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

February 2025



Benefice Service

Cretingham - 10am Sunday 2nd February

All Welcome

WHO'S WHO IN THE BENEFICE

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

ASHFIELD

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

CHARSFIELD

Churchwardens	Linda Stratton	01473 737771
	email: linda.e.stratton@gmail.com	
	Mike Bamford	07899 696606
Secretary	Beverley Gugenheim, The Cottage, The Street, Charsfield email: bev@gugenheim.net	
Treasurer	Garry Stratton email: g.d.stratton@outlook.com	01473 737771

CRETINGHAM

Churchwardens	Alister Gourlay, Tubric Cottage, Cretingham	07799 588 106
	Mrs. Heather Runacres, Dove Farm Cotts. Cretingham	01728 685 736
Treasurer	Alister Gourlay, Tubric Cottage, Cretingham	07799 588 106

DALLINGHOO

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

Who's Who continues on the inside back cover

The Deadline for contributions panel MARCH 2025 ISSUE is Sunday 16th February

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

February 2025

From The Rectory ...

So, here we are again, the start of a New Year, a time of the year which seems to come upon us quicker each year. I was told recently that to wish people a Happy New Year after the 15th January is not good etiquette....really? Well, here goes...to those I have not seen over the Christmas and New Year period, a very Happy New Year to you all. I hope and pray that it is a good one, and year full of joy and peace for each of us.

But what does the New Year look like for us? As part of a Candlemas Course that is currently under way, one of the tasks the group had to undertake was to buy a daily newspaper and mark all the good and the bad articles contained within. Guess what...the bad articles won by a mile! Why is there an obsession with bad news in this country? Yes, sadly there is a lot of it around, but how do we start acknowledging all the good that goes on within our communities and wider society? Perhaps we should launch our own 'Daily Happy Times' newspaper, highlighting the good that is carried out by so many people who care about others, who care about their community. Who knows, but what I do know is that I look forward to another year of happy times, serving in a benefice where there is so much good undertaken on a daily basis by so many people.

At Christmas I talked about New Year Resolutions, perhaps something you have considered this year, or perhaps something that you started but have already failed. Don't worry, one study shows 88% of resolutions fail within two weeks!

I talked about Father Christmas v Jesus, with Father Christmas being around once a year. Presents being received, put into a cupboard, and never to be seen again. Presents that simply break or we just stop using them after a week or two. But the gifts that Jesus brings last forever. Jesus doesn't bring us toys, he brings us something even better and much more useful. He brings us salvation, and salvation goes on forever, and it doesn't need batteries. Salvation is being saved by God to know him. And it's the best gift that we could ever receive.

Right now, possibly more than ever in our lives, we look to Jesus for hope for the future, Jesus being the light arriving into our lives, the light that brings joy and hope for today and for the future.

So, if you don't think it is too late to start a New Year Resolution, or to simply add to your existing resolutions, I offer you three to consider, resolutions that are gifts to each and every one of us to take and to share.

LOVE - love is the most distinguishing characteristic, 'everyone knows that you are my disciples if you love one another'. Jesus exuded love to everyone he encountered, whether saint or sinner. Let us continue to love one another, whether Christian or not, it is a gift that can be freely given.

COMPASSION - Compassion is borne out of love for others. It means 'to suffer together'. Compassion compels us to come alongside and partner with someone who is suffering, whether physically, emotionally, mentally, or spiritually. Let us continue to show compassion to all those around us who are in need.

PRAYER – Prayer is a great way to exchange our own wishes and to listen and discern what God might like us to do. Prayer is a way to bring a community together to pray for something or someone specific in our lives or in our community. Prayer is a way of saying sorry, but it is also a means of giving thanks for all that we have in life.

As we move into this New Year, I am sure we all have exciting projects to look forward to, within the community, at work, or with family and friends, but we must continue to consider love, compassion and prayer within our New Year Resolutions, and we must remember to give thanks for all that we have around us, to be grateful for the people around us, and for the community in which we live.

