

PRAYER FOR THE MONTH

Lord, when I am hungry, give me someone in need of food;
When I am thirsty, give me someone needing a drink;
When I am cold, give me someone to warm;
When I am grieved, give me someone to console;
When my cross grows heavy, let me share another's cross;
When I think only of myself, draw my thoughts to someone else.

Attributed to the community of Mother Theresa

NEWS FROM THE PARISHES

ASHBOCKING

On 19th July we held the auction of promises at All Saints Church. It was a lovely evening, the atmosphere excellent, the church beautiful, the BBQ delicious, the bar busy and the raffle a great success. Every promise was bid for...and we made £5,000.

Thank you so much to all those who donated prizes and especially to the auction team: John & Linda Pollard, Nel & Rex Peries, Adine Schrankel (who organised the raffle) Kev Balaam, Liz & Steve Stegman, Steve & Sarah Wilson, Linda Ellis, Pam Simons and Stephanie Andrews-Pearce. We met over 4 months and intensively for 3 days over the weekend.

Also, thanks to the auctioneer, Rachel Sloane; Swiss Farm for providing the burgers and sausages; Ashbocking Parish Council for all their support; David Bendall for the use of field & furniture; Clopton Church & Austin Holmes for the use of the loos! We are raising funds to protect the church by refurbishing its roof and tower, and, if we raise enough, to repair the organ.

The First Friday coffee-morning will be on Friday September 5th from 10.30am at Otley Hall. If the weather is fine, we will be at the swimming-pool, so bring swimming things if you would enjoy a swim (it is heated!). The Ashbocking Produce, Arts and Crafts Show will

be on Saturday 6th September from 2 to 6pm at Manor Farm Ashbocking and promises to be a wonderful occasion with something for everyone: cream teas, BBQ, trailer-rides, face-painting, archery and many more activities.

The Sunday family service is on 14th September at 11am at All Saints and the title is 'Finding God'. We will be thinking about how we find God - in nature, in silence, in ourselves and in other people. Our harvest festival service will be on Sunday 12th October at 11am.

Catherine Beaumont

CLOPTON

We hope that everyone has enjoyed the lovely sunny weather and their holidays. We send good wishes to all those starting a new school or class, to those going to university or embarking on a new career.

The summer fete in June was a great success and £1,300 was raised. Half of the money will go to the village hall and the other half to McMillan Cancer Research. Well done to all those who worked hard to make it such an enjoyable afternoon.

The next craft-morning is on Wednesday September 6th in the village hall from 10am until 1pm. Come and meet friends, drink coffee or tea, and enjoy doing your craft project.

Saturday 13th September is the day of the 33rd Suffolk Historic Churches Trust Bike Ride and Walk. It is not too late to get sponsor forms (tel 737602) or to offer to sit in the church for an hour as a recorder.

The next coffee-morning will be on Wednesday 20th September from 10am until noon in the village hall. Everyone is welcome. It will be hosted by Pat Graham.

Our harvest festival is on Sunday 28th September. Breakfast (bacon rolls, toast and marmalade, tea, coffee and fruit juice) will be served from 9 o'clock and the service starts at 9.30am. Please come and join us., everyone is very welcome. Any donations of produce , either left at the church or brought to the service, will be taken to the Salvation Army Hostel for the homeless in Ipswich.

Church cleaning
Church flowers

Beryl Birchmore
Charmaine Williams

Doris Main

OTLEY

Harvest will be celebrated in a different form this year so we are giving you plenty of notice. On Saturday 4th October there will be Messy Church at the church at 10 a.m., and then a walk around a farm. That evening, in the Chilvers' barn at Warrens Farm, will be an informal community event for all ages with food, music and dancing. Please see the invitation below and support this new venture. The next morning (Sunday the 5th) there will be a traditional service in church at 11 o'clock, with the Scouts, Cubs and Beavers on parade.

The Sponsored Bike Ride, now in its 33rd year, will take place on Saturday 13th September, from 9 a.m. to 5. As Peter and I are not able to take part this year, I hope others will take up the challenge. It does not have to be long or arduous. Forms are available in church or from James Hall (tel. 785251). If you can man the church for an hour or two during the day, please let James know.

