

The Grapevine News for the parishes of the Carlford Benefice June 2015

Mindfulness, contemplation or silent prayer? Call it what you like but have you tried it?

Mindfulness (and the benefits of practising it) seems to be the latest trend. Mindfulness is the focus of one's attention on the emotions, thoughts and sensations in the present moment. Practising mindfulness can bring peace and happiness. I have been trying to practise it, although I would call it silent prayer, for about three years. So I thought I would write down some ideas concerning mindfulness, as a series of bullet points for busy readers, in the hope they are useful.

- For a few moments, sit still and try to focus on the present moment, let go of the past and do not think about the future. Sit comfortably and consciously relax. You may want to use a prayer like the David Adam below
- Focus on your breathing, notice it and let it slow down.
- When thoughts disturb your letting go, try to let them pass like clouds in the sky on a windy day. Don't hold onto your thoughts or react emotionally to them.
- Try choosing a short phrase that you can repeat to help you focus internally and indicate your commitment to letting go. It can be a spiritual phrase like 'deep peace' or something like 'sunshine'. It helps some people to look at a flower or something beautiful. You can pay attention to it and think about this quotation from Blake:
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'To see a world in a grain of sand

***And heaven in a wild flower,
Hold infinity in the palm of your hand
And eternity in an hour'.***

- Try and experience the peace and freedom that comes with letting go.... If you are able to increase the amount of time you do this, 20 minutes a day is recommended.

Lord, help me to relax.
Take from me the tension
That makes peace impossible.
Take from me the fears
That do not allow me to venture.
Take from me the worries
That blind my sight.
Take from me the distress
That hides your joy.

Help me to know
That I am with you,
I am in your care,
That I am in your love
That you and I are one.

From David Adam 'The Open Gate'.

Rev'd Catherine Beaumont

Please pray for.....

Liz Stegman, Steve Wilson, Linda Pollard, Adine Schrankel, Stephanie Andrews Pearce and Shirley and Sarah Coady on their Confirmation, John Pollard as he reaffirms his baptism vows, Sarah Wilson as she is admitted into Communion of the Anglican Church on 21st June

Services across the Carlford Benefice

June 7th

Gen 3:8-15, 2 Cor 4:13-5:1, Mk 3:20-35

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	WG
11.00am	Animal Service	Grundisburgh	CS
11.00am	Parade Service	Otley	JaneH

June 14th

Ezek 17:22-24, 2 Cor 5:6-10, 14-17, Mk 4:26-34, Ps 92:1-8

8.00am	Holy Communion	Grundisburgh	CS
9.30am	Holy Communion	Clopton	CB
9.30am	Parish Eucharist	Hasketon	IW
11.00am	Family Service	Ashbocking	CB
11.00am	Parish Eucharist	Grundisburgh	CS
6.30pm	Evensong	Boulge	CS

June 21st

Job 38:1-11, 2 Cor 6:1-13, Mk 4:35-41, Ps 107:23-32

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	CS
11.00am	Holy Communion	Boulge	CS
11.00am	Morning Prayer	Grundisburgh	BH
11.00am	Family Service	Swilland	Fred/JaneW
4.00pm	Confirmation	Ashbocking	CB

June 28th

Wisd 1:13-15; 2:23-24, 2 Cor 8:7-15, Mk 5:21-43, Ps 30

8.00am	Holy Communion	Grundisburgh	CS
9.30am	Songs of Praise	Burgh	CS/JamesH
9.30am	Family Holy Communion	Hasketon	WG
11.00am	Family Service	Clopton	JaneH
11.00am	Family Holy Communion and Baptism of Oscar	Grundisburgh	CS
6.30pm	Evening Prayers	Otley	JamesH

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)

Other Services in June

June 8th	Holy Communion BCP	Hasketon	9.30am
June 10th	Holy Communion BCP	Grundisburgh	9.30am
June 22 nd	Holy Communion BCP	Hasketon	9.30am



FANCY A COFFEE?



