

MENDLESHAM NEWSLETTER



Issue 427

March 2019

CLASSIFIED ADS

<p>PAINTING AND DECORATING SERVICES TWO LADY PAINTERS AND DECORATORS HERE TO HELP WITH YOUR PAINTING AND DECORATING NEEDS PLEASE CALL 07767773076</p>	<p>GENERAL PLUMBING No Call Out Fee. No Job Too Small Adrian Stevens Tel: 01449 781823</p>
<p>A.R. PLASTERING Excellent Service Guaranteed All areas of Plastering undertaken Free quote 01449 720274 Mobile 07736667447</p>	<p>Your Local Handyman Minor repairs around the home Including taps, immersion heaters Flat pack assembly Shed & fence painting Grass & hedge cutting MANY more services provided Tony 07771 800072 gooderhamt@aol.com</p>
<p>CHIMNEY SWEEP Vacuum and Brush, Andrew Brundell 01449 766614 or 07776 215940</p>	<p>Advertise here Email Keith at shelton@live.co.uk</p>
<p><u>Hand in Hand</u> <u>Providing Professional Care</u></p> <ul style="list-style-type: none">• Stroke support • Cancer care• Stoma care • Personal care• Dementia care • Respite care• General housekeeping• Company for times when you are just feeling lonely <p><u>'Person centred care, tailoring to your every need is what I deliver.</u> <u>Feel free to contact me for a free consultation'</u> Hayley Page MOB: 07551419310 hayleypage253@gmail.com</p>	<p>YOURFLOWERS</p> <p>Flowers for all occasions, Weddings, Funerals, Corporate Handmade Chocolates, Sweets</p> <p>Also starting in April, Florist Workshops; Ring for details</p> <p>Unit 5, Finbows Yard, Bacton IP14 4NH</p> <p>01449 781892</p> <p>www.yourflowers.florist Email enquiries@yourflowers.florist</p>

**Email reports, articles,
photos and adverts to:
gemma.green1202@gmail.com**

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Mendlesham (01449 766895)
Pat Winslett 19 Glebe Way,
Mendlesham (01449 767803)

Deadline for April issue is
6th March 2019

We produce 12 issues per year
which are delivered to every
household in the location of
Mendlesham.

Front Cover

Mendlesham Primary School
children plant 25 Oak Trees
on playing field as a
memorial to the fallen.

Dates for your diary

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Editorial

Do you find as I do that the sunshine lifts your spirit? It spreads warmth through us and encourages the plants to put on a growth spurt. Its not long now until we can enjoy the colours of the flowers of Spring. In the meantime there are plenty of activities in Mendlesham to enjoy.

Gemma



SNIPPETS FROM THE PARISH COUNCIL

Parish Clerk: Sharon Jones, Honeysuckle, Hockey Hill,
Wetheringsett, Suffolk IP14 5PL

Tel 01449 766139

Email: parishclerk@mendleshampc.org

Web site: <http://mendlesham.suffolk.cloud>

Your Councillors are:

- Andy Davey 07550011831
- Mike Exley tel 766246 (Chairperson) (Emergency Planning Co ordinator for Mendlesham)
- Noel Fletcher tel 766968
- Denise Foster tel 768978
- Norman Foster tel 768978
- David Nunn (Emergency Planning Co ordinator for Mendlesham Green, Tan Office and outlying properties) tel 767158
- Helen Orton tel 767741
- Liz Ward tel 766562
- Madeline Watson 766910
- Sabrina Webb

Meetings:

Wednesday 6th March 2019

7.30pm Old School Room Mendlesham, Ordinary Parish Council meeting

Wednesday 17th April 2019

7.30pm Old School Room Mendlesham, Ordinary Parish Council meeting

Tuesday 23rd April 2019 Annual Parish Meeting

7.30pm Small Hall Mendlesham

All welcome

Are you on Facebook?

If so have a look for ‘**Spotted in Mendlesham**’

&

‘**Mendlesham Green Residents**’

pages to keep up to date with what’s going on in the villages.

