

POEM FOR THE MONTH

Slow me down, Lord. Slow me down!
Ease the pounding of my heart
By the quieting of my mind...

Give me amid the confusion of my day...
The calmness of the everlasting hills.
Break the tensions of my nerves and muscles
with the soothing music of the streams
that live in my memory.

Help me to know the magical restoring power of sleep.

Teach me the art of taking minute vacations,
of slowing down to look at a flower,
to chat with a friend, to pat a dog,
(to look in a pond), to read a few lines from a good book.

Remind me each day of the fable of the hare and the tortoise,
that I may know that the race is not always to the swift-
that there is more to life than increasing speed.

Let me look upward into the branches of the flowering oak
and know that it is great and strong
because it grew slowly and well.

Slow me down Lord,
and inspire me to send my roots
deep into the soil of life's enduring values
that I may grow towards the stars of my great destiny.

From a panel in Killarney Cathedral

NEWS FROM THE PARISHES

ASHBOCKING

It's hard to believe it's August already and yet another school year has gone by; some children may even be looking forward to going to school for the first-time next month.

We have a new arrival in Ashbocking and welcome baby Jake to the Field household. We send congratulations to Sarah and Paul on his birth and hope Sam is enjoying having a new brother.

Our Songs of Praise service in July was well attended and it was lovely to see so many enjoying a joyful service singing their favourite hymns, and sharing their reasons for choosing them. Our next service is an 11.00am family service with Communion on 13th August, led by Rev Fred Woods and Jane Woods. Everyone is very welcome.

The next coffee morning is on 4th August and will be held at Jan and Jon Bates house, 4 Ashley Grange; parking is next door at Hawthorns. Let's hope that it will be warm and sunny and that we can enjoy their garden, as we did in July at Liz and Steve Stegman's house. That morning was well attended and we raised £98 from the sale of books, bric a brac and plants. It was a glorious day and everyone enjoyed being in their lovely garden.

Please put 9th September in your diaries for the village BBQ and Teddy Bear's Picnic on the community land in Allotment Lane, starting at 2.30pm. This is a fun family occasion with tug of war and table tennis, so, weather permitting, it should be a very enjoyable event. Further information to follow.

Unfortunately, this event coincides with Suffolk Historic Churches Trust's annual Ride and Stride. We did not do very well last year, either in participants or visitors to the church. Sponsor forms are available from John Pollard, and we would welcome people to ride or stride to as many churches as possible to raise money, half for the Trust and half to the rider's/strider's local church.

We wish all those going away on their summer breaks a happy holiday, good weather and a safe return.

Linda Pollard

Church Cleaning: Adine Schrankel and Liz Stegman

CLOPTON

July has been a very quiet month so far in Clopton. Unfortunately, the bats have not been quiet! They are making a terrible mess in the church and we are spending hours trying to keep things clean.

We have ordered the kneelers for the altar. Fourteen people have each offered to sew one (or two!). We still have three which need someone to sew them, so please contact me if you would like to do one. We have been assured that they are not difficult to sew. The parcel should arrive before the next Hobbies morning on Wednesday 2nd August. Come along to the village hall between 10am and noon to see them.

The August coffee-morning is on Wednesday 16th August from 10am until noon. It will be hosted by Kath Raffell. Everyone is very welcome.

Doris Main

Church Cleaning:
Church Flowers:

Audrey and Chris Barker
Doris Main

OTLEY

The fete this year was excellent. Several people commented on what a good atmosphere there was, and there was certainly a bigger crowd than before, with lots of families - all the generations together - enjoying the displays and stalls in the sunshine. Dr Dan Poulter, our MP, was again in attendance, along with our county councillor Robin Vickery. The dog show was as popular as ever, and the Suffolk Samba gave two splendid and colourful displays of their music and movement. We hope the fete will also have provided the Community Council with useful extra income for the maintenance of the village hall.

The following day our morning service was on the playing field, with pets of various types swelling the congregation. As well as blessing the pets, Clare interviewed their owners, which was very amusing. There were about eight dogs, a kitten, a hamster, and Anthony Ling had brought a chicken, Hen-rietta!

