

Benefice of Mid-Loes Magazine

August - September 2026



WHO'S WHO ACROSS THE PARISHES

Rector	Revd Gary Best, The Rectory, Earl Soham (Day off Friday) email: midloesoffice@gmail.com	01728 685550
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Retired Priest with PTO	Revd Wendy Gourlay - Tubric Cottage, Cretingham	01728 685 335
Lay Elder	Alister Gourlay, Tubric Cottage, Cretingham	01728 685 335
Mag. Editor	Revd Gary Best, email: midloesmagazine@gmail.com	01728 685550

ASHFIELD

Churchwardens	Robert Grimsey email: robertgrimseyactpc@gmail.com	01728 685 203
Secretary	Robert Grimsey, as above	
Treasurer	Robert Grimsey, as above	

CHARSFIELD

Churchwardens	Linda Stratton email: linda.e.stratton@gmail.com	07760 220970
Secretary	Beverley Gugenheim, The Cottage, The Street, Charsfield email: bev@gugenheim.net	
Treasurer	Garry Stratton email: g.d.stratton@outlook.com	

CRETINGHAM

Churchwardens	Alister Gourlay, Tubric Cottage, Cretingham Jonathan Lettin, Moat Farm, Cretingham	01728 685 335 07896 251 569
Treasurer	Alister Gourlay, Tubric Cottage, Cretingham	07799 588 106

DALLINGHOO

Churchwardens	Mrs. Charlotte Sullivan email: charlottesullivan87@yahoo.com	07967 743006
Secretary	Tina Love, 2 Blacksmiths Cottages, Dallinghoo	01473 737653
Treasurer	John Gill, email: j.beltane1@gmail.com	07798 724641

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**

From The Rectory...

WELCOME to your August/September benefice magazine.

Firstly, I must start with a couple of thank you's...

I must thank everyone for their good wishes towards Sarah and myself, as I shared with people across the benefice that I had asked Sarah to marry me, whilst on holiday in the Lake District. Luckily, Sarah said yes, and we intend to get married in the New Year, at a private service somewhere in the benefice. Again, your good wishes are much appreciated, and we look forward to acknowledging our marriage with everyone at some point early next year.

A second thank you to all those who were able to attend this year's Vicar's Tea Party, where we were supporting St. Elizabeth Hospice and the benefice churches. The weather was perfect for an afternoon of fun, laughter, and friendship, being shared by all 8 parishes in The Rectory garden. Whilst at the time of writing, donations are still coming through, we believe we have raised approximately £1,100, which is a fantastic effort on everyone's part, so thank you to all those who were able to attend, those who were able to donate, and to those helpers who made it a special afternoon.

I talked in the last issue of the exciting plans for different services taking place across the benefice, and I was delighted at the success of our first Benefice Morning Prayer, which took place at Ashfield. Morning Prayer continues on the first Wednesday of the month, but with differing styles of prayer. Further details can be found within the magazine.

During September, we see the introduction of Celtic Praise, using Celtic poetry, music, and scripture, at the heart of the service, and a service to which you will be warmly welcomed and perhaps offers something different for each of us.

I have had lots to reflect upon during the past couple of weeks, as I have undergone an MDR (Ministerial Development Review), otherwise known as an appraisal in the corporate world, and, whilst I am pleased that the review went well, I was reminded of the importance of taking my day off each week, or taking the sabbath, in biblical terms, something that I have not modelled in the way I should. But talking through the meaning of the sabbath with my reviewer, I was reminded about the importance of time off, downtime, or taking the sabbath, whatever language we like to use, not just for myself, but thinking of all of us, whether we are working or retired. I don't think I have ever known such a busy place as I have found here in Mid-Loes, where I often hear people say that, 'I am busier now I am retired, than I was before'. *continued on page 5*

BENEFICE MORNING PRAYER

Following the success of our first Benefice Morning Prayer which took place during early July, we continue with different styles of prayer taking place during August and September at the following churches:

Wednesday 5th August, St. Peter's, Charsfield, 10am

Wednesday 2nd September, St. Peter's Church, Cretingham, 10am

Please join us for Morning Prayer, shared in different styles, providing a time and space to bring stillness and calm to our busy lives.



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or email
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01473 737 717

jeanpowishomeopathicgarden@gmail.com



BENEFICE CHOIR

If you would like to join a group of committed singers who come together on the first Sunday of the month at our benefice services, then please read on. Whether you are an experienced singer or have a good ear and the ability to 'pick up a tune', then please come along and join us at the next benefice service, details of which are on the front cover of this magazine. The Benefice Choir is developing a growing repertoire of Choral Music, Anthems, Psalms and Chants, and we would welcome anyone who would like to join us to sing at these well supported services.

**If you would like further information,
please contact Jonathan Lettin -
lettins@me.com**

Having spent some time considering how my sabbath is spent (or not in my case!), I want to remind us all of its importance in our lives, with sabbath being deeply rooted in the Old Testament. From Exodus 20:

'Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy'.

Now, I know we live in the 21st Century, and culture and society has changed since these words were written during 1400BC, but the principle still applies to each and every one of us...do we stop and find real time for ourselves each week? Do we just pause, perhaps putting down our smartphone, or not checking our mail, and just allow ourselves to just be?

What does your sabbath look like, or what could it look like if you made the decision for one day each week, to pause, reflect, and recharge in the busy world in which we live?

Love, and Blessings,

Rev'd Gary



Celtic Praise

Please join us for Celtic Praise, a new midweek addition to the service schedule here in the benefice, and one which is open to all people of all ages. Taking place September, October, and November, the service will be held using Celtic poetry, music, and scripture, all combining to give thanks for the environment in which we live and work here in East Suffolk. This service will have something for people of all ages, a service to which you will be warmly welcomed.



Please join us at St. Peter's Church, Cretingham, 7pm on:

Wednesday 16th September

Wednesday 14th October

Wednesday 18th November

If you are a musician and would like to be involved in the service and getting involved with something new and different for this benefice, please contact Rev'd Wendy Gourlay by emailing, rev.gourlay@gmail.com

ASHFIELD NOTES

ST. MARY'S ORGAN FUND

The organ in St. Mary's Church is now due for some extensive updates and repairs totalling **£14,000**, a significant amount of money by any standards. However, an organ has become available at a church in Billericay, Essex, which is in good working order, but an organ which the church has no longer any use of.