We have opportunities, throughout June, at
Grundisburgh –Wednesday 3rd at 10.15am-11.30am and Saturday 6th 10.30am – 12 noon at Grundisburgh Parish Rooms

Ashbocking –Friday 5th at the home of Jan & John Bates, 4 Ashley Grange, Ashbocking 10.30am – 12 noon

Otley –Thursday 25th at the home of, Tess Brown at Pheasant Cottage, The Green, Otley 10am – 12 noon

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

What's On across the Carlford Benefice

1st Beyond Alpha – The Group's eighth run. See details elsewhere

1st Churchwardens meet with Ministry Team upstairs Parish Room – 7.30pm

2nd Coffee and Crafts 10.00 – 12 noon Shrubbery Farm, Hasketon. Bring your own project or share.

3rd Clopton Craft and Chat Morning 10.00am – 1pm at Village Hall

3rd SWAPSHOP 10.15am – 11.30am Grundisburgh Parish Room

5th Ashbocking Coffee Morning Jan & John Bates, 4 Ashley Grange, The Green, Ashbocking

5th Clive Paine Talk St Mary's, Great Bealings 7pm.

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

6th Weddings

12.30pm Hasketon Dean Garnett and Gemma Orchard

2pm Grundisburgh Claire Haddock and Stephen Webster

8th Knit and Stitch 10.30 – 12.00. Burgh Schoolroom. All welcome. Help/tuition available

9th GBH PCC meeting at Grundisburgh School 7.30pm

10th Clopton Coffee Morning 10.00am – 12 noon

10th Burgh Soup Lunch

11th Tiddlywinks meet in the Grundisburgh Parish Room 2.30pm

12th Hasketon 2nd Friday Meeting Victory Hall 7.15pm. See details elsewhere.

12th Reader Support Group meet at The Rectory, Grundisburgh at 2.00pm

14th John Finlinson Talk – Otley Village Hall 6.30-7.30pm

15th Beyond Alpha – The Group's eighth run. See details elsewhere

17th Carlford Network Group Grundisburgh Parish Rooms. A guest speaker from charity Water Aid.2.30pm

17th Deanery Synod meet at Otley Village Hall 7.30pm

18th Social Bridge Burgh Schoolroom 7.15pm – 9.30pm. All levels, beginners welcome.

20th Enthronement of Bishop Martin at the Cathedral

24th Otley & District Gardening Club – outing to Capel Manor Gardens

25th Otley Coffee Morning at the home of Tess Brown at Pheasant Cottage, The Green, Otley 10.00-12 noon

25th Tiddlywinks meet in the Grundisburgh Parish Room 2.30pm

25th COSA PCC meeting in Clopton Village Hall 7.30pm

27th Licensing service for Readers at the Cathedral

28th Hasketon Jazz BBQ- see details elsewhere – details from Molly Smith

Looking Ahead:-

4th July Grundisburgh Midsummer Music - details elsewhere.

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

SOUP LUNCH

Burgh Schoolroom Burgh IP13 6QA
Wednesday 10th June 12.00 – 1.30pm
Home made soups, rustic bread £3.00
Dessert £1.50, Tea/coffee and "chat" free



Fairtrade Stalls In Grundisburgh

1st Sat Coffee Morning 10.30 Parish Room

1st & 2nd Sunday at 12.00 in St. Mary's

Chocolate Cleaning Materials Grocery

Greetings Cards Socks Gifts

Catalogues in St. Mary's

For info contact Pat Fletcher 01473 735 775

Thank you for supporting Fairtrade

2ND FRIDAYS AT HASKETON VICTORY HALL IN 2015

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.

June 12th – An ambassador from Trinity House will discuss their work



Grundisburgh Church Clock

To all of you who come to St. Mary's to worship, visit, or view as you pass by.

The clock dial on St Mary's is to be taken down from the tower and moved to a workshop in Swiland where it will be repainted. While the dial is away the clock mechanism will be cleaned and greased.

To remove the dial scaffolding will need to be erected at the front of the tower which will be in place for three weeks.

Please exercise care entering or leaving the church while the scaffolding is in place.

The work on the clock has been made possible by grants from Suffolk County Community Fund and Grundisburgh Parish Council.

'Beyond Alpha' – Spring 2015 What does the Bible really say about . . . ?

The eighth run of this highly successful group which gives us the opportunity to discuss more areas of Christian Faith at meetings held at BURGH SCHOOLROOM, 10.30 – 12.00.

The remaining sessions are Monday June 1st & 15th.

