

**The Grapevine
News for the parishes of
The Carlford Benefice
August 2016**

HOLIDAYS & HOLY DAYS



Lots of the beach huts at Felixstowe have names & I've always liked the one called "REST A WHILE". Whether people go to the beach to swim, watch the waves, walk their dog, have fun with their families or just enjoy the sun I hope it is restful for them. We all need times to recharge our batteries & that's one of the reasons I enjoy August. The schools are all closed, meetings stop, there is less traffic & life seems to slow down for a few weeks.

We all benefit from taking a holiday & enjoying a change of scenery or routine but sometimes it's hard to slow down & adjust to the freedom a break can bring. Even if you aren't going away this August I hope you can "Rest a While", unwind a little & enjoy the moment noticing the little things that bring pleasure.

Holy means "set apart for a sacred use". So originally holidays were religious festivals & often part of a season of rest & re-

creation such as Easter. Perhaps this August, whether you go away or not, you can set aside some time to reflect on your blessings or your anxieties.

Try:-
sitting quietly or being still,
noticing what is around you,
being aware of your own presence,
breathing deeply
& relaxing into the moment.

If you consciously do this each day even for quite a short time, I think you will feel some renewal & peace. I try to focus on the love of God & as I breathe in & out I use a mantra (Come, Lord Jesus, Maranatha or Deep peace). It becomes a time of silent prayer but for others it is mindfulness or meditation. Whatever you call the time it enables us to Rest A While & make our holidays Holy-Days too. May your August be blessed & wherever you are may you know:-

The deep peace of the running wave,
The deep peace of the flowing air
The deep peace of the quiet earth
The deep peace of the shining stars
And the deep peace of the Son of peace

Rev'd Jane Hall

Services across the Carlford Benefice

August 7th

Genesis 15.1-6, Psalm 33.12-22, Hebrews 11.1-3, 8-16, Luke 12.32-40

8.00am	Holy Communion	Grundisburgh	WG
9.30am	Holy Communion	Burgh	FW/JaneW
9.30am	Family Service	Hasketon	JamesH
9.30am	Holy Communion	Swilland	WG
11.00am	Holy Communion	Boulge	FW/JaneW
11.00am	Family Service	Grundisburgh	WG
11.00am	Family Service & Baptism	Otley	JaneH

August 14th

Jeremiah 23.23-29, Psalm 82, Hebrews 11.29-12.2, Luke 12.49-56

8.00am	Holy Communion	Grundisburgh	WG
9.30am	Par Eucharist	Hasketon	JW
11.00am	Holy Communion	Ashbocking	FW/JaneW
11.00am	Par Eucharist	Grundisburgh	WG
6.30pm	Evensong	Boulge	WG

August 21st

Isaiah 58.9b-14, Psalm 103.1-8, Hebrews 12.18-29, Luke 13.10-17

8.00am	Holy Communion	Grundisburgh	JW
9.30am	Family Holy Communion	Burgh	WG
9.30am	Morning Prayer	Hasketon	Lay Led
9.30am	Holy Communion	Otley	JaneH
11.00am	Holy Communion	Boulge	WG
11.00am	Morning Prayer	Grundisburgh	BH

August 28th

Ecclesiasticus 10.12-18 or Proverbs 25.6-7, Psalm 112, Hebrews 13.1-8, 15.16, Luke 14.1, 7-14

8.00am	Holy Communion	Grundisburgh	CS
9.30am	Morning Prayer	Burgh	RP
9.30am	Family Holy Communion	Hasketon	CS
11.00am	Holy Communion	Clopton	JaneH
11.00am	Family Holy Communion	Grundisburgh	CS
6.30pm	Evensong	Otley	CS

Key - CS - Clare Sanders, CB - Catherine Beaumont, WG - Wendy Gourlay, FW - Fred Woods, JW - John Waine, BH - Bill Herbert, MS - Mark Sanders, JaneH - Jane Hall, JamesH - James Hall, RP - Richard Pepper, RF - Robert Fletcher, JaneW - Jane Woods, IW - Ian Wilson, PI - Philip Ind, TBC - To be Confirmed

Other Services in August

There are no other services during August

What's On across the Carlford Benefice

2nd Craft and Coffee at Shrubbery Farm, Hasketon 10.00am - 12 noon.

3rd "Going Deeper" Homegroup, Manor Farm, The Green, Ashbocking 10.00am.

5th Ashbocking Coffee Morning 10.30am - 12 noon at the home of the Stoddards of Wellsacks, The Green, Ashbocking

6th Grundisburgh Parish Room Coffee Morning 10.30am-12 noon

6th Baptism of Beatrice Ave Bickers at Grundisburgh 1.45pm

7th Baptism of Harriet Adie 11.00am at Otley Church

8th Knit and Stitch Burgh Schoolroom 10.30am-12.30pm. All welcome. Details 01473 735544

17th 10.00am-12 noon **Clopton Coffee Morning** in the village hall

17th "Going Deeper" Homegroup, Manor Farm, The Green, Ashbocking 10.00am.

18th Social Bridge Burgh Schoolroom 7.15pm All levels, tuition available 01473 735544

20th Baptism of George Dee and Jensen Kane Burke at Grundisburgh 1.00pm

25th Hasketon Community Lunch 12.15pm

27th Baptism of Chloe Rose Chambers 2.30pm Grundisburgh Church

EXPLORING FAITH

An opportunity to explore faith in God, in relaxed company The Upper Room Grundisburgh

7.00-8.30pm

Sept 8th, 15th, 22nd & Oct 6th, 13th, 20th

For some this may lead to Confirmation; for others it's an opportunity to revisit what faith means for you.