After a site visit, it has been offered to St. Mary's, Ashfield, as a gift, which is incredibly generous and, after tests and inspection, would sit perfectly in your church, and is in good working order.

The organ will need to be dismantled, transported, and rebuilt, but at a cost of **£1,500**, a significant difference to the £14,000 needed to repair the existing organ.

But, as you will recognise, £1,500 is still a lot of money for a small church like St. Mary's to raise, so we are starting a fundraising campaign, raising money for the new organ to be installed here in Ashfield.

The 'St. Mary's Organ Fund' has been started, and so, if you are willing and able, any donations would be gratefully received towards the new organ, with payment being accepted in cash, cheque, direct transfer, or through the existing Church QR Code, all with a reference of 'Organ Fund' so that your contribution can be allocated specifically for its intention.

Bank Transfer

Account No: 70124427

Sort Code: 20-98-07

Reference: Organ Fund

By Cheque: made payable to **Ashfield PCC**

By Cash: please pass any cash or cheques to Revd Gary Best, Robert Grimsey, or Jane Davidson

For further information, please contact Revd Gary Best, midloesoffice@gmail.com, 01728 685 550.



THE DEADLINE for contributions panel
October-November ISSUE is Sunday 20th September



ST MARY'S, CHURCHYARD

Our planned management of the churchyard to encourage wild life is going quite well despite the incredibly hot and dry weather. Allowing the primroses, cowslips and ox-eye daisies [to name but a few] to flower and seed will ensure that they flourish and multiply for future years. In the coming weeks most of the tall vegetation will be cut and cleared enabling the seeds to have air and light to germinate as soon as it rains.

My thanks to Richard who has taken on cutting the front hedge for us, I am very grateful for his assistance with that.

Robert Grimsey

GARDEN OPENINGS, THANK YOU

For a change this year I decided to delay opening the garden at Corner View until later in the season. A chance to see something a bit different albeit it turned out rather dry and in places withered. I hope that most things will recover once it cools down although undoubtedly with repeated extremes [wet winters/hot dry summers] I think a few plants will say 'enough' and die out. Whilst that is disappointing it does open up opportunities to try new things including some that until recently would not have been deemed hardy enough to survive our winters outside!

Thank you to everyone who came along to the open evenings. We were blessed with near ideal weather conditions. Your generosity by way of support and donations for Ashfield Church is greatly appreciated.

Robert Grimsey

MUSIC EVENING, SATURDAY 3RD OCTOBER

Following a very successful evening last year we are delighted to announce that Ruth and Des Hart who live in Ashfield are going to be giving another concert in the church on Saturday 3rd October at 7pm. Tickets which will include drinks and light refreshments will be available from early September so put the date into your diaries now.

Robert Grimsey

STEWARDSHIP CAMPAIGN

Ashfield residents will find enclosed within your magazine details about an exciting campaign to help secure the long term future of your parish church. Anyone reading this from outside of the village who would like to know more or get involved is asked to contact Revd Gary or Robert Grimsey who will be pleased to let you have more information. With thanks in anticipation of your support. [Editor, please modify if this misrepresents what will be going in to the leaflet].

Robert Grimsey

PARISH COUNCIL, HEDGE CUTTING

Now that the bird nesting season is over a reminder of the need to cut back your roadside hedges. All hedges that border a public highway should be no closer than 50cm [20"] to the road so as to provide pedestrian refuge and enable adequate visibility for access/egress and particularly on bends/corners forward visibility for approaching vehicles. Where this cannot be achieved especially in the vicinity of entrances the height of the hedge should be limited to 105cm [42"] so you can see over the hedge. At the present time there are several hedges locally that are overgrown causing road safety issues. In extreme circumstances Suffolk County Council can undertake remedial works and invoice the landowner, something best avoided. Your cooperation to maintain highway safety will be much appreciated. Thank you.

Robert Grimsey, Chairman



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CHARSFIELD WITH DEBACH NOTES



UPDATE FROM CHARSFIELD PARISH COUNCIL



CHARSFIELD
COMMUNITY ENERGY

Community Energy

The feasibility study for Charsfield community energy – by residents for residents – is underway. Look out for the residents' short survey about energy use, the scheme may provide for the whole village energy needs. Feasibility report is due in September.

Charsfest

Well attended all afternoon with great music, food/drink and many interesting stalls and attractions, the 27 June event raised c.£1,000 for the Charsfield Recreation Ground charity.

Village bus service?

If you might use a possible weekly bus service round the villages bordering Charsfield that could connect to Wickham Market and Woodbridge, please contact our Clerk. We are gauging the feasibility of starting this possible service.

Community Infrastructure Money

If you have ideas for community infrastructure in Charsfield, the parish council has some related funds to spend. Please contact the Clerk.

Don't forget - Get Charsfield news via Friends of Charsfield emails or WhatsApps.

For village news and information sharing use the Friends of Charsfield service. Register via our Clerk.

Your Charsfield Parish Council contact is Viviane Ward
clerk@charsfieldparishcouncil.gov.uk

www.charsfield.org.uk

HARP CONCERT

Thank you to all who came to the Harp Concert held at St. Peter's Charsfield in June. It was an enjoyable evening with music and songs from the 'Suffolk Harp Companions' featuring Celtic lullabies and ballads. £210 was raised from donations towards the repair of the chancel ceiling for which the PCC are very grateful.

CREAM TEAS

Cream Teas at Charsfield Church on the 3rd Sunday of each month has raised £300 pounds so far this year. Thankyou for all who continue to support us and for your generous donations towards the chancel ceiling repairs.



CHARSFEST

Charsfield Church ran the Tombola at Charsfest in June. Despite the high temperatures, £166 was raised for repairs to the chancel ceiling in the church. Thank you for all who supported Charsfest and had a go on the Tombola.

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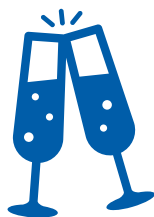
All welcome at Charsfield Village Hall!

Table
Tennis

Pop Up Bar



Contactless
Payment



Friday 7th & 21st August
Friday 4th & 18th September
7pm – 10pm

Charsfield C of E Primary School

Aiming high, valuing individuals, celebrating success.



