 p.m.		

CHURCH READERS

June 8 Lesley, David; June 29 Wendy, Brian.

EVENING SERVICE

on Sunday, June 29th at 6.30 p.m. will, weather providing, be held outside.

There will be light refreshment following the service.



FIRS FARM COMMUNION

This month's service will be on Thursday, June 12, at 12 noon, and will be taken by Revd. Kathleen Martin. Last month's service was, I think, our largest attendance so far with people from five of our parishes in attendance, it really is an established benefice event now.

MAY 100 CLUB WINNERS

£25 A. Legge, £15 C. Hearne, £10 I. Watts.

SATURDAY CAFE

Our next **Saturday Cafe** will be on Saturday, June 21st from 10 a.m. 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 June will be drawn at this event. Don't forget the June prizes are bigger than usual -- £75, £50, £25 this month. However you have to be in it to win it! See Lesley for info., her phone No, is at the back of magazine.

Monewden Village Hall AGM Wednesday 4th June – 7.30pm All Welcome

MARATHON THANKS

'Home' is a word that can mean so many things, for the first 20 years of my life Monewden was my home. I have since moved out of the village (not to far only Coddenham!) but always have felt close to the village and broader community of the Mid-loes Parish. That closeness was especially felt by way of all the kind support the people of this parish provided in my running of the 2025 London Marathon. We raised over £2,500 for 'The Children's Society' and as the miles first flew and later ground past! I could feel the support and encouragement of not just the thousands of people lining the route and my wonderful wife and family who travelled to support me, but the people of Monewden and Mid-loes Parish pushing me on to the finish! 'Home' is in your heart and while London is a long way from Monewden, my 'Home' was pushing me along every step of the way.

Thank you all again for the support, donations and encouragement. Needless to say I have been truly bitten by the running bug and am looking forward to what the future holds. O and I can categorically say running in the beautiful surroundings of Suffolk cannot be beaten!

Aidan Grier



50% OFF ECO-FRIENDLY INSULATION FOR SUFFOLK RESIDENTS

Anyone in Suffolk can receive a 50% discount off their purchase of 200mm or 370mm wide insulation rolls (up to £200) with free delivery, from High Loft, the UK's leading eco loft insulation brand.

Go to www.bit.ly/suffolkloft and fill in the short form to receive your personalised link to order, or call High Loft's insulation experts on 01706 248203. The offer is open to anyone in Suffolk and will close once the allocated funding has been spent.

According to The Energy Saving Trust, an uninsulated home loses a quarter of its heat through its roof. For the second year in a row, help to afford eco-friendly loft insulation is now available.

The Suffolk Climate Change Partnership (Suffolk County Council, Babergh & Mid Suffolk District Councils, East Suffolk Council, Ipswich Borough Council and West Suffolk Council) has teamed up with High Loft to help Suffolk residents make their homes warmer and save money on their energy bills.

High Loft also offers Klarna as a payment option, allowing you to spread the cost of your insulation purchase.

To find out more visit www.greensuffolk.org/at-home/funding.



Revd Gary was very strict about confetti in the churchyard

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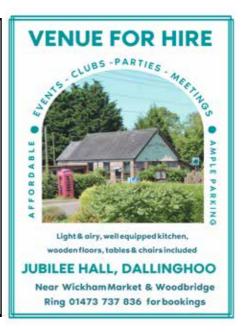
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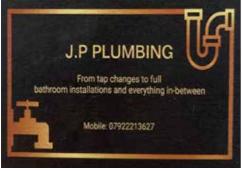
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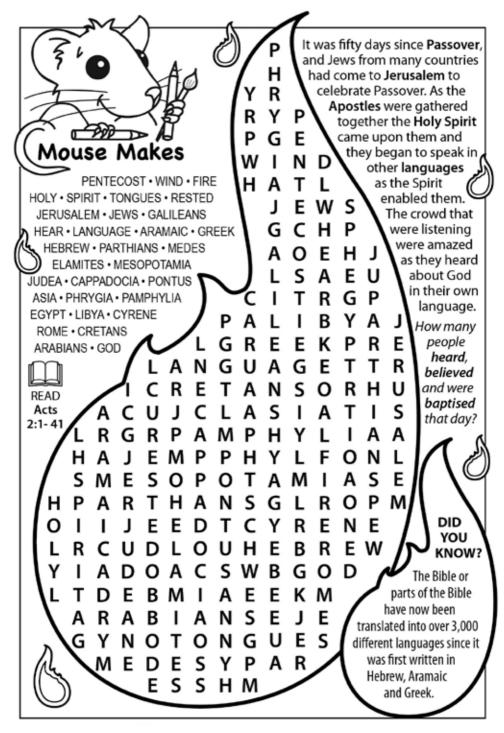
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Clerks to Parish Councils				
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Charsfield	Viviane Ward E-mail: charsfieldparishcouncil@gmail.com Tel: 07710 187570			
Cretingham	Acting Clerk : Caroline Saxby E-mail: cmhparishcouncil@gmail.com			
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	Mrs Mel Thurston E-mail: letheringhamparishcouncil@gmail.com Website: https://letheringham.onesuffolk.net			
Monewden	Caroline Saxby (see Cretingham above)			
Villa	Village Hall/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 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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и	WI Secretary	Mrs Rosalin Baley	01473 737171		
и	Rec. Ground Com	charsfieldrc@gmail.com			
u	Tennis Club	charsfieldrgtennis@yahoo.c	com		
и	Flower Show Secretary	Mrs Pip Smith	01473 277166		
и	Village Hall	Pam Hembra committee@charsfieldvillag	gehall.org.uk		
CRETINGHAM	Friends of St. Peters	Mr Charles Wright	01728 684 065		
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и	Carpet Bowls Club	Mr Cliff Green	01473 737 421		
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u	Carpet Bowls Club	Chris Pratt	07395 918937		
	Allotment/Gardeners Association	Mr Tony Carr	07717 302214		



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

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Secretary	Mrs. Mavis Kerridge, The Malt House, Earl Soham	01728 685 700
Treasurer	Christopher Pratt, 5 Clarke Drive, Framlingham	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, Debenham.

Email fwhitbread57@gmail.com 07788 563827

LETHERINGHAM

Churchwardens	Malcolm Ross, Pips Cottage, Cooks Hill, Letheringham Email malcolmnross@icloud.com	0//20 2134/2
Secretary	Janet Ross, Pips Cottage, Cooks Hill, Letheringham Email jeross1@me.com	01728 746228 07736 120931
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

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 panel
JULY 2025 ISSUE is
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