

# The Grapevine



THE CHURCH  
OF ENGLAND

News for the Churches of the Carlford Benefice

[www.carlfordchurches.org](http://www.carlfordchurches.org)

January 2020

6<sup>th</sup> & 20<sup>th</sup>

7<sup>th</sup> BBC

9<sup>th</sup> & 30<sup>th</sup>

26<sup>th</sup>

This  
Month:



Knit and Stitch



Bible Book Club



Tiddlywinks



Messy  
Christingle

## “Busy, Busy, Busy…….”

When I signed up for teacher training, helpful people told me, ‘If you can do, if you can’t teach.’

Some relatives, nearly all teachers, would laugh and add, ‘And if you can’t teach, teach teachers’.... For a time, I taught teachers.

For nearly a decade I taught on a very popular stress management course for Head teachers and teachers. I often led the after-lunch slot on ‘time management’. This was after colleagues had enjoyed food and wine in our overheated training centre. My job was to keep these nice people awake, and where possible leave them with some new ideas. The exercise I chose contrasted a kind, inefficient, disorganised style with a more organised, effective, time managed approach to the school day.

‘Be gracious with people and ruthless with your use of time,’ read one instruction in the textbook. Sadly many of my new found friends preferred the approach of the kind teacher who wandered into school late, helped a colleague jump start her car then fixed the photocopier when it was down in his diary to prepare a lesson or mark some books for the following day.

This fictional teacher went home to start on the paperwork, while the time efficient colleague had time to play with her children. The after-lunch sessions could be lively as teachers or heads defended their current lifestyle.

Some teachers simply informed colleagues they didn’t want time to play with their children. Perhaps marking a few books, while watching the telly, might get them out of preparing the tea. Sometimes they were simply too busy to talk with their loved ones. These were busy people.

We may be adding to our own sense of tiredness and unwellness by telling ourselves and others how busy we are. This January I challenge you to spend an hour with a trusted friend trying to get to grips with how you use your time.

Back in November, I read an article by Bishop Mike suggesting that many of the things that we welcomed to alleviate our busyness have become ways of increasing our busyness. Bishop Mike argues that the technology that enables us to do things faster and more efficiently has changed our expectations of what we can do in a day, resulting in an increased pressure to be even busier. The downside of this increased efficiency may leave us feeling that there isn’t enough time and we are always running to stand still.

We may be stuck in a paradox knowing that we cannot work 24/7. When we do have time to reflect, when we have time to be still, when we have time to read, meditate and pray we may use the time for new distractions and activities to maintain the fiction that we are always busy. Sadly, we may find satisfaction and even status in always being busy. The old boys who made

fun of my ambition to teach also told me of their sad alternative lifestyle, 'sometimes I sits and thinks, and sometimes I just sits.'

Bishop Mike warns us of being very wary of telling each other how busy we are. We may need to curb the urge to rush around and we may need to refute the idea that we are too busy to listen, or even too busy to spend time with each other. He challenges us to be on time and to take time for others.

We are often asked to reflect on Jesus' invitation to love our neighbours as ourselves. This invitation implies that we look after ourselves. Jesus may have taken it for granted that we look after ourselves. While I acknowledge the dangers of self-interest, I am not alone in arguing that we can help ourselves to help other people. Where is a balance in this? Brene Brown, in her TED talk and her books, asks us to study the stories we tell ourselves. Her advice to all is that we should speak to ourselves like we are someone that we love.

This January I will take down my old notes, seek out the new literature on resilience and take Bishop Mike's advice to frame or start to manage my own busyness. I will also reread the gospels to trace how Jesus used the time he had with us. If we look at the Jesus lifestyle, we learn of a person who didn't rush, took time for the things that were really significant and gave his full attention to the individuals he met. Jesus lived a busy life and when things got too busy Jesus took time out for prayer and meditation.

While I naturally wish you a Happy New Year, I also wish you time to reflect on how you are using time this January.

.....Now don't tell me you haven't got time to do this ... maybe you'll get a round tuit... or you may be too busy..... Or again, you'll leave it until you have time to spare .....

... don't take my musing seriously - look up at the warning on the Grundisburgh Church tower clock.... tempus fugit .....

