

March 2013

Sunday 3rd March

9.15 am Holy Communion
11.00 am Family Service

Lent 3

Swilland
Otley

Sunday 10th March

9.15 am Holy Communion
11.00 am Family Service
3.00 pm Carlford Benefice Inauguration

Mothering Sunday

Clopton
Ashbocking
Otley

Sunday 17th March

9.15 am Holy Communion
11.00 am Family Service

Lent 5

Otley
Swilland

Sunday 24th March

9.15 am Holy Communion
11.00 am Family Service
4.00 pm Evening Prayer

Palm Sunday

Ashbocking
Clopton
Otley

25th 26th 27th March

7.30 pm Compline

Thursday 28th March

7.30 pm Agape meal

Friday 29th March

10.00 am Messy Church
2.00 pm Last Hour

Saturday 30th March

6.00 pm Confirmation

Holy Week

Boulge, Ashbocking, Culpho

Maundy Thursday

Otley village hall

Good Friday

Otley
Grundisburgh

Easter Eve

Grundisburgh

Sunday 31st March

6.30 am Sunrise Service
8.30 am Holy Communion
9.15 am Holy Communion
9.15 am Holy Communion
11.00 am Easter Praise

Easter Day

Clopton
Clopton
Otley
Swilland
Ashbocking

Sunday 7th April

9.15 am Holy Communion
11.00 am Family Service

Easter 2

Swilland
Otley

HOUSE GROUPS: These are not meeting in Lent. Instead please come to the Lent course - "Journeying in the footsteps of those who trod the way before" - Mondays 2.00pm to 3.30 p.m. at Otley Hall and Wednesdays 7.30 to 9 p.m. at Grundisburgh Parish Room.

Sunday Bible Readings

3rd March : Lent 3

Is.55:1-9 1 Cor.10:1-13 Luke 13:1-9

10th March : Mothering Sunday

Exodus 2: 1-10. 2 Cor.1:3-7. Luke 2:33-35

17th March : Lent 5

Is.43:16-21 Phil.3:4b-14. John 12:1-8

24th March : Palm Sunday

Is. 50:4-9a. Phil.2:5-11. Luke. 19:28-40

Easter - various

Prayer for the month

All this day, O Lord,

Let me touch as many lives as possible for you;
and every life I touch, do you by your Spirit quicken,
whether through the word I speak, the prayer I breathe, or the life I live.
Mary Sumner 1828-1921

What is priesthood for me?

I have some images for priesthood which inspire me. The first is of Christ with his arms out welcoming us. Part of my ministry is welcome, to church and to my home. Welcome includes a loving presence, warmth and compassion, a seeking to listen and understand others, and hospitality. It is also a ministry of gathering people in church, sharing communion around a table and leading worship.

The image of Christ with his arms outstretched is also the image of him on the cross, so I see this as a reminder that Christ died for us because he loved us. I hope to express that love through what I do and how I am with others. It is also a reminder that he suffered and he is there for us in our suffering, so I try to walk alongside others in their journeys, whether churchgoers or not. This includes supporting people through bad times,

serious illness and death and helping them find God's comfort. One of the joys of ministry is the privilege of being present at special or sacred times in people's lives such as baptisms, weddings and funerals. I take the ministry of these 'occasional' services very seriously as I feel they can be done very well or very badly and either may have a profound effect.

Another image is that of hands at prayer. I aim to teach about silent prayer as a time when people can be in touch with God and connect with the mystery of God. I write the prayers we have in church and support others if they want to learn about writing prayers. The quiet days which I run at Otley Hall are also part of this ministry.

The last image I have is of being a set of bellows through which the Holy Spirit can work. So the breath is not my breath, but as a bellows I can, through teaching and preaching, allow the Spirit to breathe more life into the flame of peoples' souls – help 'set them on fire' with love for God and life.

It is both a joy and a privilege to be a priest here. I am now an assistant priest in the benefice with special responsibility for Ashbocking and Otley (with a particular focus on family services). I lead and preach at services, teach at courses and in our home group, am part of the pastoral committee and visit people in their homes. I work with our Rector, the ministry team and churchwardens to develop strategy and I attend PCC meetings. I also lead assemblies at Otley School and am a link between the school and the church, going in to support the RS syllabus if requested and showing children around the church. Within the wider community, I helped set up FFY, the youth group in Otley, and have been chairing its management committee for the last 6 years.