Love and Blessings, Revd Gary

		e the Da vents taking place acro	2 III DATE
March	1 st	Call My Bluff	Brandeston Village Hall
	29 th	Beetle Drive	Brandeston Village Hall
April	19 th	Easter Stalls	St. Peter's, Cretingham
	19 th	Plant & Cake Sale	St. Mary's, Dallinghoo
June	8 th	Open Garden & Concert	Ноо
July	5 th	Birthday Garden Party	The Rectory
	5 th	Village Fete	Cretingham
August	2 nd	Village Fete	Earl Soham
	23 rd	Vicar's Tea Party	The Rectory

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 13th February 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

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



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ASHFIELD NOTES

THANK YOU

A belated thank you to everyone who joined us for the Carol Service at St Mary's. The evening was a great success all round. A first for Ashfield was a selection of 'seasonal music' played by Ruth and Des Hart before

and after the service, much appreciated by all. I am grateful to all that took an active part in the service itself. When the service was over almost everyone joined us at the back of the church for mince pies, sausage rolls and mulled wine when there was much lively chatter and despite the cold evening people were in no hurry to go home. Thank you to Revd Gary for putting the service together and officiating.

Looking ahead a date for your diaries I am looking to the 2025 Carol Service taking place on Monday 22nd December at 7pm.

FOODBANK DONATIONS

The generosity of Ashfield residents to this very worthy cause in the run up to Christmas was guite staggering. I went in and seeing produce on top of the box thought someone couldn't open the lid, it

wasn't that, the box was completely full and overflowing! All of this was delivered to FIND for distribution before Christmas. Thank you everyone.

For the time being the collection box has been moved inside the back of the church where donations can be placed at any time and are cleared regularly. Robert

DONATIONS TO ST MARY'S

St Mary's wouldn't survive without the generosity of its congregation, residents and visitors. Thank you for your support during 2024.

If you would like to make a donation towards our work and do not have cash please do consider making an electronic donation using our QR code which is displayed at the back of the church. If you are a UK tax payer and would like to enhance your donation by letting us reclaim the tax please register that and it will be done for you automatically. Robert

FOOTPATHS

Whilst it has been rather wet underfoot recently I hope that you have had a chance to go for a walk or two.

Do please let Malcolm Pease or myself know if you encounter and issues on the network so that any necessary corrective action can be taken. Robert











CHARSFIELD WITH DEBACH NOTES

CHARSFIELD RECREATION GROUND

We have an exciting programme of fundraising events coming up -

NE THEI

SAVE THE DATES:

Sunday 2 February Brunch in the village hall – 10.30 to 12.30 – free entry \int

Friday 7 February

Music and Entertainment with open bar in the village hall -7.00 to 10.00pm – free entry

<u>Friday 14 March</u> Quiz in the village hall – details to follow

<u>Saturday 5 July</u> Afternoon Family Barbeque on the Recreation Ground – details to follow

100 Club Cash prizes - Numbers always available

Our committee remains small and new members would be very welcome.

We are also recruiting volunteers for our 'TASK FORCE' for people who can offer some practical help but do not wish to join the committee.

For all enquiries, please email - charsfieldrc@gmail.com



CHARSFIELD WITH DEBACH NOTES continued



Friday 7th February from 7pm

Live background music, while you mingle, from 'THE HOO' trio.



We are delighted to welcome Jim Jarvie OBE 'The Trapper'.



Awarded a Queen's Bravery Award during a distinguished and sometimes dangerous career protecting U.K. borders, Jim will give us a personal, unique insight into the world of drug trafficking, money laundering and border crime.

Donations gratefully received for Charsfield Recreation Ground.

Admission free.

Note the Bar accepts card only.

CHARSFIELD WITH DEBACH NOTES continued

VILLAGE CAROL SERVICE

We were delighted to host the Ipswich Hospital Band at the Village Carol Service held in St. Peters Church, Charsfield in December. Over 60 adults and children attended the service where the band played an introduction and then accompanied the Christmas Carols as the service proceeded. The band then played festive songs after which refreshments and spiced drinks were served. The Village Hall Bar was also open to go to afterwards to continue the festive spirit!

Generous donations of £300 were received with thanks and the proceeds will go to the Church Fabric Fund. Thankyou to the Band for playing and giving the service such a lovely atmosphere and all the readers who included one brave 6 year old.

