

# MID-LOES BENEFICE MAGAZINE

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

**August/September 2024**



## **Benefice Services**

**August - Monewden**

**Sunday 4th August at 10am**

**September - Letheringham**

**Sunday 1st September at 10am**

**All Welcome**

## WHO'S WHO IN THE BENEFICE

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

### ASHFIELD

|               |   |               |
|---------------|---|---------------|
| Churchwardens | Robert Grimsey<br>email: Robert@rwgrimsey.co.uk | 01728 685 203 |
| Secretary     | Robert Grimsey, as above                        |               |
| Treasurer     | Robert Grimsey, as above                        |               |

### CHARSFIELD

|               |  |              |
|---------------|--|--------------|
| Churchwardens | Linda Stratton<br>Mike Bamford   | 01473 737771 |
| Secretary     | Beverly Gugenheim, The Cottage, The Street, Charsfield<br>Email: bev@gugenheim.net |              |
| Treasurer     | Vacancy  | 01473 737667 |

### CRETINGHAM

|               |   |                               |
|---------------|---|-------------------------------|
| Churchwardens | Alistair Gourlay, Tubric Cottage, Cretingham<br>Mrs. Heather Runacres, Dove Farm Cott. Cretingham | 01728 685 335<br>01728 685736 |
| Secretary     |   |                               |
| Treasurer     | Alistair Gourlay, Tubric Cottage, Cretingham  | 01728 685 335                 |

### DALLINGHOO

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

*Who's Who continues on the inside back cover*

**The Deadline** for contributions panel  
**October 2024 ISSUE is**  
**Sunday 22nd September**

## MID LOES BENEFICE

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

August - September 2024

### *From The Rectory...*

**W**hat a mix of emotions I have experienced during the past few weeks. A combination of baptisms, weddings, and funerals, each bringing a range of emotion to both myself and all those involved. From the sadness of saying goodbye to loved ones, to the joy of welcoming a young person into our church family, and the joy of two people coming together in marriage... with one common denominator involved across the services...LOVE.

I have talked about love before, for which I make no apologies, as I believe we all need reminding of the importance of love within ourselves, within our relationships, and within our communities, and not just during the life services that we attend where we are reminded of the love of a church family through baptism; the love of two people as they get married; or the love of someone who has recently died.

The word love can often just be a throwaway word, perhaps said because you want to please someone...'love you too'...'I love chocolate'...or, as I have experienced recently, a genuine, heartfelt love, the love that could be described as agape, a Christian love that is the kind of love and action that shows empathy; extends the desire for good of the beloved; wants the best; extends help or demonstrates good intentions; and is intended for everyone. Agape love is sacrificial.

Agape is not the saccharine-filled, Hollywood love that we see through films and TV shows, it is much more, much deeper, and that is what I have experienced across all the life services I have recently been involved with.

Agape love is unconcerned with the self and concerned with the greatest good of another. Agape isn't born just out of emotions, feelings, familiarity, or attraction, but from the will and as a choice. Agape requires faithfulness, commitment, and sacrifice without expecting anything in return.

The Apostle Paul arguably presents the best case for love, when he writes to the people of Corinth, where the church was in complete disarray and on the verge of imploding upon itself. The church was rife with public immorality, doctrinal confusion, party politics, petty bickering, divisions.

And as to the root cause all of those problems, Paul subscribes to one deficiency... the Corinthians were not manifesting and exercising sacrificial love to each other in their common life.

Paul writes, 'love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no records of wrongs. Love does not delight in evil, but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails'.

And it is this agape, this love, that Paul begins his appeal to the Corinthians and perhaps something for society today to listen to as we constantly witness disarray and lack of trust in modern politics; as we witness a 'cancel culture' where we can no longer agree to disagree; as we listen to constant arguing over issues of sexuality and diversity. Paul's point is a simple one... love is the premier virtue of the Christian life, in fact it should be the premier virtue of society today. It towers above all others in importance, and it must be the ground, the foundation, the first principle of everything we do and are, and it is down to us to do what we can to manifest this love within our church, within our lives, and within our communities.

Love, love, love... love is all we need.

**Love and Blessings, Revd Gary**

## **OCTOBER ISSUE**

Please note the deadline for all copy is:

**September 22nd**

**IF YOU WISH TO ADVERTISE IN THIS MAGAZINE,**

**PLEASE CONTACT:**

**Caroline Saxby, Advertising Manager:**

**Tel: 01473 277146**

**E-mail: saxbies@hotmail.com**

## **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 HOLY COMMUNION & LIGHT LUNCH**

**Thursday 8th August & Thursday 12th September  
from 12 noon 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](mailto:b.a.martin@btconnect.com) or 01473 737285**

## **BENEFICE SERVICES**

**Sunday 4th August**

St. Mary's Church, Monewden

**Sunday 1st September**

The Priory Church of St. Mary, Letheringham

***The choir will be present for rehearsal from 9am***

## EARL SOHAM NOTES

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### 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:

#### **25th July – 7.00pm Garden Meeting**

We will meet at Lodge Farm, Bedfield, IP13 7HH by kind invitation of Mary Nesling

#### **30th August – 6pm to 8pm Pimms on a summer's evening**

**Terrace House, The Street, Earl Soham** - By kind permission of Mrs J Rothery

Members, their partners and friends are invited to join us for a relaxing evening in the garden with a glass of Pimms and a finger buffet. This is a ticket only event. Tickets are £10 each and can be obtained in advance.