I try and keep my spiritual life healthy through daily prayer, fellowship and prayer with the ministry team, being part of a home group, reading spiritual books, attending chapter and quiet days, regularly visiting a spiritual director, and going on retreat once a year.

Please call me on 890264 or email me at catherine.beaumont@otleyhall.co.uk if you would like to discuss baptism, confirmation, weddings, funerals or anything else about God!.

Revd Catherine Beaumont

Spring is coming – I hope!

‘Today I saw the catkins blow although the hills were white with snow’

I learned this couplet at St John’s primary school in Ipswich and associate it with seeing the first lambs of Spring. As I write, it is sleeting outside but daffodils are pushing up and blossom is appearing on an early (very early!!) cherry. March can be bitterly cold but also unexpectedly warm, even hot some days! Long, dark nights give way to lengthening days and twigs that have appeared dead all winter start to bud and burst with life. Spring is the season I love most, it promises so much newness and something different to see each day.

March is a good month to think about new life. It is no co-incidence that we remember the death and resurrection of Jesus in the Spring. This year all of March falls within the Christian season of Lent, the 40 days leading up to Easter. Jesus’ ministry of teaching, healing and miracles was countercultural and brought him into conflict with the conventions and authorities of the time. He disturbed people and eventually that meant he died on the cross, an innocent victim of injustice and cruelty. However, three days later he rose from the dead - the victor over evil and death. Like the dried seed that falls to the ground and appears dead in Autumn but shoots into a new plant that will bear more seed, Jesus could only rise from the dead because he had died! I hope that this March we will make time to remember that the sorrow of Lent and Good Friday are the cause of our joy at Easter.

As we work together as a new benefice of eight parishes we will get to know one another better and grow as the living body of Christ in our villages. Clare shared her story with us in January so here is some of mine. I grew up in Ipswich in a Christian family, which worshipped together at St Augustine’s, a lively family church. When I was 9 years old I heard the story of Gladys Aylward, the missionary in China whose story is told in “The Inn of the Sixth Happiness”. It influenced me deeply and I have had a strong personal faith ever since. My senior school was Amberfield and I went on to read law at Trent Polytechnic in Nottingham I returned to Ipswich to do my articles at Birketts. My husband, James, was already a partner there and he continues to practice as a solicitor. James is a lay reader licenced to the benefice.

I moved to Otley in 1991 when we got married. We have two children, Katie who is 16 and Hugh who is 14. I stopped paid work when we adopted Katie and became involved in Otley's community life, serving as Parish Clerk among other things. Once Hugh was settled at school I asked God for a sense of direction and within six weeks I had a strong calling to ordained ministry within my local community. Discernment, selection and training all fell into place at exactly the right times. I was accompanied on the journey to ordination and completion of 7 years training by my fellow minister Catherine and received the wonderful support of many local people and my long suffering family. Free time is scarce, but I love the outdoors, walking, tennis and reading, and if you see a dog-collar on a bicycle, it could well be me.

Revd Jane Hall

Inauguration of the Carlford Benefice and the Carlford/Bealings Group

On **Sunday 10th March at 3.00pm** there will be a service at St Mary's Otley at which Bishop Clive will license the ministry team. It will be his last time here before his retirement in May and it will also be our opportunity to welcome our fellow-believers from the other eight villages. The service will be followed by tea in the village hall.

Agape Service

An Agape service will be held in Otley village hall on the evening of **Maundy Thursday 28th March**. This is a re-enactment of the Last Supper and will have a simple 'bring and share' meal. Those wishing to attend should bring food with them. In order to plan seating and food, it would be helpful if you could phone David Papworth (890091).

Nigel Crowley

Beyond Alpha

The fourth run of this highly successful group, which gives us the opportunity to discuss more areas of Christian Faith, takes place at Hasketon Village Hall from 10:30am - 12:00 noon. Sessions will be held fortnightly on Monday April 15th, 29th; May 13th, 27th; June 10th. The meetings will be facilitated by the Revd. Wendy Gourlay. Tea and coffee will be available. All are welcome.



Session One – April 15th Marian Theology – What are the origins? What does it mean to Christians today?