The Village Show will take place on Saturday 9th September and the organising committee would really like more entries this year. Do support this event, building on the success of the fete, by starting to plan your exhibits now. The children have the school holidays to think up some masterpieces. Schedules are available at the Post Office with details of the classes, and there is something for everyone.

Also taking place on 9th September will be the Sponsored Bike Ride for the Suffolk Historic Churches Trust, and sponsorship forms will be available in church or from James Hall. And again, we shall be holding a coffee morning at Church House on Friday 29th September for Macmillan Cancer Support, so please make a note of these dates.

The next monthly coffee morning will take place at the church on Thursday 10th August during a Church Open Morning. Our famous total immersion baptistry, almost unique in an Anglican church, will be open beneath the vestry floor. Also, our local band of bell ringers rang a quarter peal to celebrate the first Suffolk Day.

We wish everybody very happy holidays.

Rose Rogerson

Village Diary:

24th August	Friendship Club outing to the Long Shop Museum, Leiston
4th September	Gardening Club "The Herbaceous Border"
9th September	Otley Village Show

Church Flowers: Ruth Farnhill/Joan Parish

Church Cleaning: Pauline Crowley

Sidepersons:

20th August	9.30am	Holy Communion	Penny Clark
27th August	6.30pm	Evening Prayer	Peter Rogerson

Otley Friendship Club

Last month the members visited Felbrigg Hall in Norfolk where the main item of interest was the walled garden. There are fruit, vegetables and herbs, as well as many exotic plants that are rarely seen in this country, plus a very large dovecot. Some of us took the woodland walk past some magnificent redwood trees and other unusual shrubs leading to a splendid view of the park and lake. The Squires Pantry satisfied all who had a good appetite after their walk.

This month we are visiting the Long Shop at Leiston where the Garrett family produced a wide range of agricultural implements, as well as steam engines that were mainly used to drive threshing drums. Pearls of Otley at one time had four of these threshing tackles. The visit takes place on Thursday 24th August and the coach leaves the Post Office at 9am. Non-members are welcome to join us. If you wish to come, please contact Wendy Marshall on 892588.

Otley & District Gardening Club

Our 2016-17 season ended with a busy climax to the club's activities. Our first Open Plant Sale, on a damp 4th June evening, was nevertheless very well supported by club members, friends and bargain-hunters from local villages. Fortified by free tea, coffee and excellent donated home-made cakes, most of the vast array of plants we'd grown for the sale were snapped up in short order. At the end of the evening I took the remaining plants home to offer at the kerbside, in return for donations to Otley Community Council. Altogether we raised just over £400, a wonderful result for all the hard work put in,

and we gave a cheque for £70 to the Community Council. A big thank you goes to all those who made it possible and supported our first sale event.

Bright and early on Saturday 24th June a 33-strong party boarded a coach on our summer daytrip, this year to the Royal Horticultural Society's Hyde Hall Gardens in Essex. Everyone said they enjoyed their day out in these extensive and varied gardens.

Our final club "appearance" for the season was at the Otley Summer Fete on 1st July, where our theme was to focus on getting youngsters interested in taking up gardening. Our Buzzy-Bee guessing-game rewarded two lucky prize-winners, each getting a jolly mini-wheelbarrow packed with a complete starter-kit of gardening "goodies".

After our summer break (to do actual hands-on gardening!) we start the new season's meetings on 4th September with a talk on "Plants for the Herbaceous Border". All welcome; contact 890563 for details.

The Reluctant Gardener

SWILLAND

On 8th July, the Witnesham and Swilland produce and crafts show was held in Witnesham Village Hall. This is a non-fund raising event. It was well supported, but only three people entered from Swilland. There were classes for all sorts of fruits and vegetables, baking, jams etc, flowers, flower arranging, various crafts, photography and children's classes. It was great fun. I would encourage people from Swilland to take part next year. I entered several classes thinking I would come bottom, but was surprised by some good results.

The Suffolk Historic Churches Trust Ride and Stride will take place on Saturday 11th September. I have sponsorship forms for anyone who wants to take part. Nearer the time I will be asking for volunteers to man the church.