Find us at [www.sefwi.org.uk](http://www.sefwi.org.uk) or  
contact Eleri Whitham – 01728 628614



# ANNUAL TOURNAMENT 2024

**Saturday, 7th 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 Seed, and Bruce Hinton (Earl Soham Business Centre) and P.H.Betts (Holding) Ltd.

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| Rota for the Altar and Roll of Honour Flowers and Brasses<br>St. Mary's |                           |
|---|---------------------------|
| August  | Mrs Patterson/ Mrs Denton |
| September   | Mrs Gadd/ Mrs Lancaster   |
| October   | Mrs Kerridge/ Mrs Roberts |
| Any problems Ring Denise - 685234.                                      |                           |

# VICAR'S tea party

**RESCHEDULED DATE**  
**SATURDAY 24<sup>TH</sup> AUGUST**  
**2.30pm-5pm**

**Cream Teas – Bar - Live Music - BBQ**

**Digger Challenge – Rogues Gallery**

**Fun Activities for Everyone!**

**Raising funds for local churches and**

**East Anglian Air Ambulance**



**Taking Place at:**

**THE RECTORY, EARL SOHAM, IP13 7SD**

For further information, please contact Revd Gary Best – 01728 685 550



# EARL SOHAM FETE

**SATURDAY**

**3rd AUGUST**

**2pm – 4.30pm**

**on the VILLAGE GREEN**

**free entrance and free parking**

*STALLS AND GAMES including*

Steam Train Rides, Cakes, Plants & Produce,

Books, Jigsaws, Grand Draw, Tombola,

TEAS, BBQ, PIMMS & BEER

and lots more for the whole family

***\*\*Please don't forget to bring cash with you,***

***we cannot take card payments\*\****

**IN AID OF ST MARY'S CHURCH FABRIC FUND**



# CRETINGHAM NOTES



## FLOWER AND CLEANING ROTA

|           | Altar Flowers | Cleaning        |
|-----------|---------------|-----------------|
| August    | Mrs Coe       | * Vacant        |
| September | Mrs Defoe     | Mr & Mrs Lettin |

*\* No cleaners came forward for August. If anyone can pop in and put a duster around and sweep it would be much appreciated. Thank you.*

## SERVICES FOR AUGUST IN ST. PETERS ARE –

11th August 10 am Morning Prayer  
 18th August 10 am Holy Communion



# COFFEE/TEA & CHAT

**for August will be held in church  
 on Monday 19th at 10.30 am - 12 noon.**

**Everyone welcome.**

Septembers meet up will be on  
 Friday 27th and will be a

MacMillan Cancer Support Coffee morning.

**Pop them in your diary now!**



## RIDE and STRIDE

### Saturday 14th September

Can you help man the church?  
 We need volunteers to sign  
 people in and offer a friendly  
 face and refreshments (which  
 are all provided). Please speak  
 to Alister if you can help.





## Cretingham **HARVEST SUPPER**

**Saturday 21<sup>st</sup> September 2024**

in Brandeston Village Hall starting at 7 pm.

£12 Adults / £5 Children

Please inform us of any dietary requirements.

Contact either Pauline 01473 737317 or Heather  
email: heather.runacres@hotmail.co.uk to let us know you are coming.

Traditional **HARVEST FESTIVAL** Service

**10 am Sunday 22<sup>nd</sup> September 2024**

Variety of produce / flowers taken up to the Altar and singing of  
***'We plough the fields and scatter the good seed on the land'***



Come and help us raise the roof with our singing.



*The Church will be filled with beautiful flowers and wonderful produce  
which will be donated this year to the collection of all churches in the  
Benefice in aid of FIND (Families in Need)*

## **SERVICES FOR SEPTEMBER IN ST. PETERS ARE –**

15th September 10am Holy Communion

22nd September 10am Harvest Service

29th September 10am Morning Prayer



## **MACMILLAN COFFEE MORNING**

**Friday 27<sup>th</sup> September 10.30 am in St. Peters Church.**

Reserve the date – Saturday 26<sup>th</sup> October

for a **QUIZ NIGHT** to raise funds for the repair of St. Peters organ.

Hot supper and bar.

## CRETINGHAM NOTES

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### PLEASE SAVE THE DATE TO SAVE OUR ORGAN!

The organ in St Peter's was installed over 50 years ago – and was second-hand to boot. Despite annual maintenance and tuning, it now requires significant repair and cleaning. The estimated cost is £2639 and so we are mounting a fund-raising drive to allow us to proceed as quickly as possible.

