

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

Doing one thing at a time – more or less!

Happy New Year to you all. I expect, like me, you may have made some New Year resolutions. I used to think that it was a bad idea to tell friends or family what I had resolved to do differently, give up, change or take on in case they teased me or expected too much of me. More often now I do disclose my good intention in the hope that others may help me stick to it!

So in 2016 I intend to spend more time in the present moment – this may mean noticing the world around me more, the red berries against the bright blue winter sky, practicing daily silent prayer or Christian mindfulness or just doing one thing purposefully at a time instead of trying to do 2 or 3 things simultaneously & then dropping one item, losing another, forgetting why I went to a room & then answering the 'phone.

I know that spending time in the present moment or "*saying "Yes" to God's now*" is hugely enriching. The Welsh poet & priest, R.S. Thomas advises that life isn't *about "hurrying on to a receding future" or "hankering after an imagined past"* but stepping aside to enjoy the moment. If we consciously still ourselves & are silent before God we can find his peace & love. Similarly when we can enjoy each day for what it brings, appreciating its opportunities & blessings, I think we will find the year ahead fulfilling. That won't always be easy but, as a Sanskrit poem puts it "*For yesterday is but a memory & tomorrow is but a vision but today well lived makes every yesterday a memory of happiness & every tomorrow a vision of hope; look well therefore to this day.*"

It is easy to give up on our New Year resolutions so I'm going to cut out the poem below, laminate it & keep it in the kitchen where I often try to do 2 or 3 things at once. Perhaps you can keep it as a reminder too.

Take time to THINK.....it is the source of power.
Take time to PLAY.....it is the secret of perpetual youth.
Take time to READ.....it is the fountain of wisdom.
Take time to PRAY.....it is the greatest power on earth.
Take time to LOVE and BE LOVED.....it is a God-given privilege.
Take time to BE FRIENDLY.....it is the road to happiness.
Take time to LAUGH.....it is the music of the soul.
Take time to GIVE.....it is too short a day to be selfish.
Take time to WORK.....it is the price of success.
Take time to DO CHARITY.....it is the key to heaven.

Rev'd Jane Hall

Services across the Carlford Benefice

January 3rd 2nd Sun of Christmas

Jer 31:7-14; Eph 1:3-14; John 1:10-18 or may be kept as Epiphany

8.00am	Holy Communion	Grundisburgh	CS
9.30am	Holy Communion	Burgh	CS
9.30am	Family Service	Hasketon	WG
9.30am	Holy Communion	Swilland	CB
11.00am	Holy Communion	Boulge	CS
11.00am	Family Service	Grundisburgh	WG
11.00am	Family Service	Otley	JaneH

January 10th Baptism of Christ

Is 43:1-7; Acts 8:14-17; Lk 3:15-17, 21-22

8.00am	Holy Communion	Grundisburgh	CS
9.30am	Holy Communion-Thaymania	Clopton	CS
9.30am	Parish Eucharist	Hasketon	JW
11.00am	Family Service	Ashbocking	CB
11.00am	Holy Communion	Grundisburgh	CS

January 17th Epiphany 2

Is 62:1-6; 1 Cor 12:1-11; John 2:1-11

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

January 24th E 3

Neh 8:1-3, 5-6, 8-10; 1 Cor 12:12-31; Lk 4:14-21

8.00am	Holy Communion	Grundisburgh	CS
9.30am	Family Holy Communion	Hasketon	CS
11.00am	Family Service -venue TBC	Clopton	JaneW/FW
11.00am	Family Holy Communion	Grundisburgh	CS
4.30pm	Evening Prayers	Otley	JaneW/FW

January 31st E 4/Sexagesima

Ezek 43:27-44:4; 1 Cor 13, Lk 2:22-40

8.00am	Holy Communion	Grundisburgh	JW
11.00am	Benefice Service	Burgh	WG

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 January

January 4th	Holy Communion BCP	Hasketon	9.30am
January 6th	Holy Communion BCP	Grundisburgh	9.30am
January 18th	Holy Communion BCP	Hasketon	9.30am



FANCY A COFFEE?



We have opportunities, throughout January, at
Grundisburgh – Saturday 2nd at 10.15am-11.30am and then Wednesday 6th 10.30am – 12 noon at Grundisburgh Parish Rooms

Ashbocking –Friday 8th at the home of Mike and Sue Surridge of 9 Nelson Close, The Green, Ashbocking 10.30am – 12 noon

Otley – Thursday 28th at the home of Peter and Rose Rogerson of Church House, Otley 10.00am – 12 noon

Clopton –Wednesday 16th at the Village Hall 10am – 12 noon

What's On across the Carlford Benefice

2nd Grundisburgh Coffee Morning 10.30am in the Parish Room

8th Ashbocking Coffee Morning 10.30am – 12 noon at the home of Mike and Sue Surridge of 9 Nelson Close, Ashbocking.

8th 2.00pm Reader Support Group in the Upper Room, Grundisburgh

11th Otley and District Gardening Club, Otley Village Hall with guest speaker Maiké Windhorst - topic "Outdoor Vegetables Through All Four Seasons".