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Contributions to the Magazine

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CHARSFIELD WITH DEBACH NOTES continued

ST. PETER'S CHURCH CHARSFIELD

Date	Readers	Sides person
August 16th 6.30pm Evening Prayer	Roger Linda	Linda
August 23rd 10am Holy Communion	Sheila Margaret	Margaret
August 30th 10am Morning Prayer	Antony Mike	Mike
September 20th 6.30pm Evening Prayer	Franki Linda	Linda
September 27th 10am Holy Communion	Sheila Lesley	Lesley



Cream Teas at Charsfield Church 2026

3rd Sundays in month, 3-5pm: **August 16, September 20**
Proceeds to Church Funds

ST. PETER'S CHURCH CHARSFIELD CLEANING ROTA

8 Aug	Margaret	12 Sept	Beverley
22 Aug	Linda & Lesley	26 Sept	Angela & Joyce

ST. PETER'S CHURCH CHARSFIELD FLOWER ROTA

16-Aug-25	Maureen Arbon	06-Sep-25	Sheila Green
23-Aug-25	Angela Farmer	13-Sep-25	Sheila Green
30-Aug-25	Angela Farmer	20-Sep-25	Harvest - tbc Everyone
		27-Sep-25	Harvest - tbc Everyone



NEWS FROM CHARSFIELD PRIMARY SCHOOL



We've had a busy term at Charfields and are all ready for a well-deserved summer holiday! Here is a snippet of what we've been up to during the summer term.

KS 2 pupils visited West Stow Anglo Saxon village to enhance their learning about the Anglo-Saxon invasion of Britain. This was an incredible opportunity for the children as they were able to handle artifacts, explore the buildings and museum, asking questions along the way. We then invited parents to join us for a share morning where the children were able to showcase what they had learned on the visit.

Pupils in Reception and KS 1 had an exciting time exploring not one but two local castles: Framlingham and Orford. This was part of their Castles topic learning all about the different features of a castle and what they were like to live in. The children had a fantastic time and even had time for an ice-cream in the sunshine!

Our sports day was a triumph! Pupils competed in team activities in the morning such as hockey dribble, ball bounce and basketball shooting. The pupils cheered their team-mates on and worked together to encourage each other to do their best. In the afternoon we invited parents and families to join us for traditional races such as running races, egg and spoon and obstacle race. We were delighted to have so many parents cheering the children on. It was lovely atmosphere and the pupils shone!



Pupils in KS 2 have been growing potatoes this term, which involved the responsibility of watering and caring for them to ensure we had a bumper crop! The pupils then made flavoured potato wedges and did a taste test of everyone's culinary efforts. The smells coming from the kitchen were amazing and the pupils enjoyed tasting them!

Pupils in Year 5 and 6 were given the opportunity to attend Hilltop in Norfolk on a residential visit with other schools from our Trust. Pupils took part in different activities such as Air Jump, Tree Top Trail, and caving. They had a wonderful time and enjoyed getting to know pupils from other schools – great for making friendships for our Year 6 pupils going to high school!

This year we have been working with the Suffolk Wildlife Trust in Wilder Schools sessions. Over the year we have made bug hotels, bird boxes, bird feeders and most recently hedgehog domes. It is our hope that our school grounds become a haven for wildlife that the children can explore and enjoy during their time with us. We love learning outside and are very lucky to have such wonderful grounds. In addition to this we are lucky to be able to offer every child throughout the school an opportunity to take part in Forest school sessions on our school grounds. We will be working with the Wildlife Trust next year and look forward to developing the outside areas further.

Earlier this term, it was lovely to be able to take all our pupils to Thomas Mills High School for an athletics competition where the children competed against other schools in various activities. The children really enjoyed themselves and we came back with some spectacular results!

Pupils in KS 2 performed Little Red Riding Hood and the Wolf to families and friends. The pupils worked hard to learn their lines and their singing and acting was amazing! The audiences loved the performances, and the pupils really did shine.



One of the advantages of being a smaller school means that our younger pupils get to experience things that they might only experience in Year 6 in a larger school. By the time our pupils get to year 6, they are seasoned performers!

We are excited to be hosting Little City again in the Autumn term: Monday October 5th and Friday 20th November. Our youngest pupils will attend a session in the morning, but we also offer a FREE

session on both days 10:45 – 11:45am to the public. If you would like to book for one or both sessions, please secure your place by emailing the school office office@charsfieldprimary.org.uk or call 01473737347. We are happy to show any potential parents around the school following these sessions – please ask the school office.

In addition to Little City, we are also holding Open Morning sessions in the Autumn term for anyone looking for schooling in the area or for September 2027 intake. Our Open Morning sessions are: Tuesday 29th September, Wednesday 14th October and Thursday 12th November – between 9:30 and 11:45am. We would be delighted to share our wonderful school with you. Please email or call the school office for more information. Visits at other times can be made by appointment.

We have been very busy, and this isn't everything we've been up to! Please look at our social media (Instagram and Facebook) and website for more information about what we do. Wishing everyone a restful summer from all of us at Charsfield Primary School.

Mrs A Reeve, Head of School
Charsfield C of E Primary School
01473 737347
www.charsfieldprimaryschool.org.uk



Our Home, Our Energy, Our Future



We've felt a series of dramatic price shocks to our energy supplies recently. Wars in Ukraine and Iran have disrupted oil and gas supplies, and our electricity bills – even for green electricity – have shot up as well.

The wind and sun didn't get more expensive. It's because electricity prices are legally linked to wholesale gas prices – which seems crazy when we have wind and sun here in Suffolk. So couldn't we make use of them without covering the countryside in massive solar farms?

It turns out that it might well be possible. We could have a village-led project to generate the electricity Charsfield needs, now and into the future – locally, fairly, and on our own terms.

Charsfield Community Energy is a project set up by Charsfield Parish Council to investigate local, community-owned electricity generation for the village.

Why this project exists

Rising energy costs and a changing climate have prompted villages across the UK to ask the same question: could we generate our own power, rather than simply consuming what's supplied to us at prices set by the big energy companies? Charsfield Parish Council established this project to find out whether that's realistic here – and if so, how to do it in a way that fits the village, rather than imposing a one-size-fits-all solution.

Our approach

We're not interested in a single giant solar farm covering agricultural land. Instead, we're exploring a mix of smaller-scale technologies – ground-mounted solar, agri-voltaic systems that allow farming and energy generation on the same land, and wind – to find a viable combination that's right-sized for Charsfield and respectful of how the land is currently used.

Feasibility

We have secured government grant funding to run a feasibility study, which is currently establishing our electricity demands for the foreseeable future so that we can plan accordingly.