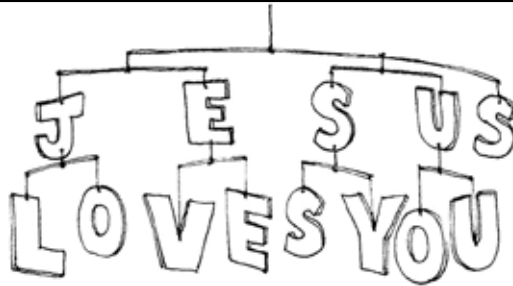


First event will be a QUIZ NIGHT on Saturday 26th October in Brandeston Village Hall. Teams of six, or come as an individual or pair and we will help you make a team with others.

Hot supper, bar, raffle and plenty of convivial competition.

***More details in the next issue of this magazine.***

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*Wendy checked the message on her mobile*

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## CHARSFIELD WITH DEBACH NOTES

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### ILLUMINATI CONCERT

The Illuminati Choir (a group of 20 or so singers from Woodbridge who sing unaccompanied) performed at St. Peter's Church in Charsfield on the evening of June 9<sup>th</sup>. The concert was well attended and those who came were treated to a selection of Songs for Summer. Thank you to the choir for such a lovely evening and thank you to everyone who helped to organise the concert and provided refreshments. The concert raised £236 for St. Peter's Church funds for which the PCC are very grateful.

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### THE BIG RAFFLE

Despite the rather unwelcoming weather, the Big Raffle held at Charsfest on June 15<sup>th</sup> was well supported and with some lovely prizes raised £205 for St. Peter's Church funds. Thank you to all the raffle organisers and everybody who generously bought tickets.



### CREAM TEAS

The 'Cream Teas at Charsfield Church' season has started again! About 35 people came to the Cream Teas on 16<sup>th</sup> June with quite a few locals and also a couple from Bristol on their way to Aldeburgh and two walkers from Ipswich. The cream teas and cake were enjoyed and a good chat. Thankyou to all who helped! £136 was raised for St. Peter's Church Funds from generous donations.



Cream teas in July attracted 26 people from as far afield at Montreal and one couple had hiked from Bredfield. The cream teas and cake were enjoyed as well as a chat and £100 was raised for Church Funds.

Don't forget there are more 'Cream Teas at Charsfield Church' on Aug 18<sup>th</sup> and Sept 15<sup>th</sup>, 3-5pm. So do pop along and join us!

Also the cream teas crew will be serving cream teas at the Vicars Tea Party on August 24<sup>th</sup>.

## CHARSFIELD WITH DEBACH NOTES continued

### CHURCH ROTAS

| Date   | Readers  | Sides person |
|--|--|--------------|
| <b>Aug 4<sup>th</sup> 10am</b><br>Benefice Holy Communion<br>Monewden      | Benefice Holy Communion at Monewden<br><br>All Welcome   |              |
| <b>Aug 11<sup>th</sup></b>   | No Service at Charsfield.<br>Please check the Magazine for<br>details of Services elsewhere in the Benefice. |              |
| <b>Aug 18<sup>th</sup> 6.30pm</b><br>Evening Prayer                        | Antony<br>Mike   | Mike         |
| <b>Aug 25<sup>th</sup> 10am</b><br>Holy Communion                          | Pauline<br>Linda   | Linda        |
| <b>Sept 1<sup>st</sup> 10am</b><br>Benefice Holy Communion<br>Letheringham | Benefice Holy Communion at Letheringham<br><br>All Welcome   |              |
| <b>Sept 8<sup>th</sup></b>   | No Service at Charsfield.<br>Please check the Magazine for<br>details of Services elsewhere in the Benefice. |              |
| <b>Sept 15<sup>th</sup> 6.30pm</b><br>Evening Prayer                       | Roger<br>Margaret  | Margaret     |
| <b>Sept 22<sup>nd</sup> 10am</b><br>Holy Communion                         | Mike<br>Lesley   | Lesley       |
| <b>Sept 29<sup>th</sup> 10am</b><br>Harvest Service                        | Gill<br>Sheila   | Sheila       |

## SUFFOLK CHURCHES RIDE AND STRIDE ANNUAL BIKE RIDE

**Saturday 14 September 2024**

**9.00 am - 5.00 pm**

*Sponsorships forms are available from*

*Mary Patterson, "Sunnyside", The Street, Earl Soham, IP13 7SA*

*01728 685362 / 07485 110350*

## CHARSFIELD WITH DEBACH NOTES continued

### Charsfield - August and September Cleaning Rota

| August 10th  | August 24th     | September 14th | September 28th   |
|--------------|-----------------|----------------|------------------|
| Linda & Kurt | Gill & Beverley | Angela & Joyce | Sheila & Pauline |

### Charsfield - August and September Flower Rota

| August 10th   | August 17th    | August 24th    | August 31st                |
|---------------|----------------|----------------|----------------------------|
| Maureen Arbon | Angela Farmer  | Angela Farmer  | Sheila Green               |
| September 7th | September 14th | September 21st | September 28th             |
| Sheila Green  | Lucy Fox       | Lucy Fox       | Harvest<br><i>Everyone</i> |

## JOHN GREEN

The family of the late John Green would like to thank everyone for their love and support during the past couple of months, including all those who were able to attend John's funeral.