- Session Two – April 29th Just War & Capital Punishment – Is there such a thing as a 'Just War'? How does Forgiveness come into the picture?
- Session Three – May 13th Marriage – Who can be married in the eyes of God? What is the Anglican perspective on same gender marriage?
- Session Four – May 27th
The Beatitudes – What did they mean to Jesus' listeners? What do they mean for us in the 21st Century?
- Session Five – June 10th
Proclaiming the Kingdom – What is the Kingdom of God? How do we 'proclaim' it? How do we enter the Kingdom?

If you haven't attended a session yet, why not join us this Spring?
To be sure of a place or for any enquiries please contact Paul (738474).

FFY

We are planning a trip to Rollerworld and the swimming pool in Colchester in early April. Please speak to Michelle on 890269 for more details.

Catherine Beaumont

World Leprosy Day

I would like to thank everybody who contributed to the fundraising and collection on World Leprosy Day at the end of January. A cheque for £135 has been sent to the Leprosy Mission. It is enough to pay for one patient's reconstructive surgery, bandages and medicines or enable a leprosy-affected student to attend vocational training for a month plus medicines, bandages and clean bedding for two patients for a month. Leprosy can be cured. Unfortunately there is still stigma attached to this disease which means that many people ask for help late, when they have serious infections or ulcers and by then may also have deformities, particularly on feet and hands.

People believe that leprosy is a disease of the past, but that is far from the truth. It is still very much a disease of the present in parts of Africa, South America, the Indian subcontinent and lately also in Afghanistan. Otley Church has been connected with the Leprosy Mission for many years, but only three people still have boxes at home today. If anybody would like to join them, I have more!

Karin Upson

NEWS FROM THE PARISHES

CLOPTON

After over eighty years living in Clopton, Sylvia Freeman and her brother Gordon Baker have moved to live in Martlesham Heath. They will be greatly missed and we wish them every happiness in their new home.

By the time that you read this the bells will have been removed from the church. Two may need repairing by Soundweld and then all six bells will go to Whitechapel Bell Foundry in London for tuning. After this they will go to Bridport in Dorset for the final work on the new bell-frame. Thank you to the seven volunteers who worked so hard to lower the bells from the tower and see them safely on their journey.

Ladies Group will meet on **Thursday 7th March** in the village hall at 8pm. Phone 737417 for details.

The monthly coffee-morning will be held in the village hall from 10am until noon on **Thursday 20th March**. It will be hosted by Beryl Birchmore. On Easter Day we will have a Sunrise Service at 6.30am followed by breakfast in the church. Holy Communion will follow at 8.30am. Please come and join us.

Doris Main

Church flowers March
Cleaning for March

No flowers in Lent/everyone help for Easter
Beryl Birchmore

OTLEY

On Sunday, 10th March - which is also Mothering Sunday - Bishop Clive will be coming to inaugurate the new benefice in a service at 3.00pm, and this will be followed by tea at the village hall.

If anybody has spectacles or glasses which are no longer required, the charity World Vision could make use of them to send to people in developing countries. If you would like to donate your specs to this good

cause, from now on we shall have a bag in church for collecting them (and also in Clopton and Swilland).

Gardening Club meets again on **Monday 11th March** when Bill Baston is returning with more photographs of 'Birds of Farm and Field'. He is a professional photographer and his shots are exceptional, so this will appeal to everybody interested in the countryside.

The next monthly coffee morning will take place on **Thursday, 14th March** at 15 Spring Park, the home of Philip and Betty David, where you will receive a warm welcome.

On an icy day, the church was packed for the funeral of Kathleen Cant who was born in Otley and who spent nearly all her life in the village. The date of her funeral, 13th February, was the date of her wedding to Geoff in 1960 and also the day that the new village hall, to which they contributed so much, was opened. The party there in the evening was to celebrate both events. Over the years she was a member of the Community Council, played bowls, was a talented cook and catered for many occasions, was a member of the Friendship Club and, of course, arranged flowers in church. But, most of all, she enjoyed family life with her children and grandchildren around her, and we send warm condolences to them and to Geoff.

Easter takes place at the very end of March and the church will be decorated on **Saturday, 30th March**.