MENDLESHAM 'SAT-CAF'

Saturday, 2nd March 10.00 – 14.00

OLD SCHOOL ROOM, MENDLESHAM

**Pre-Ordering or Take-Away Orders, phone the Café
on 01449-767727 from 10 a.m.**

**Morning Coffee, Light Lunches and Afternoon Teas,
including delicious homemade Quiches, Soups, Cakes
and Desserts.**

**February Draw Winner (Valentine Hamper):
Nellie Daynes-Smith**

MENDLESHAM 50/50 SHOP

REMINDER

The shop will be **CLOSED** for
refurbishment for two weeks from

Monday 18th February

A GRAND OPENING will then take place

**On Saturday 2nd March 2019
from 10 am to 12 noon**

when we look forward to welcoming customers
to the re-stocked and refurbished shop!!

The week following the opening the shop
will return to normal opening times as follows:

Tues, Thurs and Fri from 2pm to 4 pm

Contributions of Spring/Summer clothes in next to new
condition will be gratefully received.

Mendlesham Community Centre – Small Hall



FILM NIGHT

Friday 29th March 7pm

Edie

2017

Drama

PG12 rating

83 year old Edie believes that it is never too late - packing an old camping bag, leaving her life behind and embarking on an adventure she never got to have - climbing the imposing Mount Sulven in Scotland

Refreshments and Raffle

For further information contact

Geoff & Meg 01449 766447 or Judith 01449 766327

Parish Council:

Dog poo

Fully appreciate this is a cause of concern and distress throughout the Parish, but the residents of Mill Road, Mendlesham, in particular are experiencing issues with owners allowing their dogs to defecate on their gardens.

As well as being an eyesore and a nuisance, on most public land it is an offence under the Dogs (Fouling of Land) Act 1996 not to clear up after your dog after it has fouled. MSDC has powers to issue 'on the spot' Fixed Penalty Notices of £50, or to prosecute in the criminal courts, which could lead to a fine of up to £1,000. Dog fouling should be wrapped and disposed of in one of our many dog or litter bins or by placing it in your black wheelie bin.

If you see someone failing to clean up after their dog in a public place then try to remember and note down as much detail of the incident as possible, including the date, time and location, and the name and address of the offender if you know it. Where a vehicle is involved please note the make, colour and registration mark of the vehicle, together with a description of the person. Please then report them via

<https://www.midsuffolk.gov.uk/environment/street-care-and-cleansing/littering-and-dog-fouling/>

Friends of Mendlesham School Association

Easter Treasure Hunt

Come and solve the trail in the Millennium Wood to be entered into the prize draw.

All children to receive a prize for entering..

Easter refreshments available.



Good Friday 19th April
Millennium Woods 9:30-12

If driving, please park at the Community Centre and walk down.

£5 per entry form/family.

All proceeds go to



**Start location: Stackyard Nursery,
opposite the main entrance to the woods.
(Entry forms to be collected from here)**

This event may have to be cancelled if there is really bad weather



Mendlesham Writers Group



**“You should write that down -
it would make a great story”**

How will your children or grandchildren know about those escapades you have experienced through your life?

Come along and learn a simple way to ensure that your life experiences will not be forgotten and preserve them for the future.

We offer a free introductory guidance pack, guest speakers, practical exercise and a welcoming atmosphere.
A small annual subscription is payable but your first visit is free.

Please bring paper and a pen(cil)

For more information please contact:

Noel K Fletcher

Phone: 0799-0522-103

E-mail: noelkfletcher@gmail.com

Next meeting

12th March

All Children Welcome!

1st Sunday each month

@ 9.30

- Old Schoolroom*

then St Mary's Church

10.00 - 10.30



* at corner of Old Market St & Chapel Rd

Don't forget to keep up to speed with the URC and Parish Church from page 47 onwards.



MENDLESHAM CAMERA CLUB



The March meeting is on the 5th at 7.30pm in the Old School Room. Our monthly challenge is 'something depicting cold'. We submit images of this subject to view on the screen, have a cup of coffee and then we have a photography related chat.

We are a small group of mixed photography ability and new members are always welcome. We pay just £1.50 at each meeting. For more details and the gallery see the website:
<http://www.mendleshamcameraclub.co.uk>.

Parish Council:

Remembrance trees: Mendlesham Playingfields

With many thanks to all of those who helped and particularly to the children of Mendlesham Primary School, 25 Oak trees have now been planted within the boundary hedge of Mendlesham Playing Fields and the neighbouring arable field. These trees will grow to be a very fitting memorial to those 25 Mendlesham Parish men who lost their lives during WWI. We hope to provide more information about why and who in subsequent months, including recognition that part of the playingfields are already a war memorial rather than the traditional memorials seen elsewhere.