We shall again be holding a coffee-morning at Church House for Macmillan Cancer Support - on Friday 26th September. The proceeds will be sent to the local Macmillan committee, chaired by Juliet Bellfield, who are raising funds for the community cancer nurse specialist in this area. Over ten years we have had great

support for this event for a wonderful charity, so we look forward to seeing lots of people here again.

The next monthly coffee-morning will be held on Thursday 11th September at 7 Spring Park, the home of John and Helen Jay, where you will receive a warm welcome.

Another date for your diaries, further ahead, is the Christmas dinner/dance to be held in the village hall on Saturday 6th December. More details will follow.

Many congratulations to Laura Backhouse and Steven Coltart who were married here in August. We wish them health and happiness together.

And good luck to everybody returning to school or college, at the end of a beautiful summer (not to mention Hurricane Bertha!).

Rose Rogerson

Village diary

4th Sept. Friendship Club - barbecue

13th Sept. Barn dance

14th Sept. FFY Car wash

18th Sept. Friendship Club - outing to Cotton Steam Museum

Church flowers:

Sue Wilkins/Ruth Farnhill

Church cleaning:

Pauline Crowley/Ruth Farnhill

Brasses:

Pauline Crowley

Sidepersons' Rota

7th September	11.00am Family Service	Ruth Farnhill
14th September	11.00am Morning Praise	Nigel Crowley
21st September	9.30am Holy Communion	Penny Clark
28TH September	6.30pm Evensong	Pauline Crowley

You are invited



Everyone is invited to the Otley Harvest Supper on Sat. 4th Oct at the Chilvers' barn, Warren Farm, Otley. Beginning at 6pm, there will be a 2 course supper, songs of praise, bar and barn dance. Tickets are £10 for adults, £5 for under 16's, or £25 for a family of four. Contact Ruth Farnhill (890543), Alyson Chilvers (737674), Jane Hall (785251) or Otley PO for tickets.

Suffolk v. the World

David and I have sung with the Suffolk Singers for over twenty years, rehearsing on Thursday evenings in Otley village hall and giving several concerts a year around Suffolk. This year, however, it was rather different!

Following our success in the Suffolk Festival last autumn, our choir chairman suggested - as a joke - that we should enter the World Choir of the Year competition at the Llangollen Eisteddfod. We entered, never expecting to be selected, and - after submitting a demonstration CD - we were very surprised to be chosen. So, after six months of hard work preparing our selected pieces, all to be performed from memory, we set off for Llangollen. We were entered in a mixed choirs class where there were choirs from all over the world, including Argentina (who won our class and the overall competition), Costa Rica, Estonia, Iceland, Poland and Oregon - a number of them already on tour around the world.

We sang first (very scary!) in the enormous pavilion which seats up to 4,000 people, and it was a tremendous experience - a once in a lifetime opportunity and a privilege. Although we didn't progress to the final, where the winners of each of the different classes

competed for the Choir of the World Trophy, we sang our very best and had a great time.

Now we are coming down to earth, ready to start work on our next concert, which will be in St Mary's, Woodbridge on 13th December.

Sue Wilkins

Otley School Report

It was a very busy summer term, and even though the year 6s were taking their SATS, we managed to fit in fun activities. There were lots of sporting events, like netball, basketball, rounders, swimming and football, which we played against other schools. We came third in the netball and Miss Baker was really pleased. There was also an event called Quad Kids at Northgate High School and lots of primary schools were there. There were 4 events – long jump, vortex howler, 600m and 75m – and everyone did them all. The Commonwealth baton arrived while we were there and one lucky person from each school got to hold it and run a little way with it – Amy Liddell was our representative.

The school production was fun and children from year 2 to year 6 took part. It was called Go For Gold and was about an athlete not wanting to do the Olympic Games, so her coach told her about the Greeks and their Olympic Games. There were flashbacks, fun songs, acting and dancing. It was very enjoyable.

The whole school went to Aldeburgh on the day before term finished for a treat. We went to the beach and looked at the lifeboat, which was huge, and Mrs Hubbard bought us chips – yum! We also went for a paddle in the sea and saw the big metal shell.