**Rev'd Bill Herbert**

**SERVICES ACROSS THE CARLFORD BENEFICE**

**JANUARY 2020**

**Sunday January 5th Epiphany**

**Isaiah 60.1-6, Psalm 72.[1-9] 10-15, Ephesians 3.1-12, Matthew 2.1-12**

Grundisburgh	8.00am	Holy Communion
	11.00am	Family Service
Otley	9.30am	Holy Communion
Boulge	11.00am	Holy Communion

**Monday January 6th**

Hasketon	9.30am	Holy Communion
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**Wednesday January 8th**

Grundisburgh	9.30am	Holy Communion
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**Thursday January 9th**

Otley	9.30am	Holy Communion
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**Sunday January 12th Baptism of Jesus (Epiphany 1)**

**Isaiah 42.1-9, Psalm 29, Acts 10.34-43, Matthew 3.13-end**

Grundisburgh	8.00am	Holy Communion
	10.45am	Discovery and Sunday Club
	11.00am	Parish Eucharist
Hasketon	9.30am	Parish Eucharist
Clopton	11.00am	Morning Prayer
Ashbocking	11.00am	Family Service at Hawthorns, The Green

**Wednesday January 15th**

Culpho	9.30am	Holy Communion
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**Sunday January 19th 2nd Sunday of Epiphany**

**Isaiah 49.1-7, Psalm 40.1-12, 1 Corinthians 1.1-9, John 1.29-42**

Grundisburgh	8.00am	Holy Communion
	10.45am	Discovery and Sunday Club
	11.00am	Morning Prayer
Hasketon	9.30am	Morning Prayer
Swilland	11.00am	Family Service
Burgh	9.30am	Family Holy Communion
Culpho	3.00pm	Evensong

**Thursday January 23rd**

Hasketon 11.30am Holy Communion Victory Hall followed by Community Lunch

**Sunday January 26th 3rd Sunday of Epiphany**

**Isaiah 9.1-4, Psalm 27.1,4-12 or [27.1-11], 1 Corinthians 1.10-18, Matthew 4.12-23**

Grundisburgh	8.00am	Holy Communion
	11.00am	Family Holy Communion
Clopton	9.30am	Holy Communion

First Point of Contact:

**Ashbocking, Burgh, Boulge, Clopton, Grundisburgh, Hasketon, Otley and Swilland**

is Rev'd Clare Sanders 01473 735183

## What's On across the Carlford Benefice – January

- 3rd** 10.30am **Ashbocking Coffee Morning** at the home of Linda and John Pollard of Hawthorns, The Green, Ashbocking. All Welcome – including children
- 4th** 10.30am **Grundisburgh Coffee Morning** – Parish Rooms
- 4th Swilland Community Coffee Morning** 10.00am at the home of Gina Wilden of 7 High Road, Swilland
- 6th Knit and Stitch** 10.00am meets at the home of Linda and John Pollard of Hawthorns, The Green, Ashbocking
- 6th Grundisburgh Bridge Club** 7.30pm meets at the Parish Rooms
- 7th Baby Café** 9.00am – 10.30am Grundisburgh Parish Rooms
- 7th BBC Bible Book Club** 10.30am, Grundisburgh
- 8th SWAPSHOP** 10.00am – 11.00am in the Upper Room
- 9th** 9.30am **Otley Church Holy Communion**
- 9th** 2.30pm **Tiddlywinks** meet in The Upper Room, Grundisburgh opposite Olde Forge Stores in Grundisburgh
- 12th Grundisburgh Sunday Club and Discovery Club** 10.45am in the Parish Rooms, Grundisburgh
- 13th Otley House Group** 1.45pm – 3pm at the home of Penny Clark of Cherry Bank, Otley
- 13th Grundisburgh Bridge Club** 7.30pm meets at the Parish Rooms
- 15th "Going Deeper" Homegroup**, Manor Farm, The Green, Ashbocking 10.00am
- 15th** 10.00-12.00noon **Clopton Coffee Morning** at the Village Hall
- 19th Burgh PCC** following 9.30am service
- 19th Grundisburgh Sunday Club and Discovery Club** 10.45am in the Parish Rooms, Grundisburgh
- 20th Knit and Stitch** 10.00am meets at the home of Linda and John Pollard of Hawthorns, The Green, Ashbocking
- 20th Grundisburgh Bridge Club** 7.30pm meets at the Parish Rooms
- 20th Monday House Group** at the home of Malcolm and Sandra Green 7.30pm
- 22nd Ashbocking Bible Study Group** 7.30pm meets at the home of Linda and John Pollard of Hawthorns, The Green, Ashbocking
- 23rd** 12.15pm **Hasketon Community lunch** – following 11.30am Holy Communion at the Victory Hall
- 23rd Otley Community Lunch** at Otley White Hart 12.30pm £6 per head
- 26th Messy Church** 3pm, Hasketon Village Hall
- 27th Otley House Group** 1.45pm – 3pm at the home of Penny Clark - Cherry Bank, Otley
- 27th Grundisburgh Bridge Club** 7.30pm meets at the Parish Rooms
- 30th** 2.30pm **Tiddlywinks** meet in The Upper Room, Grundisburgh opposite Olde Forge Stores in Grundisburgh
- 30th** 7.30pm **COSA PCC**
- Looking ahead to February**
- 2nd Christingle Family Service**, Grundisburgh Church 11am