MENDLESHAM HISTORY GROUP

Wednesday 20th March 2019,
7.30pm, URC Chapel.

Armchair Stroll Around Stowmarket
Part Two
With Darren Dordoy

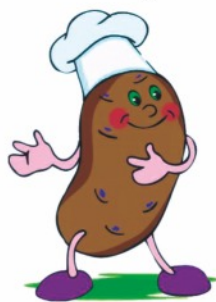
Non-members £4.

Baked Spud Bash

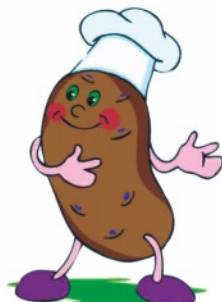
SATURDAY 23rd March 2019

11:30 to 14:00 in U.R.C. Chapel

Baked potato with choice of filling, a drink and a cake.



£4.50



Friends of St Mary's Church Mendlesham
Registered Charity number 284983



*MENDLESHAM FOOTBALL CLUB
RACENIGHT 2019*



SATURDAY 16th MARCH 2019

AT

*MENDLESHAM COMMUNITY CENTRE
DOORS OPEN 6.00PM - FIRST RACE 6.30PM*

TICKETS £7.00 - INCLUDE CHICKEN & CHIPS

BAR & DRAW

TICKETS AVAILABLE FROM

ANGELA LOCKWOOD 01449 767763

HAIR STUDIO 01449 766977

KINGS HEAD 766543

Parish Council Elections:

We now have further information about the arrangements for nominations for the Election on 2nd May.

The deadline for delivery of nominations papers which must be hand delivered to a member of the Electoral Services, MSDC is Wednesday 3rd April 4pm. Between 12th and 19th March, this is possible locally at either Stowmarket or Eye, but thereafter nominations need to be taken to Endeavour House, Ipswich.

The Parish Clerk has nomination papers or if preferred they can also be obtained from:

elections@babberghmidsuffolk.gov.uk. Tel 01449 724684

Please remember the importance of these elections and the work the Parish Council undertakes on your behalf. Please do not assume either existing Councillors or others will stand.

To be eligible to stand for Mendlesham Parish Council you need to:

- Be a UK or Commonwealth citizen; or be a citizen of the Republic of Ireland; or be a citizen of another Member State of the European Union
- Be at least 18 years old
- Be an elector of Mendlesham Parish Council ; or in the past 12 months occupied land or other premises in the area the Mendlesham Parish Council serves (as owner or tenant); or work in the area Mendlesham Parish Council serves (as your principal or only place of work); or live within three miles of the Parish Council boundary.
- Not be disqualified under section 80 of the Local Government Act 1972 or section 34 of the Localism Act 2011 (further details available on request, but includes bankruptcy and criminally convicted for a period of not less than three months without the option of a fine)
- Mendlesham Parish Council welcome and are committed to the inclusion and recognition of all regardless of race, culture, ability, ethnicity or gender identity and expression, sexual orientation, marital status, religious affiliation, and socioeconomic status.

Ideally we would have more than 11 candidates stand which would then prompt a balloted election - thus promoting democracy and providing a clear mandate for the new Council.

It is also essential that Mendlesham can continue to hold something called the Power of Competency. This has various requirements, but includes the need for eight Mendlesham parish councillors minimum to be elected in May.

Please do not hesitate to speak to a Parish Councillor or the Clerk as required or come along on Saturday 9th March to the Small Hall, Mendlesham Community Centre between 10.30- noon to find out more about how you can make a difference.

Independent guide to care and support in Suffolk – a crucial time for information

A new, updated, independent care services directory has been published today which gives readers crucial information on how to access, and pay for, care services throughout Suffolk.

You may have seen there's a huge amount in the media at the moment about the crisis in social care. If you're growing concerned about your care options, or just want some more information on what your choices may be, this directory can help. With information to help you understand your options, where to go for advice and how the paying for care system works, the Suffolk Care Services Directory can support you to make informed decisions.

The new edition of the independent publication and accompanying website give information on all aspects of arranging care and support in Suffolk. It includes how to stay independent for as long as possible, the different care and support options available and what to look for when choosing a care provider. It also offers guidance on important issues such as paying for care and what financial assistance may be available from the local authority. There are comprehensive listings of all registered care services throughout Suffolk, plus checklists to help you ask the right questions when visiting services.