Rose Rogerson

Collecting food for Ipswich Foodbank

It is planned to commence collecting food in Otley Church. The food will be donated to Families in Need (FIND). This is a Christian-based charity founded in 1990 to provide emergency assistance to families or individuals affected by poverty or dispossession in Ipswich and surrounding areas. Almost all food is accepted, though non-perishable items are preferred, for example dried pasta, peanut butter, cereals, tins of soup or meat.

Food collection will begin immediately after Easter. A basket will be placed at the back of the church and food items can be left there at any

time during the week, or at the Sunday service. After the food has been blessed on Sunday, I shall deliver it to the foodbank.

The director of Families in Need, Maureen Reynel, has kindly offered to join us at the family service on **5th May** and will speak about her work.

Otley Church Quiz

This very popular event will take place on the evening of **Saturday 16th March** in the village hall. Doors open at 7.00 pm for a prompt start of the quiz at 7.30. The format will be the same as in previous years. Teams of 8 will compete for a wonderful prize! Entry fee is £7.50 per person, to include a delicious baked potato supper. There will also be a bar and raffle. Places are limited, so please make a reservation as soon as possible by phoning Ruth Farnhill (890543), or Penny Clark (890480)
Good luck !

Nigel Crowley

Are you a former pupil of Otley Primary School?

We are celebrating the centenary of our main school building at the end of March and would like to invite former pupils to come and see what our school is like today. If you would like to visit on Friday March 22nd at 11.00am for a look around, a cup of tea and a cake, please ring the school office on 890302. We hope you can come!

Jan Hubbard

Sporting News

This summer, Fit Villages are organising a rounders league for Suffolk Coastal villages, and anyone over 16 can take part. Otley has been very successful in the inter village tournament and this will be held again later in the year. The new league gives people an opportunity to take part in a team sport every couple of weeks. Anyone who is interested in taking part (and they do not have to commit to anything), please let me know in the village shop, or email p.sunaway@btinternet.com.

This year also sees the return of the inter village sports tournament so, again, if anyone would like to take part, I will soon have a list of the sports teams we will need! Give it a go - Otley needs you!

Penny Sunaway

"Summer Holiday"

One of the major events of the last few weeks has been "Summer Holiday", produced by Junior TOPS. It was based on the Cliff Richard film of the same name, which those of us of a certain age remember well, with its catchy songs, and it was a very ambitious choice for this group - but, with an enormous amount of hard work, it came off extremely well. Vanessa Ling, as the director, had the imagination to know what she wanted and was confident in the talent of her son Nick, who carried the show with his singing and guitar playing. It was super - great fun from start to finish. There was a big cast of youngsters on stage for a lot of the time, singing and dancing, and it culminated in a lively, colourful beach scene with everybody rock 'n' rolling.

If I was pushed to choose my top three 'stars', it would have to be Nick Ling as Don, who has a good voice and was polished and quietly confident, William Hunt who was brilliant as Jerry, the comedy character, and stole the scene on several occasions (and was also very cool and chilled-out playing the drums), and Lucy Robinson as Angie, the lead singer in the girl group, who was elegant and has such stage presence - but everybody was great. The London bus was a star in its own right, not only the one created by Jonathan Ellis which was part of the set, but also the ones which amusingly had their special moments crossing the stage - on their travels across the continent.

Congratulations to everybody involved - Vanessa for her inspiration, and belief in the children which yielded good results, Helen, the musical director and pianist, who also spent a lot of time coaching the soloists, Sarah Hale for the costumes, and everybody on stage and backstage, too numerous to mention. For anybody out there who didn't see "Summer Holiday", you missed a treat, and we are fortunate to have so much talent around us.

Rose Rogerson

Village diary

- 7th March** Friendship club – Games afternoon
- 16th March** Quiz evening – St Mary's PCC
- 21st March** Friendship club – Easter Bonnets
- 24th March** Car wash - FFY
- 28th March** Agape service and supper – St Mary's PCC

Church Flowers
Church cleaning
Brasses

Lent/Easter everybody
HelenJay/Rose Rogerson
Betty David

Otley Church Sidesmen's Rota

3rd March	11.00am	Family service	Mrs S Wilkins
10th March	3.00pm	Licensing Service	Church Wardens et al
17th March	9.15am	Holy Communion	Mrs B David
24th March	4.00pm	Evensong	Mr D Papworth
31st March	9.15am	Holy Communion	Mrs P Crowley

Otley Hall Quiet Days

Tuesday 12th March – Rev'd Fred Woods

Finding inspiration in musical settings of the Mass/Eucharist.