2ND FRIDAYS

Hasketon Victory Hall

You are very welcome to join us on the second Friday of most months for Ploughman's Supper followed by a talk, or some other entertainment. We start at 7.15pm and entrance is £5 each.

Please let **Katherine Smith - 01473 735579** know by the previous Wednesday if you wish to come, but pay on the door.

August

No Supper and Talk

September 9th

North East India

Himalayan foothills, birds, rhinos, elephants and Guwahati rubbish dump - by **Bill Baston**. If you came to Bills illustrated talk on the birds of East Anglia, you will know we have something good to look forward to from this outstanding photographer.

As a Ministry Team we share the responsibility for pastoral care. First point of contact is:

Ashbocking & Swilland

Catherine Beaumont- 01473 890264

Burgh, Boulge & Grundisburgh

Clare Sanders 01473 735183

Clopton & Otley

Jane Hall 01473 785251

Hasketon

Wendy Gourlay 01728 685335

Grundisburgh *Coffee Morning*

Enjoy a Saturday morning break
in the garden of
Ingrid and Ian McIvor

21 Thomas Walls Close.
Grundisburgh IP13 6XB

Coffee, Conversation
& Cakes
Books, Raffle
& Fairtrade Goods



10.30am

Saturday 6th August



**Starting Sept 6th
9.00-10.30am**

Baby Cafe

**1st Tuesday of each month
Grundisburgh Parish Room
Free Coffee / Tea / Biscuits**

**Plenty of buggy parking space
Car parking in back lane –in front of
church**

**For mums / dads / carers / babies / toddlers
Drop older children off at school
and join us**

Future dates Oct 4th; Nov 1st; Dec 6th

SIGN POSTING



Our PILGRIM groups begin again
in Sept – if you would like me to
order the booklet for this session
– please let me know.

If you would like to know more
about our PILGRIM groups –
please ask – it would be great to
start another group- there are
some spaces in the Friday
morning group – starting on Sept
9th. The Monday group begins
again on Sept 5th at 7.30pm.

Read more about the PILGRIM
project at www.pilgrimcourse

Thanks Clare – [01473 735183](tel:01473735183)



FANCY A COFFEE?



We have opportunities, throughout August, at

Ashbocking – Friday 5th at the home of Liz
Stegman, Old House Cottage, The Green, Ashbocking
10.30am – 12 noon

Clopton – Wednesday 17th at the Village Hall
10.00am – 12 noon

Grundisburgh – Saturday 6th at 10.30am - 12 noon
at Grundisburgh Parish Rooms

Hasketon – Tuesday 2nd at Shrubbery Farm,
Hasketon 10.00am – 12 noon

Otley – There will be no coffee morning this month

Swiland –Saturday 6th August hosted by Shirley
Coady & Andy Ling at Swiland Church.
10.00am – 11.30am

*If the weather is fine, we hope to be able to
sit outside and enjoy some sunshine!*

Monday House Group Grundisburgh

Following our June meeting the group is now on its summer break. We shall gather together again at the meeting in September, which will be informal and open to all, to look forward to knowledge we hope to gain in the coming months.

This is not a group that seeks to delve deep into a few subjects, but rather to broaden knowledge and grow understanding of the faith we hold and the church we support.

Do join us.

Dates and times will be in the Grapevine.

Contact Robert 01473 735 775

Do you want to explore the relevance of the Christian faith today?

Are you free in Otley on the 2nd and 4th
Monday afternoons?
2pm – 4pm

Come and join us.

Please contact Jane Woods [01473 890786](tel:01473890786)

Grundisburgh Church Fete

**SAT 3RD SEPT
2.00PM VILLAGE GREEN**

Will your Teddy Bear
Ride The Tower Zip Wire
for the Bravery Badge ??



PLAY GAMES GRAND DRAW
WIN PRIZES BUY BARGAINS
REFRESH WITH TEA AND CAKE

Donations to the stalls most welcome

Info. Contact Robert 01473 735775

Cakes (large or small) and Produce on Saturday 3rd am
Bottles (for bottle stall) Clothes Books Homewares (no electrical)
Deliver to church please from Bank Holiday Monday or Sat 3rd am



Traidcraft Stalls

In Grundisburgh Every Month

1st Saturday Coffee Morning 10.30 Parish Room
1st Sunday & 2nd Sunday in St. Mary's
at 12.00 after morning service

Chocolate – Cleaning materials – Grocery

Greetings Cards – Socks – Gifts

Catalogues in St. Mary's

Look for Special Offers

Come & Buy & Support the Farmers & Artisans

For info contact Pat Fletcher 01473 735 775

Thank you for your support.

RESERVE THE DATE!!!

BURGH HARVEST SUPPER

**Saturday 1st October
5.30pm**

The Barn, Burgh House
Courtesy of Bill & Jacqui Mane

*Further details will be circulated in early September
by the village email and fliers through doors or
phone 01473 738877*

Otley and District Gardening Club



2016-2017 New Season Programme

We meet at 7.30pm, 1st Monday of the month
Otley Village Hall, Chapel Road, Otley
(Invited speakers on a wide range of subjects)

First meeting Monday 5th September

Cambridge College Gardens (Rodney Tibbs)

Compare gardening notes over tea, coffee & biscuits

All welcome – Join up or just come along

Admission £1.50 (members) £4.00 (non-members)

Includes refreshments

Annual Membership £10.00

To find out more contact Alan Trevelyan (01473
890563) Jenny Vince (01473 738244) or
Isabel Lincoln (01473 890826)

From the Editor The cut off date for material to be included is the 8th of the month and material should be sent to Clare at revclaresanders@tiscali.co.uk & Amy at bakergirl174@gmail.com please.