*With much love from Sheila, Sue, Chris, and Ros. x*

**There's a warm welcome waiting in  
Charsfield Village Hall Bar**

Plus Table Tennis!

Dominos, Shove Halfpenny & other games

CONTACTLESS PAYMENT

BAR WILL BE OPEN

**2nd and 16th August**

**6th and 20th September**

7pm to 10pm



## **CHARSFIELD PRIMARY SCHOOL**

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All the pupils and staff at Charsfield Primary School have been very busy; here are just a few of the things that we have got up this term!

Rowan Class have embraced the joys of gardening. We have planted a variety of fruits and vegetables and watched them grow. The children learned about the life cycles of plants, the importance of sunlight and water, and the satisfaction of harvesting their own produce. To celebrate our gardening efforts, we used our freshly grown lettuce to make delicious cheese and lettuce sandwiches which supported us in learning our fractions. We focused on dividing our sandwiches into halves and quarters before eating them which the children thoroughly enjoyed. Our geography and history topics this term were “Magnificent Monarchs and Royal Residences.” We delved into the fascinating world of royalty, exploring the lives and reigns of various monarchs and their homes. A highlight of this topic was our trip to Orford Castle. The children were thrilled to explore the historic site, learning about its construction, purpose, and the historical figures associated with it.



Pupils in Ash Class based their literacy upon ‘The owl who was afraid of the dark’. The children have had lots of opportunities to write descriptively, using dialogue and other literary devices. We were very fortunate to be able to go to the Suffolk Owl sanctuary at Stonham barns. Our tour guide took us to see many different species of owls, vultures and eagles, some of which are extremely rare. Our favourite owl was the Milky White Owl, which performed a little dance for us!

In Oak Class pupils have written their own poems based upon Kit Wright’s poem: The Magic Box. They really enjoyed writing these and took great care over the presentation of their work. This is now displayed in school for visitors to see in September.

Pupils in Key Stage 2 performed The Pirates of the Curry Bean to two jammed-packed audiences of parents and relatives earlier in July. The children did a wonderful job of making everyone laugh at their hilarious jokes and entertained with their singing. The older pupils were also given the responsibility of being the backstage crew – in charge of sound effects, music and props. They did a good job of making sure everything was where it should be in order to make the performances run smoothly.

In Forest School lessons pupils have been learning to assess their own risks when exploring and playing. The spider web of ropes were great fun to see how far they could push their abilities, to climb and balance and how to cope when it didn’t go quite as planned. Most importantly the resilience to get back up and try again. They have also been working on crafting skills making clay creatures, spotter books and name bunting and practising fire lighting skills. We look forward to more Forest School sessions next year.





We have taken part in lots of sporting events this term: we started with Reception and KS1 going to Framlingham College to participate in a multi skills carousel with a tennis theme. This was a wonderful day with lots of different activities from throwing and catching and balancing a tennis ball on a racket to working in a group to gain points. Next, we were all geared up for Cricket at Mellis Cricket club, however, the summer weather got the better of the pitch and the event was cancelled due to a water-logged pitch. We look forward to this event next year. Our next event was Quaddkids for Reception and KS1 at Thomas Mills. Once again, the children had a fantastic day experiencing lots of different athletic events. The next event for KS2 was rounders at Hartismere. The children played 5 games and improved with each game. They all had a fantastic time, and all worked well as a team. Our final events for the year were Footgolf and Just Dance at Hartismere. This is the biggest group of children taken at one time and they were all fantastic. All children were engaged with their event and had a great afternoon.

In September we looking forward to running a Parent and Toddler group on a Wednesday afternoon – more details will follow on our social media. We also look forward to opening our nursery for children aged 3+ too. If you would like to find out more about our school, please look at our Facebook and Instagram pages. If you are looking for schooling in the area, we have spaces available in some year groups and welcome visits to our school – please contact the school office on 01473737347 or email [office@charsfieldprimary.org.uk](mailto:office@charsfieldprimary.org.uk)

*Mrs Reeve, Head of School*

## 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



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

Church Road, Charsfield, Woodbridge IP13 7QB, [office@charsfieldprimary.org.uk](mailto:office@charsfieldprimary.org.uk), 01473 737347



## MONNEWDEN NOTES

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### CHURCH ROTAS

| Date   | Flowers/Brasses  | Church Cleaning     | Sidesperson | Coffee   |
|--------|------------------|---------------------|-------------|----------|
| Aug 4  | Benefice Service | L. Grier            |             |          |
| Aug 11 | F. Watts         |                     | W. Heath    | L. Grier |
| Aug 18 |                  | F. Watts & C. Saxby |             |          |
| Aug 25 | W. Heath         |                     | P. Keeble   | W. Heath |

### CHURCH READERS:

Aug. 11 Caroline, Peter.