WORLD DAY OF PRAYER 2025

The World Day of Prayer service this year will be held at St. Peter's Charsfield on Friday March 7th at 2:30pm. The service will focus on the Cook Islands in the Pacific Ocean and the theme 'I made you wonderful'. The Day of prayer is celebrated in over 120 countries and all are welcome to join our service in the Benefice.

CHARSFIELD - FEBRU	ARY CLEANING ROTA	A
February 8 th	February 22 nd	
Margaret & Stephanie	Lucy	

CHARSFIELD - CHURCH ROTA			
Date Readers Sides person		Sides person	
Feb 2 nd 10 am Benefice Service Holy Communion Cretingham	Benefice Holy Communion at Cretingham All Welcome		
Feb 9thNo Service at CharsfieldPlease check the Church Magazine for details of Se elsewhere in the Benefice		agazine for details of Services	
Feb 16th 4 pm Evening Prayer	Mike Linda		
Feb 23rd 10 am Holy Communion	Lesley Margaret		

Charsfield Recreation Committee

invites you to a

Quiz Night

on 14th March at 7:30 in Charsfield Village Hall

Tickets £5 a person. Bring your own snacks. Bar open and accepts card only

All proceeds will go to essential maintenance and repairs of the Recreation Ground.



For tickets

please email s.a.crone@btinternet.com

CHARSFIELD WITH DEBACH NOTES continued

Charsfield - February Flower Rota

February 1 st	February 8 th	February 15 th	February 22 nd
Angela Farmer	Bev Gugenheim	Bev Gugenheim	Sheila Green

NEWS FROM CHARSFIELD PRIMARY SCHOOL

A Happy New Year from everyone at Charsfield Primary School. Here is our most recent news.

Before Christmas, children, staff, and parents joined together for a Carol and Christingle service in the church which was led by Rev. Gary. We followed the story of the birth of Jesus, read by our older pupils. A big highlight for the children was receiving an advent calendar from Rev. Gary which told them the story of advent as they opened each window (I believe there was a tasty chocolate to enjoy each day too!)

Keeping with the theme of Christmas, our Reception, Year 1 and 2 pupils performed a wonderful Nativity – The Smartest King in Town. The children worked hard to learn their lines and remember the song words. We were delighted to share this with so many parents and relatives, who thoroughly enjoyed the performances.

As an end of term treat, we took the whole school to watch Aladdin at the Theatre Royal in Bury St. Edmunds. The children loved sitting up in the gallery and learning about the history of the building before the performance. For some of our pupils this was the first time they had visited a theatre or watched a pantomime. Thankyou to the PTA who helped to fund this trip.

Forest school sessions are very popular with our pupils. We are incredibly lucky to have a forest school area on our school grounds so pupils across the school take part in these sessions throughout the Spring and Summer terms. As the weather has been so cold, Oak Class pupils built a campfire to keep warm! They have enjoyed building shelters, exploring nature, solving problems, and using tools to make bug houses, walking sticks and decorations. The children learn teamwork skills, become more confident to take risks and become resilient when things don't go as expected!







CHARSFIELD WITH DEBACH NOTES continued



Pupils in Year 1 and 2 will be joining children from other schools to take part in multi-skills sports competitions in a few weeks time. The children love having the opportunities to take part in these competitions and always try their best to work together.

We are very excited to announce that we are hosting a Little City event in our school hall on the morning of Tuesday 25th March. This event is open to all parents and their children (under 5) – please see https://www.littlecityuk.com/ for more information. Keep an eye out on our social media (Facebook and Instagram) for updates.

We do have spaces in some year groups, so if you are looking for schooling in the area and would like to arrange a visit, please email, or call the school office. 01473 737347 office@charsfieldprimary.org.uk

Mrs Amie Reeve, Head of School



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

CRETINGHAM NOTES

FLOWER AND CLEANING ROTA

	Altar Flowers	Cleaning
February	As per rota	Mrs & Mrs Runacres
March	As per rota	Vacant

CHURCH SERVICES IN ST. PETERS DURING FEBRUARY

February 2nd - 10amCandlemas Benefice ServiceChoir rehearsing from 9am - All are Welcome!February 9thMorning PrayerFebruary 16thHoly Communion10am

THE SUFFOLK MOBILE LIBRARY SERVICE

Will be in Cretingham on Thursday 6th February at 2.30pm – come along and say hello.