# Carlford Coffee Mornings



Good days start with coffee and you....



## **Ashbocking from 10.30am**

Friday 3rd January at the home of Linda and John Pollard of Hawthorns,  
The Green, Ashbocking

## **Clopton from 10am**

Wednesday 15th January at the village hall

## **Grundisburgh 10.30am**

Saturday 4th January in Grundisburgh Parish Rooms and then Wednesday 8th  
January SWAPSHOP in The Upper Room, Grundisburgh

## **Otley**

There is no coffee morning this month

## **Swilland from 10am**

Saturday 4th January at the home of Gina Wilden of 7 High Road, Swilland

## Children's Sunday Clubs

@ St Mary's Church Grundisburgh

### Sunday Club

An active session with stories and crafts of about 45 mins starting at 10.45am in the Parish rooms for ages 2 to 7. Contact Jenny: jonje@talktalk.net

Second and third  
Sundays of the  
month



### Discovery Club

On the same Sundays, for children from 7 upwards. Discovery club gives us space to reach out and explore. Contact Sandra: Sandra@thecresswells.me.uk



For all ages. On the fourth Sunday,  
3-4.30pm in village halls.  
Contact Mark@cresswell.onl

For details please see our newsletter, *Grapevine* on our website:  
[CarlfordChurches.org](http://CarlfordChurches.org)



The Carlford Churches  
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## Ashbocking Church Services



As January and February are very cold months in the Church, it has therefore been decided to move the services to somewhere much warmer, namely,

**Hawthorns, The Green, Ashbocking**

These will take place on

**12<sup>th</sup> January 11am**

and

**9<sup>th</sup> February also 11am**

You are all welcome to come and enjoy a cup of coffee and a comfy chair



# Letter from The Rector

Happy New Year to everyone and from me for the last time! It is a time of change for all of us- but it is also the season of Epiphany – which is all about journeys and being led to new places- moving out of comfort zones – into the unknown and discovering God perhaps where we least expected to find him.

This Epiphany theme is being played out in various contexts across the benefice, sometimes affecting only 1 parish, at other times the whole benefice.

We welcome Culpho into the Carlford family. There have always been close links between Culpho and Grundisburgh- they have shared a Parish Council for years, but now we welcome Culpho into the family.

A number of churches during the next few months, are going to be holding services in places other than the main church building. Hasketon has a communion service in the village hall once a month. Burgh have been worshipping during the coldest winter months for a number of years in the School Room and many of us have come to value that experience; this year Ashbocking will be holding a service in the home of the Pollards in the heart of the village and in Grundisburgh, because of building work, some services will be held in the Parish Room. This will be a different experience for many of us, but in the Epiphany story, the Magi discover the baby Jesus not in the palace where they first seek him, but in an ordinary house. God is to be found in every place.

Whilst services are taking place in churches, homes and public meeting places across the benefice, at Otley College new ways of being church are being explored and we welcome the Revd Sally Gaze as she settles into her new home in Otley village and together with the Revd Charlotte Cook is working to develop a Resource Church at the college. We hold them in our prayers as we enter 2020 and look forward to working in partnership with them.