### 100 CLUB WINNERS JULY:

1 £25 S. Clarke; 2 £15 Mrs. S. Boon; 3 £10 R. Chenery.

Our next **COFFEE MORNING** will be on Saturday, Aug. 17th from 10 a.m. onwards. Coffee, tea, breakfast rolls and bacon rolls will be served. Come and join us, this monthly event is now very popular. The 100 Club draw prizes for August will be drawn during the morning.

### RIDE AND STRIDE

This year will be on September 14th. Put this date in your diary.

### SEPTEMBER CHURCH ROTAS

| Date    | Flowers/<br>Brasses | Church<br>Cleaning | Sidesperson | Coffee   |
|---------|---------------------|--------------------|-------------|----------|
| Sept 1  |                     | J. Vonberg         |             |          |
| Sept 8  | S. Kingston         |                    | B. Martin   | C. Saxby |
| Sept 15 |                     | W. Heath           |             |          |
| Sept 22 | M. Gibson           |                    | D. Grier    | L. Grier |
| Sept 29 | L. Grier            |                    | L. Grier    | W. Heath |

### CHURCH READERS:

Sept. 8 Brian, Wendy.

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



## **MONEWDEN NOTES continued**

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### **RIDE & STRIDE**

In aid of the Suffolk Historic Churches Trust. This year it will be held on Saturday, September 14, from 9 a.m. to 5 p.m. Wendy Heath will be organising church sitting and if anyone wishes sponsorship forms they are available from Brian Martin (01473 737285).

### **HARVEST FESTIVAL SERVICE:**

The date for this year's service will be Sunday, Sept. 29, at 6.30 p.m. This will be a service for all ages. Every year the church is decorated by willing helpers with flowers, fruit and vegetables, a display which is much appreciated by the congregation. Contributions of tins of food and packet goods, biscuits, cereals, etc., may be left in the church the day before the service to be displayed. All goods and the collection will be donated to charity.

### **ADVANCE NOTICE:**



Come join us for a

## **Harvest Supper**

on Friday October 4th

in Monewden Village Hall at 7pm for 7.30pm

***Traditional Suffolk Ploughmans with local bread, cheeses and pickles,  
followed by delicious puds***

Bring your own drinks

***Featuring a talk from Acre Farm in Monewden  
– from soil to slice, a new farm vision.***

£12 adults and £6 children

Contact either Lesley 07447 696106 or  
Caroline 07305 967673/saxbies@hotmail.com for tickets

Profit will be donated to The Yana Project which provides confidential support,  
mental health awareness and funding for counselling to the farming  
and rural communities of Suffolk and Norfolk.

**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 [volunteer@stelizabethhospice.org.uk](mailto:volunteer@stelizabethhospice.org.uk)

## **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](mailto:office@suffolkplantmachinery.co.uk)

## AUGUST CHURCH SERVICES & READINGS

| Church       | August 4th                     | August 11th                           | August 18th                            | August 25th                           |
|--------------|--------------------------------|---------------------------------------|--|---------------------------------------|
|              | 10th after Trinity<br>Green    | 11th after Trinity<br>Green           | 12th after Trinity<br>Green            | 13th after Trinity<br>Green           |
| Ashfield     |                                | 6.30pm<br>Evening Prayer<br><b>VB</b> | 8.30am<br>Holy Communion<br><b>GB</b>  | X                                     |
| Charsfield   |                                | X                                     | 6.30pm<br>Evening Prayer<br><b>KM</b>  | 10am<br>Holy Communion<br><b>GB</b>   |
| Cretingham   |                                | 10am<br>Morning Prayer<br><b>RG</b>   | 10am<br>Holy Communion<br><b>WG</b>    | X                                     |
| Dallinghoo   |                                | 6.30pm<br>Holy Communion<br><b>KM</b> | X                                      | X                                     |
| EarlSoham    |                                | 10am<br>Morning Prayer<br><b>CW</b>   | 10am<br>Holy Communion<br><b>KM</b>    | 10am<br>Morning Prayer<br><b>WG</b>   |
| Hoo          |                                | 8.30am<br>Holy Communion<br><b>KM</b> | X                                      | 8.30am<br>Morning Prayer<br><b>GB</b> |
| Letheringham |                                | X                                     | 10am<br>Patronal Festival<br><b>GB</b> | X                                     |
| Monewden     | 10am<br>Benefice<br>HC KM + WG | 10am<br>Holy Communion<br><b>KM</b>   | X                                      | 10am<br>All-Age Worship<br><b>KM</b>  |