The old saying "use it or lose it" prevails! Find the van on Oak Corner.

COFFEE & CHAT

Where? St. Peters Church, Cretingham

(heating will be put on early!)

When? 10.30 – 12 noon on Monday 24th Feb.

OPEN TO EVERYONE from any village

... just bring yourself for a cup of coffee/tea, biscuit and enjoy the company. We look forward to seeing you

DON'T FORGET

SHROVE TUESDAY Tuesday 4th March – enjoy your Pancakes!

Are you ready for a BEETLE DRIVE?

Saturday 29th March 2025 – book the date in your diary NOW! Supper and Bar. Tickets Adult £12 Children £6. Let us know if you are coming – Ring Pauline 01473 737317 or email heather.runacres@hotmail.co.uk.









Friends of St Peter's Cretingham Would I Lie to WINE You? CHEESE

WINES will be tasted TRUTHS and LIES will be told for each. Pick their TRUE identity from 3 descriptions to gain points.



at Brandeston Village Hall

Saturday 1st March at 7.00pm

Raffle

Cost: £15 includes wine tasting with cheese & biscuits To book your place please contact Katy Shircliff NO LATER than Friday 21st February 07813 609772 or email: <u>kshircliff@hotmail.com</u>

Charity No1205705

DALLINGHOO NOTES

THANK YOU

On behalf of the Dallinghoo PCC, we d like to say a HUGE THANK YOU to:

Di & Peter Turner for donating the Christmas tree, Linda for delivering the Parish Magazine and for all she does for the village church, including sorting the

flowers, the advent wreath & both her and Jane for regularly cleaning the church.

Chris for maintaining the churchyard & Everyone who contributes to looking after our Church throughout the year.

Thank you to everyone who supported the Christmas Fair and Father Christmas didn>t disappoint, this year turning up on a Jet Ski. We raised a grand total of £573.47



DIARY DATES

1st March: Coffee & Chat to include cake & craft stalls - 10.30am-12noon

19th April: DALLINGHOO PLANT & CAKE SALE

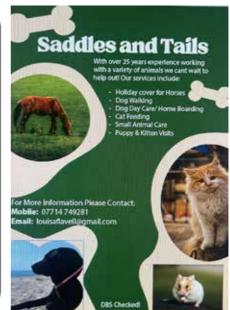


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Technically, the Parish Share is a voluntary contribution







READINGS

February 2025

Date	Readings	Psalm
February 2nd Benefice Service Candlemas	Hebrews 2: 14-end Luke 2: 22-40	Psalm 24: 1-end
February 9th	1 Corinthians 15: 1-11 Luke 5: 1-11	138
February 16th	1 Corinthians 15: 12-20 Luke 6: 17-26	1
February 23rd	Revelation 4 Luke 8: 22-25	65



^{...} are you late with your 'Vicar's Letter' again, dear?

CHURCH SERVICES

February 2025

	February 2nd	February 9th	February 16th	February 23rd
Church	Candlemas	4th Before Lent	3rd Before Lent	2nd Before Lent
	White	Green	Green	Green
Ashfield		4pm Evening Prayer VB	8.30am Holy Communion GB	x
Charsfield with Debach		x	4pm Evening Prayer KM	10am Holy Communion WG
Cretingham	10am Benefice HC GB	10am Morning Prayer GB	10am Holy Communion KM	x
Dallinghoo		4pm Holy Communion KM	10am All-Age Worship CW	x
Earl Soham		10am All-Age Worship WG	10am Holy Communion GB	10am Morning Prayer GB
Ноо		8.30am Holy Communion GB	х	8.30am Morning Prayer KM
Letheringham		x	х	x
Monewden		10am Holy Communion KM	х	10am All-Age Worship KM

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.

BENEFICE SERVICES

Sunday 2nd March - Monewden Sunday 6th April - Ashfield





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

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- 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

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:

23rd January – 7.00pm – The Life of Leonard Cheshire Barbara McElroy will tell us all about his life and achievements

27th **February – 7.00pm – Stories behind the Stones** With Jeanette Robinson

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

Rota for the Altar and Roll of Honour Flowers and Brasses- St. Mary's		
February	Mrs McCormack	
March	Mrs Peacher - Brasses only	
Any problems Ring Denise - 685234.		