Your energy use

Our consultants, Locogen [Consulting] Ltd, are keen to hear about Charsfield's current energy use and have published a short questionnaire that you can complete. Your information will be held securely and will not be released other than as anonymous "big picture" information about the village as a whole.

This information matters: if they can gather data from every household in the village, they'll be able to build a reliable picture of current and future energy demand – which will help inform how much electricity we need to generate to meet our needs today and into the future.

You can complete the questionnaire online at: <https://tinyurl.com/mmsvwmpw> or scan this QR code with your phone.

If you'd prefer a printed questionnaire, you can pick one up from Charsfield Village Hall or from the porch at St Peter's, Charsfield..

There's more about the Charsfield Community Energy project on the website at charsfieldenergy.org.uk



Friends of St Peter's Cretingham

BINGO



BINGO evening with
COTTAGE PIE supper
(vegetarian option)



at The Bell Cretingham

Wednesday **2nd** September at **7.00pm**



Raffle

Cost: £15 includes supper & 1 card per round
To book your place please contact Katy Shircliff
NO LATER than Tuesday 25th August
07813 609772 or email: kshircliff@hotmail.com

Charity No1205705

CRETINGHAM NOTES

VOLUNTEER SERVICE INVITATION

Our churches flourish because of the generosity of so many volunteers who quietly serve throughout the year.

If you help with our **flower arranging, bell ringing, churchyard team or magazine deliveries**, we'd love to specifically thank you—and if you've ever thought about joining one of these friendly teams, this is the perfect opportunity to find out more.

Everyone is warmly invited to our **Volunteer Service on Sunday 2nd August at 10.00am at St Mary's Church, Earl Soham.**

If you're unable to attend the service, please do still join us afterwards for **refreshments at the Rectory at 11am**, where there will be an opportunity to meet fellow volunteers and learn more about the different ways you can become involved.

THANK YOU

A heartfelt thank you to everyone who helped make this year's **Cretingham Village Fête** such a success.

Whether you volunteered your time, baked, donated prizes, ran a stall or simply came along to support the day, your generosity helped create another wonderful community occasion.

We're delighted to report that **St Peter's Church raised a fantastic £616** through the Prize Draw, Tombola and Bookstall. Every pound will help support the continuing ministry and upkeep of our church.

Thank you for your generosity and continued support.



COFFEE AND CHATS

Come along for tea, coffee (occasionally CAKE) and good conversation at our friendly **Coffee and Chats** mornings.

Everyone is very welcome from 10.30am to 12 noon.

Monday 7th September

Monday 19th October

Friday 13th November



Saturday 12th September is the annual **Sponsored Cycle Ride** in aid of the **Suffolk Historic Churches Trust.**

Whether you'd like to cycle, welcome visitors to St Peter's, or sponsor a participant, your support helps preserve Suffolk's beautiful churches.

Full details from Alister on 07799 588106 or tubric.cottage@gmail.com.

CELTIC PRAISE

A warm invitation is extended to everyone to join us for **Celtic Praise at St Peter's Church, Cretingham, on Wednesday 16th September at 7.00pm.**



This reflective midweek service blends Celtic poetry, scripture and music in a relaxed and welcoming atmosphere, giving thanks for the beauty of God's creation and our life together in East Suffolk.

Everyone is welcome. Further services will be held on **Wednesday 14th October** and **Wednesday 18th November**, both at **7.00pm.**

FOR YOUR DIARIES

Our **Harvest Supper** will be held on **Saturday 26th September at 7.00pm** in **Brandeston Village Hall.**

Tickets: £15 adults, £8 children.

Please let Alister or Heather know of any dietary requirements at tubric.cottage@gmail.com, or heather.runacres@hotmail.co.uk.

During the evening the traditional **Tuckwell** and **Appleby Cups** will once again be contested.

The following day—**Sunday 27th September**—will be our **Harvest Festival Service**. Please join us in St Peter's as we give thanks for the harvest and enjoy the beautiful and colourful displays created by our talented flower arrangers.





Looking ahead, our ever-popular **Quiz Night** returns on **Saturday 10th October** at **Brandeston Village Hall**. Will Charsfield successfully defend the **Rector's Cup**? Gather a team and join us for another enjoyable evening of friendly competition.



THANK YOU to everyone who has so far donated towards the costs of producing this magazine. If you wish to donate and may have mislaid the flyer in the last magazine you can donate by:

cash to any PCC member

cheque (payable to PCC Cretingham)

by bank transfer to Lloyds Bank sort code 30-99-85 account name PCC Cretingham a/c number 00038145

or by scanning this QR code



COFFEE AND CHAT IN ST PETER'S, CRETINGHAM

Our popular Coffee and Chat get-togethers continue on:

Monday 7th September & Monday 19th October

From 10.30 until Noon – fresh coffee, a selection of teas, biscuits and (increasingly) CAKE are served, along with CHAT about all manner of subjects.

COME AND JOIN US ALL ARE WELCOME



PRAYER REQUESTS

Please use the Prayer Boxes found in all the benefice churches or email midloesprayer@gmail.com

Singing is seriously good for you.....!

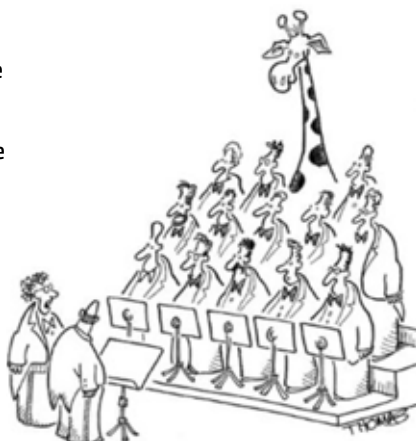
Did you know that singing with others, in a choir for example, can lead to a greater level of psychological wellbeing? And, that singing in a group can produce measurable benefits such as improving heart rate and blood pressure? It has even been found to boost immune function. And it's fun!

The Mid-Loes Choir has been singing at the monthly Benefice services for 2 years now, with an expanding repertoire of traditional church anthems, psalms and chants (Google 'These are they which follow the lamb' by John Goss – one example of what we have sung on a Sunday). We also bolster the congregational singing of hymns, adding a bit of extra volume to the service.

We would love to welcome some new voices (all ages!) to the choir across the full vocal range – base to soprano – so if you used to sing at school (or still do in fact), or just like to sing along to what is on the radio, come and have a go. We have a 1 hour rehearsal, usually the Wednesday before the monthly Benefice service, and are in church at 9am for a practice immediately before the service at 10am. That is just 3 hours each month.