## READINGS AUGUST

| Date   | Readings                                | Psalm      |
|--|---|------------|
| <b>August 4<sup>th</sup></b><br>Benefice Service | Ephesians 4: 1-16<br>John 6: 24-35      | 78: 23-29  |
| <b>August 11<sup>th</sup></b>                    | Ephesians 4: 25-5.2<br>John 6: 35,41-51 | 34: 1-8    |
| <b>August 18<sup>th</sup></b>                    | Ephesians 5: 15-20<br>John 6: 51-58     | 34: 9-14   |
| <b>August 25<sup>th</sup></b>                    | Ephesians 6: 10-20<br>John 6: 56-69     | 34: 15-end |

### 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.

## SEPTEMBER CHURCH SERVICES & READINGS

| Church       | September 1st               | September 8th                  | September 15th                 | September 22nd                  | September 29th                  |
|--------------|-----------------------------|--------------------------------|--------------------------------|---------------------------------|---------------------------------|
|              | 14th after Trinity<br>Green | 15th after Trinity<br>Green    | 16th after Trinity<br>Green    | 17th after Trinity<br>Green     | 18th after Trinity<br>Green     |
| Ashfield     |                             | 6.30pm<br>Evening Prayer<br>VB | 8.30am<br>Holy Communion<br>KM | X                               | X                               |
| Charsfield   |                             | X                              | 6.30pm<br>Evening Prayer<br>GB | 10am<br>Holy Communion<br>WG    | 10am<br>Harvest Service<br>KM   |
| Cretingham   |                             | X                              | 10am<br>Holy Communion<br>KM   | 10am<br>Harvest Service<br>GB   | 10am<br>Morning Prayer<br>APW   |
| Dallinghoo   |                             | X                              | 10am<br>All-Age Worship<br>APW | X                               | 10am<br>Holy Communion<br>WG    |
| Earl Soham   |                             | 10am<br>Morning Prayer<br>KM   | 10am<br>Holy Communion<br>GB   | 10am<br>Morning Prayer<br>KM    | 10am<br>Harvest Service<br>GB   |
| Hoo          |                             | 8.30am<br>Holy Communion<br>GB | X                              | 6.30pm<br>Harvest Service<br>GB | X                               |
| Letheringham | 10am<br>Benefice HC<br>GB   | X                              | X                              | X                               | X                               |
| Monewden     |                             | 10am<br>Holy Communion<br>GB   | X                              | 10am<br>All-Age Worship<br>CW   | 6.30pm<br>Harvest Service<br>GB |

### READINGS SEPTEMBER

| Date                                     | Readings                                   | Psalm       |
|--|--|-------------|
| <b>September 1st</b><br>Benefice Service | James 1: 17-end<br>Mark 7: 1-8,14-15,21-23 | 15          |
| <b>September 8th</b>                     | James 2: 1-10,14-17<br>Mark 7: 24-end      | 146         |
| <b>September 15th</b>                    | James 3: 1-12<br>Mark 8: 27-end            | 116: 1-8    |
| <b>September 22nd</b>                    | James 3: 13-4.3,7-8<br>Mark 9: 30-37       | 54          |
| <b>September 29th</b>                    | Hebrews 1: 5-end<br>John 1: 47-end         | 103: 19-end |

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or **Jackie Clark** 01728 723 623 jwc51@btinternet.com

## DALLINGHOO NOTES

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### CHURCH SERVICES FOR AUGUST AND SEPTEMBER

|                |        |                 |
|----------------|--------|-----------------|
| 11th August    | 6.30pm | Holy Communion  |
| 15th September | 10am   | All Age Worship |
| 29th September | 10am   | Holy Communion  |

### COFFEE MORNING

#### 7 September 10.30am to midday

Come and join us at the church for a coffee and chat. It has been great to catch up with so many friends old and new from Dallinghoo and further afield.

### ANNUAL RIDE AND STRIDE - 14TH SEPTEMBER

A reminder that the annual cycling, walking (or even riding) event takes place on Saturday 14th September. This is a great way to visit churches across the region whilst raising money for both the Suffolk Historic Churches Trust and also your local church. If anyone would like to take part from Dallinghoo, sponsorship forms will be available in the church porch. We also need volunteers to welcome visitors to our church from 9am to 5pm. If anyone is interested in doing this for an hour or so, please contact Charlotte Sullivan ([charlottesullivan87@yahoo.com](mailto:charlottesullivan87@yahoo.com))



### HARVEST SUPPER

5th October

7 for 7.30pm

Advance notice that this year's Harvest Supper will be slightly earlier in October than usual.

Watch out for posters giving further details in September.

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*Historic  
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## LEATHERINGHAM NOTES

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### THE TEDDY BEAR DROP

The Teddy Bear Drop held at St Mary's on Sunday 21st July was, yet again, a successful family, fun afternoon out and thankfully the weather stayed fine. Local families as well as friends and families from others in the Mid Loes Benefice came to cheer on their teddies as they parachuted down from the ancient tower ..some having lucky escapes from being stranded on the church roof! Everyone seemed to enjoy the afternoon and the BBQ, Pimms tent and cream teas were well received! Congratulations go to Letheringham teenager, Sky, who one first prize for her Teddy 'Norman' who parachuted the furthest! Letheringham PCC would like to thank everyone who helped on the day. Our grateful thanks also, to all who attended for their support and generosity.