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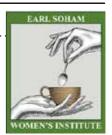
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ST MARYS EARL SOHAM

BURNS NIGHT SUPPER KEEP THE DATE

Saturday 8th February 2025

7 for 7.30 pm

Earl Soham Village Hall

Traditional 3 course haggis supper

Piped in by our own 'Highlander'

 \pounds 13 PER PERSON - beer/ wine/ soft drinks available

(children under 12 years £7)

Book your tickets by February1st

RING Mavis 01728 685700 or Irene 01728 685814

maviskerridge@gmail.com

IN AID OF ST MARY'S CHURCH FABRIC FUND

LETHERINGHAM NOTES

'IN FLANDERS'

Sunday 24th November 2024

We were privileged and delighted to welcome back local resident Garry Magee -greatly talented and celebrated baritone, together with the very talented and also much celebrated, Claire Weston (Soprano) and the acclaimed Christine Whiffen (pianist), to The Priory Church of St.Mary, Letheringham for a wonderful performance of 'In Flanders' a programme specially put together by Garry and Claire.

This recital, in aid of St.Mary's Restoration Fund, took us on a moving journey through some the the most poignant and uplifting songs composed during the early 20th Century, covering the period from just before the outbreak of World War I, through to the years of peace that followed.

We were all transfixed by the wonderful voices of both Garry and Claire, and the talented accompaniment of pianist Christine.

Thanks to their excellent performance, and to all those who supported the event, just over £1000 was raised for the much needed restoration work at St.Mary's.

'HEIGH HO - THE HOLLY'

Sunday 5th January 2025

After having to postpone the concert in early December due to bad weather and local flooding, we were delighted to welcome the trio 'Hexachordia' to St. Mary's, for the first time. The 'early music' trio presented a delightful programme, playing authentic copies of old instruments including the gittern, vielle, crumhorn, lute, viol, recorder and bagpipes. As we discovered, many of today's seasonal carols and traditions have their origins in the Medieval and Tudor eras, and we were treated to a very festive afternoon of 'mirth and merriment' on '12th Night' !

Thanks to their delightful and entertaining performance and the support of those who attended, just over £350 was raised for the Restoration Fund of St.Mary's church.

LPCC FUNDRAISING

Our fundraising efforts are going well and more events are in the early planning stages for 2025. We hope to announce in the coming few months the start of the building of a much needed toilet facility in the grounds of the Church, which will certainly enhance the ability to hold more events and concerts.

In the meantime we wish friends, parishioners and neighbours a very Happy and Healthy 2025!

LETHERINGHAM NOTES continued

VOLUNTEERS

The Letheringham PCC would very much like to hear from anybody in the village who would be interested in joining their 'team' -we are a small friendly group - but being 'small' means that we could really benefit from more help. No task is too onerous: from arranging flowers in the church one weekend a month, to helping set up for concerts, to delivering Benefice magazines to the local community - just a few hours of your time would make the world of difference.

Please contact Janet Ross, LPCC Secretary on mobile 07736 120931 if you'd like to find out more - without any obligation of course!



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MONEWDEN NOTES

CHURCH ROTAS

Date	Flowers/Brasses	Church Cleaning	Sidesperson	Coffee
Feb. 2	Benefice HC at Cretingham			
Feb. 9	J. Coe	J. Vonberg	L. Grier	C. Saxby
Feb. 23	A. Hamilton	W. Heath	J. Dinwiddy	L. Grier

READERS FOR FEBRUARY:

9th Wendy, Brian.

100 CLUB WINNERS:

Dec. '24: 1 £75 F. Whitbread, 2 £50 F. Watts, 3 £25 K. Martin. Jan. '25: 1 £25 S Clarke, 2 £15 S. Rose, 3 £10 W. Weeks

PCC MEETING:

There will be a PCC meeting on Thursday, February 13th, 7.30 p.m. The meeting will be held at Firs Farm.

TOY SERVICE:

The combined Toy Service with Dallinghoo, which was held at St. Mary's, Monewden on December 8, was a great success. There was a very good attendance from both parishes. A large number of gifts were donated which went to the Salvation Army, along with the collection of £192.



A letter of appreciation from the Salvation Army has been received by the benefice.