The directory will be available throughout the region from outlets including carers' centres, hospitals, GP surgeries, Age UK and the Alzheimer's Society. It can be downloaded from www.carechoices.co.uk and is also available in spoken word.

Robert Chamberlain, Managing Director of the directory's publisher, Care Choices, commented: "This is an invaluable source of information for anyone considering short or long term care in Suffolk, and contains vital information to help people decide what type of care and support is best for them.

"With the current crisis in social care, finding a care service for yourself or a loved one that meets their needs and is affordable can be a daunting and unfamiliar task. This new independent directory has been compiled to help people understand the process and offer them reassurance at every step of their journey."

Care Choices is the UK's largest independent publisher for social care and adults with additional needs. It is also the largest publisher of care directories for local authorities in England.



Care Choices – the leading provider of social care
information with over 25 years' experience.



Switch to paperless billing

Babergh and Mid Suffolk District Councils understand that fitting life in around work can be a challenge, especially when it comes to things like your council tax.

Well, no more! Why not make your life easier with our online portal MyAccount.

It's free to sign up to, easy to use and you can have instant access to your account at a time to suit you.

There's no need to make any phone calls – you can view your bills and update information all online!

MyAccount features include:

- Paperless billing (eBilling)
- View bills, reminders & notices
- Apply for discounts & exemptions
- Notify us of a change in circumstances
- Update your personal details
 - 24/7 access to your account
 - Print bills if you need them for proof/evidence
 - And more...

Please note that all named people on the bill must separately register for paperless billing to prevent further paper bills being issued. Any users wishing to receive an online bill for March 2019, should sign up before 15 February 2019.

Sign up only takes a few minutes:

<http://www.midsuffolk.gov.uk/ctpaperlessbilling>

<http://www.babergh.gov.uk/ctpaperlessbilling>

Mendlesham Educational Foundation and Mendlesham Church and
Town Estate & Cutting Charity

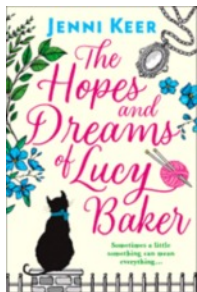
Time for change - Shirley Furze has retired as clerk to the trustees after eleven years and Mike Favager has been appointed. Anyone wishing to contact the trustees should do so through Mike. He can be contacted by telephone on 01449 766007. There will be a dedicated e-mail address, which will be advertised soon.

I hope Mike will find his new job interesting and rewarding.

Shirley Furze

4th Monday Book Club

Monday March 25th 2019, 7-8pm



This month: “The Hopes and Dreams of Lucy Baker” – Jenni Keer (local Author)

Lucy Baker is not your usual 25-year-old. She is more at home reading and knitting in her cluttered little flat than going out partying and socialising. Her neighbour, 79-year-old Brenda is full of wise and wonderful advice, but when she's diagnosed with dementia her life begins to change. Before her memories slip away for ever, Brenda is desperate to fulfil one last wish – to see Lucy happy.

Gifting Lucy the locket that helped Brenda find her own true love, she hopes to push her reticent neighbour in the right direction. But is Lucy Baker ready for the opportunities and heartbreaks of the real world? It's about time she put her knitting needles aside and found out...

The Hopes and Dreams of Lucy Baker will be the most charming, heart-warming and feel-good novel you will read this year

7pm; Flat 9, Thorpe House, Ducksen Road, Mendlesham

Relaxed, informal and light hearted – please join us. We have biscuits

Previously: ‘Never let me go’ (*Science fiction*); ‘How to Stop Time’ (*Historical*); ‘Dark Angel’ (*Crime*); ‘The Wimbledon Poisoner’ (*Comic*); ‘The Last runaway’ (*Historical*); ‘The Trouble with Goats and Sheep’ (*Suburban*); ‘Our House’ (*Howdunnit*); *See Jane Run* (*Psychological thriller*); *Conversations with Frineds*

Mendlesham Walks



Saturday 02 March 10.30am

Meet at Community Centre Car Park

For a brisk walk of about 5 miles within our Parish

Please let walk leader know on the day if you would like to join us for

lunch at the Mendlesham Sat Café

Dogs on leads welcome Wear comfortable footwear

Judith on 07770 746619 or email mendleshamwalks@gmail.com

See Mendlesham Parish Website for the 2019 Program and further information

<http://mendlesham.suffolk.cloud/clubs-and-organisations>

Select 'Walking Group' or just Google 'Mendlesham Walks'



'Mendlesham Movers - Walking for Health'

We're Back!