14thTiddlywinks – Toddler and pre school group meet in the Upper Room Grundisburgh at 2.30pm

19th Bible Book Club - A small group - those of faith, agnostics, & atheists -interested in the historical context of Christian literature. 10.30am

20th "Going Deeper" Homegroup, Manor Farm, The Green, Ashbocking 10am. Contact Jan and John Bates on 01473 892605 for more information.

20th Clopton Coffee Morning 10.00am – 12.00 noon at The Village Hall.

23rd Wedding Preparation for couples getting married in 2016 – Upper Room, Grundisburgh 10.00am

25th Swilland Mens's Group The next meeting is at the Moon and Mushroom, Swilland starting at 6.30pm. Please email or telephone Brian Williams for numbers wanting Supper. **Tel 01473 785726** or bfwdent@btinternet.com

28th Otley Coffee Morning 10.00am at the home of Peter and Rose Rogerson of Church House, Otley.

28th Hasketon Community Lunch 12.15pm

28th Tiddlywinks – Toddler and pre school group meet in the Upper Room, Grundisburgh at 2.30pm

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

"GOING DEEPER" HOMEGROUP

We have moved to Manor Farm across the road on the Green, at Ashbocking, where we have plenty of room to welcome any newcomers.

We study the Bible, pray, and encourage each other to "go deeper" in our faith in Jesus together.

Normally we meet every 1st & 3rd Wednesday at 10.00am, but in January we shall meet only on Wednesday 20th.

For more details call Jan or Jon Bates on 01473 892605

BBC

Bible Book Club

A small group - those of faith, agnostics, & atheists - interested in the historical context of Christian literature.

We meet in Grundisburgh on the third Tuesday of just four months each year, our next meeting is on January 19th 2016 at 10.30.

We are discussing 'The Origin of Satan' by Elaine Pagels.

Why not get a copy and start reading now, we would be very pleased to have you come along.

paulwiffen222@btinternet.com or 01473738474 - Please let us know if you would like to join us.

Otley and District Gardening Club

7.30pm on the first Monday of each month



Otley Village Hall, Chapel Road, Otley
Invited speakers on a wide range of subjects

Monday 11th January - speaker Maiké Windhorst - topic "Outdoor Vegetables Through All Four Seasons".

All welcome. Admission £1.50 (members) £4.00 (non members)
(Includes refreshments) Annual Membership £10.00

For more information contact Alan Trevelyan (07706054630) Jenny Vince (01473 738244) or Issy Lincoln (01473 890826)



TRAIDCRAFT
Fighting poverty through trade

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.

Men's Group Meeting

The next meeting is on
Monday 25th January 2016
at the **Moon and Mushroom, Swiland**
6.30pm

Please email or telephone Brian Williams for numbers wanting Supper. [Tel 01473 785726](tel:01473785726) or bfwdent@btinternet.com

The Battle of the Barents Sea

The speaker on this occasion for all you ardent students of history, is Peter T Wright Born in Leigh-on Sea and educated at Westcliff High School he went onto Kings College Hospital to qualify in Dental Surgery. Peter worked as a dentist locally for most of his working life. It was his son, Michael, who could not believe his father knew nothing about his own father, who died in the Second World War, who researched and produced a book on which Peter will base the talk.

Peter Alfred Wright served as an officer in the Royal Naval Reserve and was in a Russian Convoy about which Winston Churchill later stated,

This brilliant action by the Royal Navy to protect the allied convoy to Russia at the end of the year, 1942, led directly to a crisis in the enemy's naval policy and ended the dream of another German high seas victory."



FROM THE RECTOR.....

A new year brings the opportunities for new initiatives - for us in the Carlford Benefice - across our 8 parishes there has been discussion of how we as a Church take our life in God forward - seeking direction in what we do.

As a benefice we have identified that we need to focus on Communication – how we present the life of the Church and our faith in God to the wider community – as well as how we communicate with each other within the benefice-we have set up a HUB group with representatives from our parishes under the age of 60, to meet with the ministry team members to be a forum for discussion and discernment as we seek to do God’s work.

Each of our parishes have identified the specific emphases:

- **In Ashbocking**
To go on an Away day with Swilland parishioners and explore what being a Companion Church means and to deepen our faith together.
- **In Boulge**
To create a prayer corner, with a book for prayer requests to go on pilgrimage to the Cathedral.
- **In Burgh**
To focus on finding a Churchwarden.
- **In Clopton**
Extend the number of people who visit and who are being visited.
Flower Festival – involving more people from the village - with preparation/teas etc.
To hold a village picnic at Pear Tree Farm - with games for children etc.
- **In Grundisburgh**
Find a Communications officer.
Develop a programme of social events
Explore Holiday Club possibilities
- **In Hasketon**
A continuing focus on Pastoral care and home/hospital visiting.
Prayer Requests made easier with a Prayer Box and/or Book clearly available.
Communication
- **In Otley**
Focus on Growing in Numbers during the coming year.
BIG LUNCH event for the Queen’s 90th birthday on 11/12th June.
- **In Swilland**
To create a prayer corner, with a book and noticeboard for prayer requests.
To go on an Away day with Ashbocking and explore what being a Companion Church means

These tasks are not just for PCC or Ministry Team members – they are tasks for all of us to engage in, as we share and live our faith wherever we find ourselves.

Love and prayers for us all in 2016

Clare Sanders