The meetings will be facilitated by Revd Wendy Gourlay. Tea and coffee will be available and a warm welcome to all. A small charge of £1 per session covers costs.

The 'Beyond Alpha Group' will consider What does the Bible really say about . . .

Session 4 – June 1st A Biblical event – Jesus' last week in Jerusalem

Session 5 – June 15th Biblical characters – Godly Women of influence and role model

Haven't been along yet, then why not join us this?

Enquiries: Paul on: 01473 738474 or
paulwiffen222@btinternet.com

John Finlinson

**Sunday 14th June, Otley Village Hall
6.30pm-7.30pm**

Come and hear John's amazing story: he was a convict in prison but changed his life. Hear the story and his music.

Find out how you can change your life!
www.finnvmusic.co.uk

SUNDAY 7TH JUNE 11.00AM St Mary's, Otley

Service to celebrate '40 years' Scouting in Otley
Followed by a BBQ or picnic and
activities in the Church Yard

BURGH'S SONGS OF PRAISE

It may not be the BBC – but instead BBH – "Burgh's Best Hymns" – **June 28th** @ 9.30am.

Please let Clare know your favourite by June 14th and we'll do our best to include it

01473 735183



Friday June 5th Great Bealings Church 7pm - Clive Paine Talk

He will be promoting SHCT and talking about St Mary's, Great Bealings. He is a wonderfully entertaining and enthusiastic speaker. The cost is £6 including refreshments, with the proceeds being shared between SHCT and St Mary's

Craft and Chat in Clopton

*Wednesday 3rd June
10.00am – 1pm at the Village Hall*

*All Welcome
Contact Doris Main 01473 737602*

A Celebration of Framlingham in Flowers Art and Music

St Michael's Church, Framlingham IP13 9BJ

Friday 3rd – Sunday 5th July 2015
10am-6pm

admission free refreshments

St Michael's Church, Framlingham is organising a summer celebration of creativity in & around the Church, which will showcase the artistic & musical talents of local school children & young people.

All funds raised will go towards the upkeep of this beautiful and important historic building.

HASKETON JAZZ

TRAD JAZZ IN HASKETON WITH A BBQ
With New Orleans Heat, a seven piece band
from Leicester

ONLY £15 INCLUSIVE OF FOOD

VEGETARIAN OR SPECIAL DIETS IF ORDERED

REASONABLY PRICED BAR

**SUNDAY JUNE 28TH
12.30 to 4pm**

Details and Tickets from Shrubbery Farm
01394 383106

In aid of St Andrew's church

Otley & District Gardening Club 24th June 2015 Daytrip

Visit the inspirational Capel Manor Gardens
www.capelmanorgardens.co.uk

Open to both members and visitors

Visit The National Gardening Centre and explore over **60 gardens** including the **Chelsea Flower Show Gold Medal winning Australian Garden, Italianate Maze and Walled Garden.**

Cost £25 includes coach, garden entrance and a 90-minute guided tour.

To book a place or find out more please contact:
Alan Trevelyan 0770 6054 630

ANIMAL SERVICE

Grundisburgh Green

JUNE 7th 11.00AM

Bring your pets pawed- feathered- clawed- with their barks, miaous, grunts, bleets and tweets. The responsibility of care is yours- to keep your pet safe. If you don't have a pet bring a toy animal- or a photo of an animal friend no longer here.



Burgh Cascade Communication Network

Edward Creasy runs Burgh Village Cascade website. It is very informative but only 47 out of the 70 households have joined the project. Please don't miss out, give your e-mail address to Edward so he can keep you up to date with all that goes on in our village.(01473 738900)

MID SUMMER MUSIC

GRUNDISBURGH HOUSE

SATURDAY 4th JULY

1:30 to 8:00

**6 Hours of Entertainment
Good Food - Licensed Bar
Games - Grand Draw**

All proceeds to St Mary's Church
Tickets Adult£5:00 Child£1:00

Available from

Olde Forge Stores

Mrs Williams' Emporium

Grundisburgh School

Ann Willetts 01473738831

NO ON-SITE PARKING

FOODBANK

Toiletries (adult, child and baby) as well as, Packets and Tins, Tea and Coffee, Longlife Milk, Cereals and Jam, welcomed by FIND via the Food Bank.



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.