Wednesday 20 March 10.30am

Starting at the Health Centre

In conjunction with One Life Suffolk, trained walk leaders take you on a Short easy walk for beginners or those with health limitations for 30 – 90 minutes

Ask your Health Practitioner for further details or visit

<https://onelifesuffolk.co.uk/our-services/health-walks/>

Or contact Judith on 07770 746619 or email mendleshamwalks@gmail.com

DISCLAIMER

All adverts are placed in good faith and the publishers cannot undertake responsibility for work carried out. Please note that the opinions expressed in articles are not necessarily those of the Mendlesham Newsletter committee or the Community Council. We cannot be held responsible for the accuracy of material submitted for publication, however we reserve the right to include, edit or amend as we think appropriate. Mendlesham Newsletter is produced in good faith but errors and omissions may occur during the process of production. Please let us know if this is the case so that these errors may be corrected in future editions.

TOTE RESULTS

5th January		12th January	
Drawn at Galloways		Drawn at Mother & Toddlers	
Mr Tim Mack	£20	Mrs Eileen Clements	£20
Mendlesham Toddlers Group	£12	Mrs Julie Blemmings	£12
Mr & Mrs Swallow	£8	Mr Richard Knock	£8
Mrs Sandra Exley	£4	Mrs Helen Orton	£4
19th January		26th January	
Drawn at Pre School		5050 Shop	
Mr George Francis	£20	Mrs Eileen Clements	£20
Mr Michael Roshier	£12	Mrs Emma Driver	£12
Mr Richard Hails	£8	Mr Malcolm Cook	£8
Mrs Beryl Clark	£4	Mrs Sheila Mayes	£4
2nd February		<p style="text-align: center;"><u>United Reformed Church</u></p> <p style="text-align: center;">MURCies Coffee Bar</p> <p style="text-align: center;">Friday - 8th March 2019 10am - 12pm</p> <p style="text-align: center;">Knit and Natter</p> <p style="text-align: center;">Monday - 11th & 25th March 2019 2 - 4pm</p>	
Galloways			
Mrs Tracey Sheppard	£20		
Mrs Pat Lockwood	£12		
Mrs Jane Ayling	£8		
Ms Julie Denny	£4		

Mendlesham

Baby and Toddler Group

Meets in the large hall of the Community Centre.

Tuesday and Thursday Mornings

9:15 - 11:30



Come and join us for a drink, snack,
activities and a large space to play in.

Contact Sabrina on 07809878834
if you would like further information.

MENDLESHAM OVER 60s CLUB - JANUARY 2019

Tina Pike welcomed fifty eight members to our January meeting, all braved the first snow of the winter. We welcomed June Kemp back to the club.

Lists were sent round for names of members who wish to go on our all day outing to Tiptree for coffee and then to spend the rest of the day at Walton-on-the-Naze. A list was also sent round for our fish and chip social evening which has had to be changed to the 30th April, as the W.I. has a meeting on our original dates. We were told of St Mary's concert on the 9th February to listen to "Out of the Shadows" Choir.

Mr Geoff Clarke presented "Mendlesham 2017". It was good to look back at what went on in 2017. Station Fields Estate was started and the first residents to move in there arrived on Christmas Eve. He showed us Pancake Races, the Street Fair, the Bowls Club BBQ, the Massai Warriors, the Christmas Craft Fair and houses lit up for Christmas.

The competition – a photo of Mendlesham:

First: George Taylor

Second: Kenny Abbott

Third: Enid Lambert

We were given Schedules for the Flower Show on 31st July. Monies and menus were collected for our Annual Cedars meal on March 9th and we were asked to make cakes etc and contributions for our Tombola, book and bric-a-brac stalls for our Coffee Morning on April 13th.

Our next meeting is on March 27th – the AGM.

Marcel closed our meeting by leading us in the anthem.

The ladies and gentlemen (yes you read that right we do allow men to join us) 45 of us in total had our Birthday meal at the White Horse, Stoke Ash in January. This is an annual outing and is always a fun evening surrounded by friends. Anita our President gave a toast to absent friends as we have lost a few lovely members in the past year.