Ann Kent

Flower rota:

30th July - 6th August

13th - 20th August

27th August - 3rd September

Ann Kent

Gill Reidy

Jackie Williams

Orwell 25 Report

On the 25th June 3 intrepid ladies from Swilland, Gill Reidy, Julie Stainer and Gina Wilden completed the Orwell 25 walk raising £195 for St Mary's Church. The weather was perfect for walking, overcast to start and the sun gradually shining through. The day was a test run for next year as we are going to encourage more people to take part, there is 12,19 and 25-mile options, firstly encouraging people to get fit, we enjoyed training walks together, and also to raise funds.

We have no village hall in Swilland and we are looking to raise funds to have a toilet and small kitchenette built so that we can use the church for more social events as well as worship in the village.



My thanks goes to the driver of the Mr Whippy van who parked at the last check point and served us with humongous 99's which made the last 3 miles extra enjoyable!

RUSSELL LING REPORTS

Flaming June certainly lived up to its name this year with a heat wave during the middle of the month pushing temperatures to 35C in some places. This matches the sizzling figures of 1976, which is often quoted as being an exceptionally hot summer. We did, however, have 1.45 inches at the beginning of June 2017 and a very welcome 0.80 inches at the end which saved many garden plants.

June is the month for making hay and we completed this operation in record time during those two weeks of hot weather, in the days when we had horses this would sometimes take two months. Then, the grass was cut with a clipper - a machine with a cutter bar 4.5 feet long pulled by two horses; now we use a 2 metre long disc mower, which has six discs with cutting blades revolving at high speed, attached to and powered by a tractor. After cutting, the grass would be left to wilt and then be turned by a swath-turner which moved two rows a time. After further drying in the sun, the rows of grass would be spread out by a tedder; it and the clipper were pulled by one horse.

This was a slow operation and it took quite a long time to complete; often all the hay couldn't be carted when fit and then it was rowed up and made into cocks. A hay cock was basically a heap of hay made in a conical shape to allow the rain to run off. On the morning of a fine day the hay cocks were spread by hand onto the surrounding dry ground using a two-tined fork. After the top had dried off it would be turned by hand and finally put into rows to be loaded onto waggons. The hay would then be pitched off the waggons onto a stack which was 10 yards long by 5 yards wide.

Hay stacks would heat up particularly if the hay had been carted slightly green and a long rod with a hooked end would be pushed into the middle. This was pulled out each day and the end felt to see how hot it was. If you couldn't hold the end next to the handle, the stack might have to be turned over to prevent it catching fire. After the stack had cooled down it would be thatched with straw to keep the rain out. (I would point out that there was no shortage of labour in those days.)

Russell Ling

Otley Hall Retreat Day Programme

Monday 11th September 'Anchoring Prayer when the Billows Roll'
How prayer helps us lead a steady life.

Using simple sea-related themes and images, Judith hopes to help people see where God may be reaching out to them, and where they can reach out to God, as they are tossed on the billows of life.

Thursday 21st September "The mindful Christian: mindfulness and the inner life." – Led by Matthew Vernon

Both days cost just £25 to include all refreshments and a two course buffet lunch. The days are guided and suitable for anyone who needs space, time and peace to relax and reflect.

The days run from 10am – 4pm

Contact Karen [01473 890264](tel:01473890264) or email events@otleyhall.co.uk

Website www.otleyhall.co.uk

SUMMER DAYS

'Summertime and the living is easy.' George Gershwin's words could be aptly applied to August, when many of us take holiday. It's a month to focus on summertime: family time and barbeques; the beach and ice cream; long days with no school! It is time to wind down from the frenetic pace of our normal routines.

However, while summer is a season, it is also a state of mind. We all have periods in life, which are summer-like, when life goes well. How can we walk by faith in the summers or good times of our spiritual lives?

Summer Distinctives: When we go through times of sickness, financial pressure, difficult relationships and other problems, we more easily focus on God. In a spiritual summer season, we can subtly find ourselves enjoying the gifts without acknowledging the Giver! The greatest danger in the summertime season of life is to forget who is responsible for the good life that we are enjoying.

Summer Distractions: Our normal routine revolves around clocks and calendars, but we can easily get distracted when we break these disciplined routines. In the spiritual summer seasons of life, there is a temptation to miss out on our regular times with God in Bible reading and prayer! Things that make summer seasons enjoyable can also become big distractions.