You do not need to have had previous experience, just a good ear and the wish to sing with a pretty relaxed and sociable group of people. Please get in touch for further information .

Jonathan Lettin, Email: lettins@me.com



"He's here to hit the high notes."



Dallinghoo Barbeque

Sunday 23rd August

12:00 to 14:00

at

Dallinghoo Village Hall



Bring your own drinks



Tickets: Adults - £10; under 12 - £5

Purchase by 15th August by emailing:

dallinghoobbq@gmail.com

[No email? Call Dawn Gill on 01473 737296 to book tickets]



DALLINGHOO NOTES



THANK YOU

Thank you to everyone who supports any event organised in Dallingham. Dallingham is our village, where we live, work and socialise. By supporting any event you are keeping the heart of this beautiful historic village alive.

Thank you to:

Clare and Bruce from Highgate Farm for the clothes rail. The following people for allowing Linda to get flowers from their gardens for the church. Bridget & Jeremy, Annie & Andy, Amanda & Iain. Linda has been able to make some beautiful arrangements. Rev Gary for spending the morning at Dallingham July coffee morning meeting and chatting to people in the village hall. I know many people appreciated you being there.

It was nice that a couple of people popped in to get a bacon roll to take away at the last coffee morning. It helps to raise funds and they got a great mid morning snack.



DALLINGHOO COFFEE MORNING

The last coffee morning which was held on Saturday July 4th was a great success and we raised an amazing **£168 for St Mary's Church Dallingham**.

In addition to the above we have a preloved & new Clothing rail, gift and bric a brac stall. The money we raise on these stalls will go towards purchasing a dishwasher for the village hall. At the July coffee morning we raised £18.00.

Our next coffee morning will be held **Saturday 1st August 10 - 12 at Dallingham Village Hall. Bacon Rolls £2.50, Egg Roll £2.50 Bacon & Egg Roll £3.00 Tea or Fresh Brewed Coffee £1.00** (Takeaway is available, so if you don't fancy staying order, collect and go) On your horse, no problem, place your order at the door and we will bring it out to you!

There will also be a cake sale and pre-loved items stall. Call in, there is no obligation to stay, get your coffee and bacon/egg roll or buy some cakes. We look forward to seeing you.

DATES FOR YOUR DIARY:

Saturday 1st August

Coffee Morning 10 - 12.

Breakfast rolls, cake sale, pre-loved sale.



Saturday 5th September

Coffee Morning 10 - 12.

Breakfast rolls, cake sale, pre-loved sale.



October 1st - 31st

Village Scarecrow competition

Something that every member of the family can get involved in, family fun & entertainment. £10 entry fee, an independent judge will be appointed to pick the winner, who will receive a plaque that can be proudly displayed for 1 year. More details on how to enter to follow.



October 24th

Harvest Supper

How about pre-booking your tickets now, Email: stmarysdallingham@gmail.com, Telephone, text, WhatsApp: 07798724641 to register your interest and pre-order your tickets. I know it is a way off but put it in your calendar now, it comes around quicker than you think. If you have never been before, give us a try, it's a friendly, sociable evening with great food. There will also be a quiz and a raffle.



Main Course: Good quality sausages served with a side of potato, braised red cabbage, carrots and a rich onion gravy. (vegan/GF available)

Dessert: A Dessert table full of tempting options (vegan & GF available)

Finish with a glass of Port

This is not just Harvest Supper, this is Dallingham Village Harvest Supper!

£15.00 - **Book or reserve tickets at**

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Photos from around the Benefice



READINGS & CHURCH SERVICES AUGUST 2026

Church	August 2 nd	August 5 th	August 9 th	August 16 th	August 23 rd	August 30 th
	Trinity 9 Green	Wednesday	Trinity 10 Green	Trinity 11 Green	Trinity 12 Green	Trinity 13 Green
Ashfield			6.30pm Evening Prayer VB	8.30am Holy Communion GB	X	X
Charsfield with Debach		10am Benefice Morning Prayer	X	6.30pm Evening Prayer KM	10am Holy Communion GB	10am Morning Prayer KM
Cretingham			10am Morning Prayer AG	10am Holy Communion KM	X	10am Morning Prayer WVG
Dallinghoo			X	10am All-Age Worship WVG	X	10am Holy Communion GB
Earl Soham	10am Benefice Holy Communion GB		10am All Age Service WVG	10am Holy Communion GB	10am Morning Prayer KM	X
Hoo			8.30am Holy Communion GB	X	8.30am Morning Prayer GB	X
Letheringham			X	X	X	X
Monewden			10am Holy Communion GB	X	10am All-Age Worship WVG	6.30pm Evening Prayer KM

Date	Readings	Psalm
August 2nd Benefice Service	Romans 9:1-5 Matthew 14:13-21	17:1-7
August 9th	Romans 10:5-15 Matthew 14:22-33	105:1-10
August 16th	Romans 11:1-2, 29-32 Matthew 15:21-28	133
August 23rd	Romans 12:1-8 Matthew 16:13-20	124

Key to Service Leader:

GB = Revd Gary Best;

KM = Revd Kathleen Martin;

WVG = Revd Wendy Gourlay;

AG = Alister Gourlay, Lay Elder;

CW = Churchwarden;

VB = Veda Berriman, Reader.





Church	September 2 nd	September 6 th	September 13 th	September 16 th	September 20 th	September 27 th
	WEDNESDAY	Trinity 14 Green	Trinity 15 Green	WEDNESDAY	Trinity 16 Green	Trinity 17 Green
Ashfield			6.30pm Evening Prayer VB		8.30am Holy Communion KM	X
Charsfield with Debach			X		6.30pm Evening Prayer GB	10am Holy Communion KM
Cretingham	Benefice Morning Prayer 10am		10am Holy Communion GB	Benefice Celtic Praise 7pm	X	10am Harvest All-Age Service AG
Dallinghoo			6.30pm Holy Communion GB		10am All-Age Worship WG	X
Earl Soham			10am Morning Prayer CW		10am Holy Communion GB	10am Harvest All-Age Service GB
Hoo			8.30am Holy Communion KM		X	6.30pm Harvest All-Age Service GB
Letheringham		10am Benefice Holy Communion GB	X		X	X
Monewden			10am Morning Prayer KM		X	10am Harvest All-Age Service WG

Date	Readings	Psalm
September 6th Benefice Service	Romans 13:8-end Matthew 18:15-20	119:33-40
September 13th	Romans 14:1-12 Matthew 18:21-35	114
September 20th	Philippians 1:21-end Matthew 20:1-16	145:1-8
September 27th	Philippians 2:1-13 Matthew 21:23-32	25:1-8



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or Instagram - [beneficeofmidloes](#)**



Also, keep in touch with the Benefice through:

www.mid-loes.com www.achurchnearyou.com



A beautiful summer afternoon in Earl Soham, saw the marriage of Phil and Inger.
Many congratulations to you both, with love and prayers for a very happy future together.