---



### DATES FOR YOUR DIARY FOR SERVICES AT ST.MARY'S CHURCH

|                      |                  |      |
|----------------------|------------------|------|
| Sunday 18th August   | Patronal Service | 10am |
| Sunday 1st September | Benefice Service | 10am |



*None of his training had prepared Gary for this...*

# JEAN CLARKE

1928-2024

Jean Clarke died on May 1st 2024 on the seventieth anniversary of Letheringham becoming her home when she married Kenneth on May 1st 1954. She was 95 and 'well past my sell by date' as she frequently said. That summed up her straightforward approach to life – down to earth, practical and independent - always keen to play her part – to be useful and get things done – preferably her way!

Jean played a key role in village life throughout most of her seventy years here. In 1957 she took on the annual door to door poppy collection in Letheringham. For the next fifty plus years, come October, her collecting tin and tray of poppies would be in her car wherever she went until she knew she had given every householder an opportunity to buy – from her! It was a matter of great pride and competitive achievement for her to maximise what she collected. She only once made the mistake of accepting the offer of a glass of Sally Peck's home-made parsnip wine while on her rounds!

Jean served on Easton & Letheringham Parish Council and instigated the establishment in 1992 of a separate parish council for Letheringham which she chaired for many years.

A long-term supporter of Letheringham Church and member of the PCC, Jean was also a Church Warden for several years. She organised a couple of flower festivals and various light-hearted concerts and was always at the heart of any catering that was required. She instigated mulled wine and mince pies after the annual carol service and had a regular slot on the flower and cleaning rota for decades. From the early days of the SHCT annual bike ride, Jean was Letheringham's co-ordinator, always striving to offer a good selection of biscuits and squash to reward those who made the effort to visit.

In recent years her declining strength and abilities curtailed her capacity to play an active role and that frustrated her greatly but she remained grateful for the opportunities and friendships she had had throughout her life and her good fortune.

*Sue & Paul Clarke*

## ASHFIELD NOTES

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### SHCT, CYCLE RIDE 2024

St Mary's will as usual be open and ready to receive cyclists on Saturday 14th September between 9am and 5pm.

We have benefitted from very generous grants from Suffolk Historic Churches Trust in the past. Most of the monies that they grant come from funds raised by the annual cycle ride.



We are looking for people to sit in the church to welcome visiting cyclists, could you spare an hour or two to do this for us please? Alternatively the more energetic of you may like to cycle to other churches, sponsorship forms will be available in the church soon?

If you have any queries please contact me. Thank you.

*Robert Grimsey*

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## **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)**

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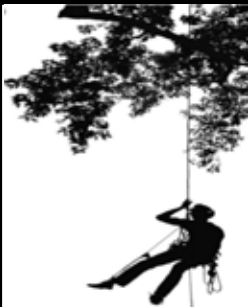
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| <b>Charsfield</b>   | Pamela Hembra<br>E-mail: charsfieldparishcouncil@gmail.com<br>Tel: 01473 737655   |
| <b>Cretingham</b>   | Acting Clerk : Caroline Saxby<br>E-mail: cmhparishcouncil@gmail.com   |
| <b>Dallinghoo</b>   | Chris Ling<br>E-mail: dallinghoo@outlook.com<br>Tel: 07963305205  |
| <b>Earl Soham</b>   | Guy Harvey<br>E-mail: espcclerk@gmail.com<br>Tel: 01728 685729  |
| <b>Hoo</b>          | Caroline Saxby (see Cretingham above)   |
| <b>Letheringham</b> | Mrs Mel Thurston<br>E-mail: letheringhamparishcouncil@gmail.com<br>Website: <a href="https://letheringham.onesuffolk.net">https://letheringham.onesuffolk.net</a> |
| <b>Monewden</b>     | Caroline Saxby (see Cretingham above)   |

## Village Hall/Community Centre Booking Secretaries:

|                   |  |
|-------------------|--|
| <b>Ashfield</b>   | Geoff Henney<br>Tel: 07507 040041<br>Email: sueandgeoffhenney@hotmail.co.uk  |
| <b>Charsfield</b> | Website: <a href="http://www.charsfieldvillagehall.org.uk">www.charsfieldvillagehall.org.uk</a><br>Email: <a href="mailto:enquiries@charsfieldvillagehall.org.uk">enquiries@charsfieldvillagehall.org.uk</a><br>Or Tel: 07935 445193 |
| <b>Dallinghoo</b> | Mr Chris Pennington<br>Tel: 01473 737 836  |
| <b>Earl Soham</b> | Village Hall Committee<br>Tel: 07961 606647<br>Email: <a href="mailto:esvhbookings@gmail.com">esvhbookings@gmail.com</a><br>Website: <a href="http://earlsohamvillagehall.org">earlsohamvillagehall.org</a>                          |
| <b>Monewden</b>   | Sian Kingston<br>Tel: 07887606717<br>Email: <a href="mailto:sian@rskingston.com">sian@rskingston.com</a>   |