Wednesday 10th April – Gordon Melvin

The ordinary and the divine: Exploring the symbolism of the vertical and horizontal lines of the cross. A day of deep silence.

Friday 19th April – Magdalen Houlihan

Resting in God – A day for those who are seeking an uncomplicated way to pray.

All days are from 10am – 4pm and cost £20 per person to include refreshment and lunch. Please contact Karen Gwynne-Vince on 890264 or events@otleyhall.co.uk

SWILLAND

On **Saturday 30th March** there will be an event in the church and churchyard to launch our Tower and Organ Appeal. From 9.30am - 12.30pm tea, coffee and cake will be available. Entry will be £1.50 to include refreshments. There will be stalls such as cakes, books, games and toys, homemade and home grown, tombola. We will welcome additional stalls.

If you part of an organisation and would like your own fund-raising stall, e.g. Cubs, pre-school, patchwork class, we just require a £5.00 donation and please bring your own table or display area. Tombola gifts and items for stalls will be welcome - please bring non-perishable items to the church on the evening before the event - cakes etc. on the morning of

the sale before 9.30am. If you have a gazebo and could put it up the evening before, that too would be a great help. We will need to clear the church and churchyard by 5pm on Saturday. If you can help with this event, please contact Ann Rose on 785702 or the churchwardens.

Please pass on any fund-raising ideas for the future to the churchwardens. Perhaps you, your family and friends could organise or help with a barbecue, or a summer games evening, or a garden party, or a wine and cheese party, or a ploughman's supper. If you can think of more novel ideas, please pass them on.

We send our best wishes to Margaret Stennett who has recently had a hip replacement operation. She is now back in her own home and gradually becoming more mobile.

Ann Kent

Church Flowers

Lent

Easter

7th - 14th April

No flowers

Everyone please

Gill Reidy

Rainfall – February

The winter so far has been quite variable with only .65 inches this month and quite low temperatures. There was a short spell of snow during the middle of the month, which was regarded as a major catastrophe at the time but I wonder how would we cope with a winter like we had in 1947. I hate to think. One of the presenters of the programme "Country File" which is broadcast on a Sunday evening, informed viewers that there were two very accurate weather sayings. One of them was "Red sky at night - shepherds delight" meaning that the next day will be fine and dry, which is often correct. The other was "Ice in November to bear a duck - the rest of the winter will be slush and muck." I remember it as "Ice before Christmas etc." and it is very unusual to see a frozen pond in November, so I still regard my saying as being more accurate. Time will tell and the winter isn't over yet.

Russell Ling

SUFFOLK SINGERS will be "Serenading Spring" with music by Bruckner, Elgar, Mendelssohn, Purcell and Stainer, as well as a new piece by John Hutchings, written especially for their director Claire Weston. The concert is on **Saturday 16th March** (beating the first day of Spring by four days!) at 7.30 p.m. in All Saints Church, Wickham Market. Tickets are £8.00 from Daphne Rose (01728 748199) and Carole King (01473 635525).

Janis Haerle

Art Anglia

For the last 34 years, under the patronage of Major General Jack Dye, Art Anglia has exhibited the work of local artists at Brandeston Hall School and raised money for Armed Forces charities. Building on its success over the years, it was felt that its public exposure could be improved, giving a more stimulating experience for visitors.

A new Art Anglia planning team is moving the date of Art Anglia into the spring, increasing the number of exhibitors, and including for the first time sculpture, ceramics and textiles. Over 100 local artists, as well as professional artists, will be exhibiting in the new venue which will be The Headmaster Porter Theatre at Framlingham College. This is a first class venue and exhibits will be shown at their best in a more accessible location.

The Art Anglia public event will be held on 13th and 14th April which intentionally coincides with the weekend of the Framlingham Country Show. This is a highly successful event which last year attracted over 10,000 visitors. All participating artists will be donating 25% of sales to the charities The Royal British Legion, Help for Heroes, The Royal Anglian Regiment, and SSAFA Forces Help.

Make a note of the dates in your diary and come along to view our local artistic talent.



SMILE LINES

A 6 year old's summary of the Bible (cont.)