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SATURDAY 1st AUGUST

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EARL SOHAM NOTES

CHAMBER MUSIC ORGANISER LIVES IN EARL SOHAM

Framlingham may be known for its historic castle and market town charm, but over the past year it has also become a vibrant centre for chamber music. Framlingham Concerts – founded and organised by Penny Cook, an Earl Soham resident – has shown how world class music can flourish in local communities, far from metropolitan stages.

“Classical music comes alive in local communities – it brings people together, encourages young talent, and places world class culture at the heart of everyday life. That’s why we offer free tickets to local schools, so young people can experience the magic of live music,” says Penny.

The series champions accessibility and community: intimate venues, affordable £10 tickets, and programmes that pair familiar masterworks with discoveries. Young performers appear alongside established artists, creating a sense of shared purpose and musical continuity.

What is happening in Framlingham reflects a wider movement across the UK – in market towns, coastal villages, and rural communities – where culture is rooted in place, shaped by people, and open to all. As a Community Interest Company, Framlingham Concerts is committed to keeping music accessible, authentic, and connected to the community it serves.

Details of the Autumn 2026 programme are available at www.framlingham-concerts.co.uk



ST MARY’S ALTAR AND ROLL OF HONOUR FLOWERS AND BRASSES ROTA

August 2026	Mrs Patterson
September 2026	Mrs Lancaster/Mrs Gadd
October 2026	Mrs Kerridge/Mrs Roberts
Any problems please ring Denise - 685234	



Are there any more flower arranging enthusiasts out there who can help us show some love to our beautiful church? If so, please contact Denise.

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.

Upcoming meetings:

In **August** there is no formal meeting, but outings this month usually include theatre visits.

Sept 24th – 7.00pm – “could have been saved by the skin of his...” – Gary Powell

Oct 22nd – 7.00pm – The Secret Lives of Swifts – Simon Horton

There is always a lot going on, come along as a guest to find out!

Find us at www.sefwi.org.uk or contact Eleri Whitham – 01728 628614



ANNUAL TOURNAMENT 2026

Saturday, 5th September at 1.00 pm onwards

Spectators most welcome

Play will be continuous throughout the afternoon and tea, biscuits and other refreshments will be available

Sponsored by Longstaff Transport, Walnes Seeds, Bruce Hinton (Earl Soham Business Centre), Suffolk Building Society, Clarke & Simpson and Framlingham DIY Building Services.



HOO NOTES

RIDE AND STRIDE

The annual Suffolk Historic Churches Trust “Ride and Stride” event takes place on Saturday 12 September 2026. If you would like to cycle or walk to raise money for St Andrew and St Eustachius, the PCC will be very pleased to receive your support, and sponsorship forms will be available in the church.

Alternatively, if you would like to get involved, but not able to ride or stride, we are always glad of extra people to assist at the church, meeting and greeting our visitors and completing their sponsorship forms. This is very much a day of shared friendship in a common cause, whether you are a cyclist or walker, or one of the helpers in the church, so if you would like to be part of that, please let me know (contact details at the rear of this magazine).

I cycled on the second Saturday in September on Suffolk Historic Churches Trust Ride and Stride Day for over thirty years, and it was always an occasion to look forward to, even if the weather was less than welcoming. Of course there was the pleasure of a day riding the quiet, peaceful lanes of rural Suffolk but equally the enjoyment of relaxing conversation on a subject of common interest with one's fellow human beings and the warm welcome received at so many village churches. In many cases it was like meeting up with old friends after a year

apart, and that feeling was always strongest when I arrived at Hoo.

In the early years I was greeted by Mrs Frances Parkinson and Perry Branton, then in later years welcomed by Perry and Margaret Doe, in those happy times when they served together as churchwardens. I can honestly say that without fail all three did a very passable impersonation of being genuinely pleased to see me and created a feeling of warmth that carried me on the rest of my day's cycling. There must have been others who captured the same mood, as the list of visitors at Hoo was always longer than any other church.

Now I am no longer a participant, but one of the team who meet and greet. There are 364 other days in the year to cycle, so the change of role doesn't bother me, and the day is equally enjoyable. There is a challenge for us, to maintain that feeling of welcoming and warmth the three ladies created for so many years, but it is one we relish. We look forward to seeing familiar faces and new on 12 September, and if you are not a rider or strider, come anyway and enjoy our lovely Suffolk country church, a simple and relaxing place. Finally, tell your friends and family, especially those who don't know Hoo (Who?) Church, because, as I can vouch for, it is a place worth knowing.

Francis Whitbread

BENEFICE HOLY COMMUNION & LIGHT LUNCH

**Thursday 13th August
and Thursday 10th September
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





OPEN GARDEN AT HOO HALL, 14 JUNE 2026

We were blessed with almost perfect weather on the afternoon of Sunday 14 June, for the annual opening of Graham Nicholson's lovely garden in aid of St Andrew and St Eustachius, and were pleased to welcome over 150 visitors, with a good mixture of familiar and new faces. I was too busy on the gate to see for myself but heard of traffic jams in narrow Church Lane as cars made their way to the parking area at the farm. The PCC is very grateful to the Parkinson family for again kindly letting us use their farmyard for parking.

Our first Open Garden after covid was in 2022, when we raised £755. Four years on, in 2026, the figure has risen to £1,371 (not forgetting an odd 10p!), which as every year from 2022 onwards has been, is a new record. Whilst the PCC is very grateful for the amount raised, we are also very pleased that more people are coming each year to see the perfect garden that Mark Saunders lovingly looks after at Hoo Hall. Mark, we know how hard you work to get the garden looking at its absolute best for its annual opening, despite the best attempts of the weather to thwart you on occasions, and we give you our sincere thanks for that and for all you do to tend for Hoo church throughout the year.