## VILLAGE ORGANISATIONS

|                   |                                 |  |                              |
|-------------------|---------------------------------|--|------------------------------|
| <b>ASHFIELD</b>   | Community Council               | Ms Sam Thomas  | 07985 807683                 |
| "                 | Ladies Group                    | Mrs Susan Hansen                                     | 01728 685 738                |
| <b>CHARSFIELD</b> | CEVC Primary School             | Mr Mark Taylor                                       | 01473 737 347                |
| "                 | WI Secretary                    | Mrs Rosalin Baley                                    | 01473 737171                 |
| "                 | Rec. Ground Com                 | Gerry Smith  | 01473 277166                 |
| "                 | Tennis Club                     | charsfieldrgttennis@yahoo.com                        |                              |
| "                 | Flower Show Secretary           | Mrs Pip Smith  | 01473 277166                 |
| "                 | Village Hall                    | Pam Hembra<br>committee@charsfieldvillagehall.org.uk |                              |
| <b>CRETINGHAM</b> | 100 Club                        | Mr Alister Gourlay                                   | 01728 685 335                |
| <b>DALLINGHOE</b> | 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                |
| <b>EARL SOHAM</b> | FO St. Mary's                   | Mr John Stott  | 01728 861 340                |
| "                 | Primary School                  | Mrs Jen Carlyle                                      | 01728 685 359                |
| "                 | WI Secretary                    | Eleri Whitham  | 01728 628614                 |
| "                 | Village Hall Secretary          | Mrs Susie Starke                                     | 01728 684 385                |
| "                 | 100 Club                        | Christopher Pratt                                    | 07395 918937                 |
| "                 | Tennis Club                     | Mrs Mary Patterson                                   | 01728 685 362                |
| "                 | Bowls Club                      | Martin Dorey   | 01728 684880                 |
| "                 | Scouts/Cubs/Beavers             | Mrs J. Lovett  | 01728 723 712                |
| "                 | Rainbows, Brownies, Guides      | Marion Russell                                       | 01728 684840                 |
| "                 | Carpet Bowls Club               | Chris Pratt  | 07395 918937                 |
|                   | Allotment/Gardeners Association | Mrs Susie Starke<br>Mrs Janice Meakin                | 01728 684385<br>07921 263632 |



"AND WHEN YOU PRAY,  
PRAY THEN LIKE THIS ..."

Where does Jesus say  
to go to pray?  
*Matthew 6:6*



What does God know  
before you ask Him?  
*Matthew 6:8*



What can we ask God  
to deliver us from?  
*Matthew 6:13*

If you forgive others  
what will God do?  
*Matthew 6:14*



"Always be full of joy.  
Never stop praying.  
Whatever happens,  
always be thankful."  
*1 Thessalonians 5:16-18*

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

ROOM • PRAY • ASK • NEEDS • HEARD • JESUS  
LORDS PRAYER • OUR • FATHER • HALLOWED • HONOURED  
NAME • THY • KINGDOM • COME • YOUR • WILL • DONE  
EARTH • HEAVEN • DAILY • BREAD • FORGIVE • DEBTS  
SINS • TEMPTATION • DELIVER • EVIL • AMEN



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

### EARL SOHAM

|               |   |               |
|---------------|---|---------------|
| Churchwardens | Dr. John Elmore, Hill Farm, Earl Soham          | 01728 685 814 |
| Secretary     | Mrs. Mavis Kerridge, The Malt House, Earl Soham | 01728 685 700 |
| Treasurer     | Christopher Pratt, 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.<br>Email fwitbread57@gmail.com | 07788 563827  |

### LEATHERINGHAM

|               |   |              |
|---------------|---|--------------|
| Churchwardens | Malcolm Ross, Pips Cottage, Cooks Hill, Letheringham<br>Email malcolmnross@icloud.com | 07720 213472 |
| Secretary     | Janet Ross, Pips Cottage, Cooks Hill, Letheringham<br>Email jeross1@me.com            | 01728 746228 |
| Treasurer     | Terence Carlin. Email terence.carlin@btinternet.com                                   | 01728 746480 |

### MONEWDEN

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

**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  
**October 2024 ISSUE is**  
**Sunday 22nd September**

# VICAR'S tea party

**RESCHEDULED DATE**  
**SATURDAY 24<sup>TH</sup> AUGUST**  
**2.30pm-5pm**

**Cream Teas – Bar - Live Music - BBQ**

**Digger Challenge – Rogues Gallery**

**Fun Activities for Everyone!**

**Raising funds for local churches and**

**East Anglian Air Ambulance**



**Taking Place at:**

**THE RECTORY, EARL SOHAM, IP13 7SD**

For further information, please contact Revd Gary Best – 01728 685 550