The biggest change by far will come with the appointment of a new incumbent- please hold this process in your prayers over the next few months and please remember our Ministry team and Churchwardens as they prepare for the interregnum. A number of you have asked me if Mark Cresswell will be stepping into my shoes and applying for the post. Mark is an SSM- a Self Supporting Minister- which means he makes his living in secular employment and serves in the church in a voluntary capacity; he is here to serve in the Carlford Benefice for the foreseeable future.

Please also remember me in your prayers too, along with my Mark- Mark Sanders. My last Sunday is on May 3<sup>rd</sup> – when there will be one service for the whole benefice in Grundisburgh – please book that date...but before then there are 4 months of journeying together, continuing to discover where God is leading us and whatever changes may be going on, knowing that he is leading us- just as he led the Magi.

The doors are open to come and talk to me, to Mark, indeed to any member of the Ministry Team or Churchwardens, if you have any concerns. Please do get in touch.

***Reverend Clare Sanders***

# BBC

## Bible Book Club

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

We meet in Grundisburgh on just four Tuesday mornings each year.

Our next meeting is on January 7<sup>th</sup> 2020 at 10.30am.

Discussing: 'Surprised by Hope'  
By Tom Wright

We hope you've enjoyed the reader over this holiday period, and we'd be very pleased to have you come along for the chat.

Please let us know if you will be joining us.

[paulwiffen222@btinternet.com](mailto:paulwiffen222@btinternet.com)  
or 01473738474



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ingredients



Greetings  
Cards



Bamboo Socks

Tea & Coffee

Chocolate



Buy from the Stall  
Coffee Morning Saturday Jan 4<sup>th</sup>  
St Mary's Sunday January 5<sup>th</sup> 12pm  
and on Sunday 12<sup>th</sup> 12pm

Browse  
a Catalogue  
Collect one from  
the church

Orders and information from Pat Fletcher  
01473 735 775 [p.j.fletcher45@gmail.com](mailto:p.j.fletcher45@gmail.com)

## TIDDLYWINKS



Tiddlywinks returns on **January 9<sup>th</sup>** at 2.30pm  
in The Upper Room, Grundisburgh opposite Olde Forge Stores  
and will take place again at 2.30pm on the **30<sup>th</sup> January**

This differs from the usual 4<sup>th</sup> Thursday as Clare is away.

**February** will return to normal, taking place on the  
2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month

# Christingle 2020

## Celebrate Light.

Christingle has been bringing hope to thousands of children and young people for the past 50 years, providing vital support to The Children's Society's work.

### Messy Christingle

An informal style of Christian worship for all the family, adults and children, to participate together involving fun, singing, creative activities and sharing a meal.



Hasketon Village Hall

Sunday 26th Jan,

3pm to 4.30pm

All welcome, £1 per family suggested donation.

If you'd like to come please let us know names of adults and children if you can so we can get the catering right and have fun together! [mark@carlfordchurches.org](mailto:mark@carlfordchurches.org)

### Christingle Family Service

Come and join us for the traditional and much loved Christingle Family Service.

St Mary's Church, Grundisburgh,

Sunday 2<sup>nd</sup> Feb, 11am.

All welcome





## *Dates for 2019/20*

The Men's group will be continuing on Tuesday nights with a mixture of discussion evenings, and some new 'at Home' events. All starting at 7pm.

- Tues 15th Oct, 'At Home'. Sandra & Malcolm Green's House
- Tues 26th Nov, Moon & Mushroom.
- Tues 11th Feb, 'At Home'
- Tues 21st Apl, Moon & Mushroom.

Pub events are held at the Moon & Mushroom in Swilland. The new 'At Home' events are being hosted in homes.

The evenings are based around a meal and a discussion based activity or speaker. We are a friendly and welcoming group so please do join us.

To book please email or call Mark Cresswell at least a week before.

(Mark@Cresswell.onl,  
01473 738313)



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**From The Editor** The cutoff date for material to be included in the magazine is the **8<sup>th</sup>** of the preceding month and material should be sent to Clare at [revclaresanders@tiscali.co.uk](mailto:revclaresanders@tiscali.co.uk) and Amy at [bakergirl174@gmail.com](mailto:bakergirl174@gmail.com) please.