The last day was fun but sad for the year 6s. We did a leavers' assembly with a little comical sketch called 'I'm a Teacher, Get Me Out Of Here!' – we dressed up as the teachers and had little tasks to do. My dad gave out dictionaries and we read out our memories. Ella Brooks earned the achievement shield, but Mrs Barnes gave us all a medal – mine was for creativity. At the end of the day all the

leavers had to ring the bell. Then we had a party at the Ringos and my house. Jordan is going to Debenham and the rest of us are going to Farlingaye.

Jemima Ling

Atlantic Challenge of a Lifetime - Barn Dance 13 September

On 15 November this year, with your help, Phil Whiffing from Otley will be setting off from the Canary Islands to sail across the Atlantic to Barbados. Before he can face the challenges of the Atlantic he has the challenge of raising £5000 for St Margaret's Hospices.

Phil will be on the third leg of a complete circuit of the Atlantic. The event will do more than raise funds for the extremely valuable work of the hospices. On each of the eight legs of the circuit one of the crew will be someone with a life-limiting illness; another will be their carer.

To help raise money Phil is organising a barn dance at Otley Village Hall on Saturday 13 September starting at 7pm. Tickets are £10 for adults and £7.50 for children and will include supper. There will also be a bar. Phone Phil on 892030, or email him on phil.whiffing@gmail.com to book your tickets. He will also be very pleased to receive any raffle prizes before the event.

You can find out more about Phil's challenge, the work of the hospices or make a donation on-line at:-
www.virginmoneygiving.com/philwhiffing

SWILLAND

Good news! The repair to the tower has been completed. In addition the north porch has been re-roofed and the belfry floor has been replaced, so is now safe to walk on, although we don't encourage you to go up the tower. We are most grateful to everyone who has contributed financially to the work. Our next project is to renovate the organ.

The Suffolk Historic Churches Trust Sponsored Bike Ride is on Saturday 13th September from 9 a.m. To 5 p.m. The church will be manned all day and drinks and biscuits will be available. If anyone would like to ride for Swilland, please contact me for a sponsor form. You can do as many or as few churches as you like. Half the sponsorship money goes to the Suffolk Historic Churches Trust and half to the church of your choice.

Our harvest festival service will be held in the barn at Red Court on Sunday 21st September at 11 a.m. and will be taken by Bishop John Waine. The music will be provided by a benefice music group with Wendy Gourlay on the keyboard and others on cello, flute, viola and clarinet. If anyone would like to join the group, please let Wendy know. There will be a ploughman's lunch after the service, for which we shall invite donations. It would be helpful to know approximately how many people would like to stay for lunch - please let me or Gill Reidy know. If anyone decides to come at the last minute, that's fine.

Ann Kent

Church flowers

7th – 14th September

Ann Kent

21st September

Help to get the barn ready & do flowers will be much appreciated

28th September – 5th October

Gill Reidy

Rainfall – July

July will undoubtedly be remembered for the horrendous storms early in the month that resulted in severe flooding in some areas. These storms were very scattered and fortunately we missed the worst of them; we do appear to be in an area that avoids this type of weather. It just shows how difficult it is for forecasters to give accurate predictions in such situations.

By contrast, at the end of the month we had some very hot days and nights. Such conditions do not occur very frequently in this country and it is the type of weather we either enjoy or suffer,

according to whether we are at work or on holiday. They were quite timely as we were able to finish haymaking and complete the barley harvest. We had just started combining the wheat when the rains came again. Rainfall for the month was 1.85 inches, bringing the total for the year so far to 15.80 inches.

Russell Ling

Otley Hall Retreat Day Programme

Monday 15th September - Mike King - 'Quaker silence: a peace beyond all understanding'.

Monday 6th October - Joyce Willis - 'Franciscan spirituality' - a day of deep silence.

All days run from 10am-4pm and cost just £22 to include all refreshments and a buffet lunch.

Please contact Karen for further information on [890264](tel:01890264) or events@otleyhall.co.uk

Debenham Group Practice

Staff News - Following a recent organisational change, Steve Bloomfield has taken up the role of Business Manager and we are pleased to advise that we have a new Practice Manager, Kathy Parsons. We also have a new GP Registrar, Lydia Yates, who will be with us for the next 6 months.