SATURDAY CAFE

Our next **SATURDAY CAFE** will be on Saturday, February 15th from 10 a.m. onwards. Real coffee, tea, breakfast and bacon rolls will be served. Come and join us, this monthly event is now very popular. The 100 Club draw prizes for February will be drawn at this event.

SERVICES AT MONEWDEN

February 9th Holy Communion **February 23rd** All-Age Worship

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

If you would like to advertise in this magazine's **Directory of Local Businesses** please contact Mrs. Caroline Saxby, our advertising Manager who will be pleased to give you full details. Get in touch with her by phoning

01473 277146 or e-mailing: saxbies@hotmail.com





Brook Farm Beef

From free-range, grass-fed cattle, home-bred in Dallinghoo.

Each box to contain roasting joints, a selection of steaks, diced stewing steak and mince.



Price £120 per 10kg box Free local delivery within Mid-Loes benefice.

Please ring Chris on 07979 667247 or email fcgreen@btconnect.com



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Caroline Smith, Registered Homeopath (LHCEA, RS Hom) Tel: 07796332459. Email: flowerandfoxnaturalhealing@gmail.com Website: <u>www.flowerandfoxnaturalhealing.co.uk</u> Oak Corner Garden Care Alan Sutcliffe Garden Care Qualified lawn specialist with 30yrs as a head greenkeeper All types of garden work undertaken, fully insured, reliable and friendly service. 3 Oak Corner, Cretingham, Woodbridge Alan.sutcliffe33@gmail.com 07795368768



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Clerks to Parish Councils				
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Charsfield	Pamela Hembra E-mail: charsfieldparishcouncil@gmail.com Tel: 01473 737655			
Cretingham	Acting Clerk : Caroline Saxby E-mail: cmhparishcouncil@gmail.com			
Dallinghoo	Chris Ling E-mail: dallinghoo@outlook.com Tel: 07963305205			
Earl Soham	Guy Harvey E-mail: espcclerk@gmail.com Tel: 01728 685729			
Ноо	Caroline Saxby (see Cretingham above)			
Letheringham	Mrs Mel Thurston E-mail: letheringhamparishcouncil@gmail.com Website: https://letheringham.onesuffolk.net			
Monewden	Caroline Saxby (see Cretingham above)			
Villa	ge 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 <i>Tel:</i> 07935 445193			
Dallinghoo	Mr Chris Pennington Tel: 01473 737 836			
Earl Soham	Village Hall Committee Tel: 07961 606647 Email: esvhbookings@gmail.com Website: earlsohamvillagehall.org			
Monewden	Sian Kingston Tel: 07887606717 Email: sian@rskingston.com			

VILLAGE ORGANISATIONS				
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u	Ladies Group	Mrs Susan Hansen	01728 685 738	
CHARSFIELD	CEVC Primary School	Mr Mark Taylor	01473 737 347	
u	WI Secretary	Mrs Rosalin Baley	01473 737171	
u	Rec. Ground Com	charsfieldrc@gmail.com		
u	Tennis Club	charsfieldrgtennis@yahoo.com		
u	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	
DALLINGHOO	Rec. Ground Com.	Mr Derek Spall	01473 737 565	
u	Carpet Bowls Club	Mr Cliff Green	01473 737 421	
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u	WI Secretary	Eleri Whitham	01728 628614	
u	Village Hall Secretary	Mrs Susie Starke	01728 684 385	
u	100 Club	Christopher Pratt	07395 918937	
"	Tennis Club	Mrs Mary Patterson	01728 685 362	
u	Bowls Club	Martin Dorey	01728 684880	
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Secretary	Mrs. Mavis Kerridge, The Malt House, Earl Soham	01728 685 700
Treasurer	Christopher Pratt, 5 Clarke Drive, Framlingham	07395 918 937

HOO

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

LETHERINGHAM

Churchwardens	Malcolm Ross, Pips Cottage, Cooks Hill, Letheringham Email malcolmnross@icloud.com	07720 213472
Secretary	Janet Ross, Pips Cottage, Cooks Hill, Letheringham Email jeross1@me.com	01728 746228 07736 120931
Treasurer	Terence Carlin. Email terence.carlin@btinternet.com	01728 746480

MONEWDEN

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

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