Equal thanks are due to Mark's wife, Sonia, for again expertly organising the refreshments and raffle with her team of helpers, to whom we are extremely grateful for their support again this year. Thanks to all my fellow PCC members for your work in making the day such a great success.

Finally, and most importantly, our grateful thanks to Graham for opening his garden for yet another year, and for all the support he gives to Hoo church, not least in allowing Mark to take a few minutes away from his gardening duties each day to make sure all is well at the church.

The concert Graham organises in the church in aid of Hoo Church Building Trust has very much become part of the Open Garden afternoon and this year raised over £450. Putting the concert together involves a lot of hard work on Graham's part and our thanks to him for doing this and for the funds raised for the building trust. If you would like the 2027 date for Hoo Hall Open Garden once it is known, please feel free to send me your email (mine is at the rear of this magazine).

As always on Open Garden Day, our thoughts turned to Margaret and Perry, our two former churchwardens, who are so closely linked with Hoo church and the Open Garden. It was great that Margaret's daughter Janet was able to be among the team of helpers in the kitchen and Perry's son Andy and his wife Buff were among our visitors. I know Andy and Buff will tell Perry what a great day it was while I am quite sure Margaret was watching on with a smile on her face.

Francis Whitbread

THE DEADLINE for contributions panel
October-November ISSUE is Sunday 20th September

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LEATHERINGHAM NOTES

BENEFACTICE SERVICE

Please join us at The Priory Church of St. Mary, Letheringham, for the benefice service taking place on Sunday 6th September, 10am, where we will be joined by the benefice choir, and all will be warmly welcomed.

*For the last time!
Which member of
the Junior Choir
bubble mixture
in the organ-
blower?!*



TEDDY BEAR DROP

This year's Teddy Bear Drop will take place on Sunday 13th September, 1.30pm-4pm.

This is an incredibly well supported and fun afternoon, so prepare your favourite teddy, and bring them along and watch them take flight from the top of the church tower!

Fun and laughter for everyone, along with a BBQ and refreshments.



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MONEDDEN NOTES

READERS:

Aug. 9 Jill, Paul. 30 Jean, Wendy.
Sept. 13 James, Martine.

100 CLUB WINNERS:

June £75 L. Grier, £50 R. Chenery, £25 P. Vonberg.
July £25 A. Grier, £15 J. Whitbread, £10 N. Martin.

COFFEE MORNINGS

Our next COFFEE MORNINGS will be on Saturday, Aug.15th and Sept.19th 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 prizes for August and September will be drawn at these events.

FIRS FARM COMMUNION

will held at lunch time, 12 noon, on Thursday, August 13th and Thursday, September 10th. These services will be taken by Revd. Kathleen Martin, and take place on the second Thursday of the month. Anyone in the Benefice is very welcome to attend.

HARVEST FESTIVAL

This year will take place on the fourth Sunday of September the 27th at St. Mary's Church and will be an all age service.



ROTA

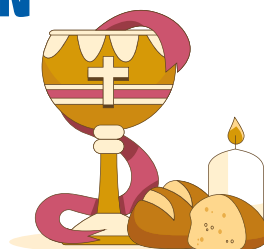
Date	Flowers/Brasses	Church Cleaning	Sidesperson	Coffee
Aug. 9	J. Coe	W. Heath	W. Heath	L. Grier
Aug. 23	A Hamilton	M. Sills	P. Keeble	W. Heath
Sept. 13	J. Vonberg	L. Grier	D. Grier	L. Grier
Sept. 20	C. Saxby	F. Watts & C. Saxby	L. Grier	W. Heath
Sept. 27	Harvest Festival			

BENEFICE HOLY COMMUNION & LIGHT LUNCH

**Thursday 13th August
& Thursday 10th September
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.

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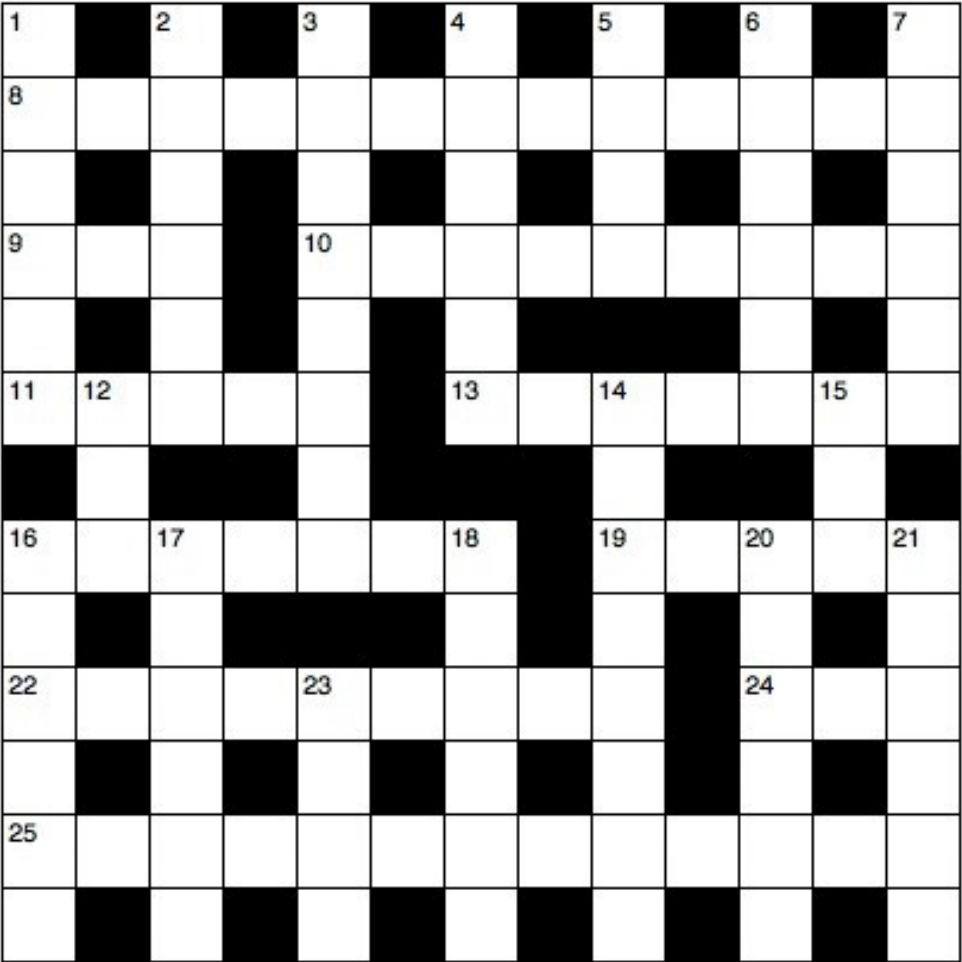
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Across