God fed the Israel Lights every day with manicotti. Then he gave them His Top Ten Commandments. These include: don't lie, cheat, smoke, dance, or covet your neighbour's stuff. Oh, yeah, I just thought of one more: Humour thy father and thy mother.

One of Moses' best helpers was Joshua who was the first Bible guy to use spies. Joshua fought the battle of Gerry.co.uk and the fence fell over on the town.

After Joshua came David. He got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines. My teacher says he was wise, but that doesn't sound very wise to me.

After Solomon there were a bunch of major league prophets. One of these was Jonah, who was swallowed by a big whale that then sicked him up on the shore. There were also some minor league prophets, but I guess we don't have to worry about them.

After the Old Testament came the New Testament. Jesus is the star of The New. He was born in Bethlehem in a barn. (I wish I had been born in a barn too, because my mum is always saying to me, 'Close the door! Were you born in a barn?' It would be nice to say, 'As a matter of fact, I was.')

During his life, Jesus had many arguments with sinners like the Pharisees and the Liberal Democrats. Jesus also had twelve opossums. The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him. Jesus was a great man. He healed many leopards and even preached to some Germans on the Mount.

But the Liberal Democrats and all those guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead. Anyways, Jesus died for our sins, then came back to life again. He went up to Heaven but will be back at the end of the Aluminium. His return is foretold in the book of Revolution.

A Bible quiz – of sorts!

Q. Which servant of God was the most flagrant lawbreaker in the Bible?

A. Moses. He broke all 10 commandments at once.

Q. Which area of Palestine was especially wealthy?

A. The area around Jordan. The banks were always overflowing.

Q. Who was the greatest comedian in the Bible?

A. Samson. He brought the house down.

Q. Which Bible character had no parents?

A. Joshua, son of Nun.

Q. What kind of motor vehicles are in the Bible?

A. Jehovah drove Adam and Eve out of the Garden in a Fury.

David's Triumph was heard throughout the land.

Honda, because the apostles were all in one Accord.

Have you ever considered that....

A bird in the hand is safer than two overhead.

A narrow mind and a wide mouth usually go together.

A stitch in time would have confused Einstein.

Laughter is like changing a baby's nappy: it doesn't permanently solve any problems, but it makes things more acceptable for a while.

The nice thing about becoming forgetful is that you can hide your own Easter eggs.

Middle age is when you lean over to pick something up off the floor, and you ask yourself if there is anything else you need to do while you are down there.

Daily prayer

Lord, keep your arm around my shoulder and your hand over my mouth.



THE STAND IN

It's not me; I didn't do it. Is it always *someone else* when the teacher asks 'who made this mess', or Mum says 'who broke this?' And if we hadn't done it, would we offer to clean up the mess or pay for what is broken out of our pocket money? Even though it wasn't our fault and we hadn't done anything wrong?

The answer is probably 'no'. Why should we? It wasn't our fault! It wouldn't be fair! But then things often aren't fair. It wasn't fair that the crowds in Jerusalem that first Easter shouted 'release Barabbas', a convicted criminal. They could have shouted 'release Jesus' – Jesus hadn't done anything wrong after all.

Jesus told us 'No one has greater love than this, to lay down one's life for one's friends' (St John's Gospel, chapter 15, verse 13). Jesus gave up his life for us. And others have followed his pattern, like Maximilian Kolbe, a Catholic priest in a German concentration camp took the place of another prisoner and was killed instead of him.

WHO? ME?

The answers to this Bible quiz are all words that begin with the letters **M E** ... answers at the bottom of the page

1. Was with Daniel in the lions' den? (Daniel, 3)
2. Is another name for Malta where St Paul was shipwrecked? (Acts, 28)
3. Who did Jesus call blessed, and said they would inherit the earth? (Matthew, 5)
4. Proverbs 17 says that a merry or cheerful heart is like what?
5. What were James and John doing when they first met Jesus? (Mark, 1)
6. Jesus compared the Kingdom of Heaven to yeast mixed with what? (Luke, 13)
7. King Saul's eldest daughter's name (I Samuel, 14)



When did medicine first appear in the Bible?

When God gave Moses the tablets.

1. Meshach 2. Melita 3. the meek
4. good medicine 5. mending their nets 6. three measures of flour 7. Merab

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