Flu Clinics - If you are a patient at the Debenham Group Practice and are 65 and over, or suffer from heart disease, asthma, diabetes or renal disease, have a reduced immune system, are a carer or are pregnant, we recommend that you have a flu vaccination. Our Flu Clinic dates for 2014 are:

Tues. 7 October 9 am - 3 pm at Debenham Community Centre - walk in clinic, no appointment needed.

Sat. 18 October 9 am - noon at Otley Surgery by appointment

Thurs. 23 October 2 pm - 5 at Grundisburgh Surgery by appointment

Patient Participation Group - We are always looking at ways of increasing membership and involvement in our PPG and hope to set up a separate virtual group. You would be contacted by email, sent the agenda for forthcoming meetings and have the opportunity to add your own comments and suggestions, ensuring that your voice/opinion will be heard without your having to attend meetings. If you are interested in joining this group please contact Kathy Parsons (kathyparsons@nhs.net) or Jean Housley, Chairman PPG (jbhous1950@btinternet.com). We would love to hear from you.

Debenham Group Practice

SMILE LINES

First day back - It was the first day of school. As the Head made his rounds, he heard a terrible commotion coming from one of the classrooms. He rushed in and spotted one boy, taller than the others, who seemed to be making the most noise. He seized the lad, dragged him to the hall, and despite his protests, told him to wait there until he was excused. Returning to the classroom, the Head restored order and lectured the class about the importance of good behaviour. Now," he said," are there any questions?"

"One girl stood up timidly. "Please sir," she asked, "May we have our teacher back?"

"Where is exactly is your teacher?"

"He's in the hall, sir."

Back to school - Young James finished his summer holidays and went back to school. Two days later his teacher phoned his mother to tell her that James was misbehaving. "Wait a minute!" protested his mum. "I had him here for weeks and I never once called YOU when he misbehaved!"

Miscellaneous observations - The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.

It's easier to fight for one's principles than to live up to them.
For beautiful eyes, look for the good in others; for beautiful lips,
speak only words of kindness; and for poise, walk with knowledge
that you are never alone.

A smile is an inexpensive way to improve your looks.

The older one gets the more one finds the present must be enjoyed;
it is a precious gift, comparable to a state of grace.

It is but right that our hearts should be on God when the heart of
God is so much on us.

Freedom comes by filling your mind with God's thoughts.

God works in us and with us, not against us or without us.

Mountains can only be climbed with the knees bent.

September - Holidays are over, and it's ages till Christmas. Monday
morning - back to work. Some of us at least can still enjoy Sunday,
but that just makes the contrast more acute!

Yesterday, a country walk
Today, a packed tube train
Yesterday, a vicar's talk
Today, phone rings again.
It rings and rings incessantly
You scarce have time to think
Of the extreme discrepancy
Twixt Sunday and the week!

Yesterday, a dinner roast
Today, a sandwich bar
And breakfast was a piece of toast
That you ate in the car!
Yesterday, a lovely eve
Spent in the pub with friends
Today you just roll up your sleeves
And wish the week would end!

Nigel Beeton



HILDEGARD of BINGEN

Hildegard was born in Germany in 1098 and at a very early age she dedicated her life to God by becoming a nun. She lived to be 80, a great age for that time and is best known today for her songs and poems. It seems quite amazing that an

elderly nun who lived nearly a thousand years ago could write words that are on a CD that you can buy today – not quite Top of the Pops but in all the bigger record shops!



Hildegard wrote that she wanted to be 'a feather on the breath of God', to move as He wanted rather than as she wanted. When we say the Lord's Prayer we say 'Thy kingdom come, Thy will be done' we follow Hildegard in asking to be shown what to do, which way to go. Not like a feather blown about by the wind, but one blown on the breath of God.

BIRD WORDS Can you find all these words about birds and feathers? The words go up, down, backwards, forwards and diagonally and some letters are used more than once.

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

* blackbird * canary * cockatoo ** dove * feather * heron * jay ** owl * parrot * peacock * plume ** quill * raven * robin * skylark ** tern * wren *

What bird is always out of breath?

A puffin.



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