Summer Directives: How can we make the most of this summer season and keep focused on God? We need to maintain a 'gratitude attitude': thankful to God for all His blessings to us. 'When you have eaten and are satisfied, praise the Lord your God for the good land He has given you. Be careful that you do not forget the Lord your God.' (Deuteronomy 8:10/11). So, stay close and stay grateful to God in this summer season of life!

GOING OFF TO UNI

This month thousands of young people will be preparing themselves for the exciting prospect of going off to what they all call 'Uni'. Parents, grandparents and godparents will enjoy a mixture of pride and apprehension. This is a major step in life: leaving home, making new friends, study without compulsion and the heady gift of 'freedom'. Amazingly, the vast majority of students survive it and love it.

From my own experience, there are a few basic rules that it is well to adopt. As I found, ignoring them can be highly counter-productive. Firstly, don't get too involved in the choice of university. Modern students are a savvy bunch. They actually talk to their teachers, and they know their way around the internet and social media. It's highly likely that they will correctly identify the 'right' course and place for themselves.

Secondly, be available (on the end of a phone) but leave them space to make the odd silly mistake. Make sure they carry on their person the number of a reliable taxi service, for that occasion when they find themselves in the early hours and far from their digs. Thirdly, don't worry about their being 'lonely'. The average student makes a friend

or two in the first ten minutes of arriving in their digs – and sometimes it's for life! Look forward to their coming home for the odd weekend, probably with some washing, but don't regret it when they go back. In fact, enjoy the experience at second-hand. And lastly, there's a lot to be said for a little daily prayer for them.

David Winter

SMILE LINES

Sounds

Music festival as parent drops off teenagers...

Daughter: Did you ever hear anything so amazing as that band?

Father: Well, I once heard a collision between a milk float and a little van filled with ducks.

Music appreciation

The music critic enthused: "Here is Tchaikovsky at his best. Music so beautiful it has to be heard to be appreciated."

A lot of music is like that.

Drama

"Did the play have an unhappy ending?"

"Oh no – everyone was glad when it was over!"

Say again?

The foreign student fell in love, and wanted to say: 'I am bent on seeing you...' but he wrote: 'the sight of you doubles me up.'

Politicians

Politicians are people who, when they see the light at the end of the tunnel, order more tunnel.

When young children pray...

"Lead a snot into temptation."

"And forgive us our trash baskets, as we forgive those who put trash in our baskets."

"Our Father, who art in heaven, how didja know my name?"



MOSES

Have you seen the Disney film, 'The Prince of Egypt'? It tells a story from the Bible about Moses whose mother and sister left him in a basket on the bank of the River Nile. Pharaoh's sister found him and a little Hebrew boy was brought up as an Egyptian prince.

As Moses grew older he became more and more angry at the way the Hebrew slaves were treated. Moses ran away to the land of Midian where he settled down. But God called to him – and kept on calling. For every excuse that Moses had, God had an answer (Exodus, chapter 4). Finally, Moses went to Pharaoh but it wasn't until awful things happened that Pharaoh listened and agreed to let the Hebrew slaves go free.



Pharaohs were all powerful in Egypt, but Moses was following a much greater power. The Pharaohs of Egypt left dead monuments of stone but Moses brought together a whole living people, God's people.

TOO MANY GODS

The ancient Egyptians had a different god for just about everything. Can you tell which of these were worshipped in the time of the Pharaohs and which ones I have made up? Answers at the bottom of the page.

GEB was the god of the earth and is shown in art as a man with a goose on his head.

KHARPET was a goddess of the homes, especially floors. She is shown wearing a feathered hat.

HATHOR was the goddess of love and joy and shown as a cow.

PHYLM was the god of artists and craftsmen. He is shown in pictures with 2 pairs of arms. Small figures of this god are often found in boxes called khameeras.

TAWARET was a goddess who protected women during pregnancy and childbirth. She is shown as having the head of a hippopotamus with the arms and legs of a lion, the back and tail of a crocodile, and the front of a pregnant woman.

THOTH was the god of writing and knowledge. He is shown in art as a baboon.



What is the earliest mention of pharmacy in the Bible?

When Moses was given 2 tablets.



Answers: I made up Kharpet and Phylm. Well, you put carpet on the floor and film in cameras (say them aloud), don't you?

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