- 8 One of the titles given to the Messiah in Isaiah's prediction (Isaiah 9:6) (6,2,5)
- 9 International Nepal Fellowship (1,1,1)
- 10 Single(1Corinthians7:27)(9)
- 11 Aleksandr Solzhenitsyn's seminal book about Soviet prison camps, The — Archipelago (5)
- 13 Treachery(2Kings11:14)(7)
- 16 Of India(anag.)(2,3,2)
- 19 'God has put us apostles on display at the end of the procession,like men condemned to die in the — ' (1 Corinthians 4:9) (5)
- 22 Follower of a theological system characterized by a strong belief in predestination (9)
- 24 'Put these old rags and worn-out clothes under your arms to— the ropes' (Jeremiah 38:12) (3)
- 25 They brought together all the elders of the Israelites in Egypt (Exodus 4:29) (5,3,5)

Down

- 1 The season when kings 'go off to war' (2 Samuel 11:1) (6)
- 2 Simon Peter's response to Jesus by the Sea of Galilee: 'Go away from me, Lord; I am a — man' (Luke 5:8) (6)

- 3 Beaten with whips (1 Kings12:11) (8)
- 4 'You shall not — adultery' (Exodus 20:14) (6)
- 5 Encourage (Hebrews 10:24) (4)
- 6 Service of morning prayer in the Church of England (6)
- 7 'Take and eat this in remembrance that Christ died for you, and — him in your heart by faith with thanksgiving' (4,2)
- 12 Run(anag.)(3)
- 14 Member of 17th-century party that denied the right of autonomy to the Church (8)
- 15 'We will triumph with our tongues; we—our lips'(Psalm12:4) (3)
- 16 Earnings(1Corinthians16:2)(6)
- 17 'I rejoice greatly in the Lord that—you have renewed your concern for me' (Philippians 4:10) (2,4)
- 18 How Paul described Philemon (Philemon 1)(6)
- 20 Multiple territories under the rule of a single state(Daniel11:4)(6)
- 21 'You have been unfaithful; you have married foreign women,—to Israel's guilt' (Ezra 10:10) (6)
- 23 This month(abbrev.)(4)

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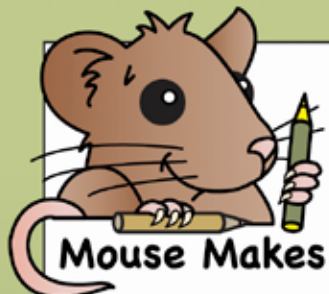
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Dallinghoo	Chris Ling E-mail: dallinghoo@outlook.com Tel: 07963305205
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Monewden	Caroline Saxby (see Cretingham above)

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	Tina Love Tel: 07512 718988 Village Hall Committee
Earl Soham	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
“	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	charsfieldrc@gmail.com	
“	Tennis Club	charsfieldrgttennis@yahoo.com	
“	Flower Show Secretary	Mrs Pip Smith	01473 277166
“	Village Hall	Pam Hembra committee@charsfieldvillagehall.org.uk	
CRETINGHAM	Friends of St. Peters	Mr Charles Wright	01728 684 065
DALLINGHOOD	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 Amie Reeve	01728 685 359
“	WI Secretary	Eleri Whitham	01728 628614
“	Village Hall Secretary	Mrs Susie Starke	01728 684 385
“	100 Club	Janice Meakin	07921 263632
“	Tennis Club	Mrs Mary Patterson	01728 685 362
“	Bowls Club	Martin Dorey	01728 684880
“	Scouts/Cubs/Beavers	1dv.group@suffolkscouts.org.uk	01728 723 712
“	Rainbows, Brownies, Guides	Marion Russell	01728 684840
“	Carpet Bowls Club	Chris Pratt	07395 918937
	Allotment/Gardeners Association	Mr Tony Carr	07717 302214



Mouse Makes

1. To which city did God send Jonah?

Jonah 1:1-2



2. Where did Paul travel to after seeing a vision?

Acts 16:9-10

MOAB

3. Which sea did Jesus walk beside before he went up on the mountain?

Matthew 15:29

5. Which town did Naomi and Ruth travel to after leaving Moab?

Ruth 1:22



6. Where did Paul and Barnabas go after being persecuted in Antioch?

Acts 13:51

4 across

After Paul was stoned, where did he travel to with Barnabas?

Acts 14:19-20

LYSTRA

4 down

Where was Saul travelling to when Jesus appeared to him?

Acts 9:3



EGYPT



JERUSALEM

7 across

Where did the Church in Jerusalem send Barnabas?

Acts 11:22

JOURNEYS

7 down

Where did Noah's ark come to rest after its journey?

Genesis 8:4

9. To which city did Philip travel to proclaim Christ?

Acts 8:5

10. To which river did people travel out to to be baptised?

Mark 1:5



11. After a five day journey where did Paul arrive?

Acts 20:6

GALILEE

12. Which sea did Moses walk through to get away from the Egyptians?

Exodus 15:4

8. To where did Mary and Joseph flee to get away from Herod?

Matthew 2:13



13. Where did Paul travel to after he left Athens?

Acts 18:1

JUDEA

WHO'S WHO ACROSS THE PARISHES

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, 5 Clarke Drive, Framlingham	07395 918 937

HOO

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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

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Churchwardens	Vacancy	
Secretary	Polly Ffitch	01728 747 449
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

Crossword Answers:

ACROSS: 8, Prince of Peace. 9, INF. 10, Unmarried. 11, Gulag. 13, Treason. 16, In aid of. 19, Arena. 22, Calvinist. 24, Pad. 25, Moses and Aaron.

DOWN: 1, Spring. 2, Sinful. 3, Scourged. 4, Commit. 5, Spur. 6, Matins. 7, Feed on. 12, Urn. 14, Erastian, 15, Own. 16, Income. 17, At last. 18, Friend. 20, Empire. 21, Adding. 23, Inst.

THE DEADLINE for contributions panel
October-November ISSUE is Sunday 20th September



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