The evening then progressed with food, chatter and laughter. It was also the night of the 'Crucial Vote' in the House of Commons so that was among the many conversations to be heard. On one table it was politics and another 'are we going to be in for another 'Beast from the East', and another 'knitting patterns'. You can't say we are not a diverse range of people. In no time it was time to go home and recover,



The next meeting will be 19th March at 7.30pm in the Mendlesham Community Center Small Hall.

The talk will be 'The Bartlet Bath Hotel Suffragettes in Felixstowe by Perter Blemmings.

The competition will be A Limerick - The Suffragettes.

MENDLESHAM DIRECTORY

Ancient Order of Foresters	Dawn Smith	766466
Bar - Community Centre/Social Club	Rachel Brown	07506 388119 01449 767168
Bowls Club	Peter Coleby	766985
Brownies	Brenda Stannard	766308
Carpet Bowls	Kenny Ager	766146
Com. Centre/Small Hall Bookings	Rachel Brown	07506 388119
Community Council	Carolyn Triscott	766563
Computer Club/Saturday Cafe	John & Brenda Player	768101
District Councillor	Andrew Stringer	01449 780339
Film Nights	Judith Howard-Rees Geoff Clarke	07770 746619 766447
F.O.M.S.A	C.P School	766224
Friends of Mendlesham Health Centre	Phil Tucker	01379 678400
History Group	Sue Michell	766434
Mendlesham Scout Group for Beavers, Cubs and Scouts	Peter Freeman Martyn Bryant	01449 766676 01379 788998
Mendlesham Explorer Unit	Jonathan Freeman	01449 766676
Mendlesham FC	Tim Mack Angela Lockwood	07909 810681 07845 471154
Mendlesham Pre School	Annette Chilvers	766041
Mendlesham Toddler Group	Sabrina Webb	07809 878834
Mendlesham Walking Group	Judith Howard-Rees Keith Shelton	07770 746619 768744
Mendlesham Writers Group	Noel Fletcher	766968
Newsletter - Editor	Gemma Green	07733 333659
Old School Room Bookings	Daphne Lambert	766320
Over 60's	Tina Pipe	766339
Parish Council & Playing Field	Sharon Jones	766139
Rainbows	Becky Froude	01473 747772
School Governors	Sharon Jones	766139
St Mary's Parish Church	Father Philip Gray	766359
St Mary's Church Council	Hazel Spalding	768616
Trustees of Charities	Shirley Furze	767770
United Reformed Church	Margaret Jackson	766321
Village Recorder for Mendlesham	Geoff Clarke	766447
Woman's Institute	Shirley Furze	767770

Mendlesham's 65th Annual Parish Party



Once again that gallant band of Fundraisers and their helpers staged a magnificent banquet for we recycled teenagers on 26. January. After the eating and drinking we settled down to a band playing non-stop, songs from the 1950s and 60s, though they did have a break half way through. They were great!!!

Everything went off without a hitch - though I bet there were a few tense moments in the kitchen! There were 135 of us packing the main hall of the community centre, and a further 27 meals were delivered to those of us that were unable to attend. I am sure all of us that attended would like to give thanks and a standing ovation to that marvellous band of Angels who looked after us so well.

Bravo!!!



From Peter Wyatt,



JOHN MILTON ACADEMY TRUST

"A Partnership of Aspiration and Excellence"

Local Governing Body Vacancies

Do you have a keen interest in the education of young people? Would you like to be part of a team that can positively influence children's lives? Are you objective, open and honest? Have you thought about becoming a school governor?

The John Milton Academy Trust is an established Trust located in Mid-Suffolk. The Trust has a strong reputation for building on the success of its constituent schools so that parents, carers and students regard the John Milton Academy Trust as the first choice for academic excellence and personal development.

There are currently vacancies for governors across schools within the John Milton Academy Trust.

If you are interested in becoming a Governor at one of our schools, please contact the Trust on: enquiries@johnmiltonacademytrust.co.uk or complete an application form available on the website: www.johnmiltonacademytrust.co.uk/governance



Bacton
Primary School



Cedars Park
Primary School



Mendlesham
Primary School



Stowupland
High School

Registered Address: JMAT Centre | Church Road | Stowupland | Stowmarket | IP14 4BQ
Company Number: 10298832

MENDLESHAM CARPET BOWLS CLUB

The 2018-2019 season starts on

Tuesday September 25th at 7.30 pm

In the Community Centre Main Hall

and runs every Tuesday until March 26th 2019

NEW MEMBERS ARE MOST WELCOME

CONTACT: Kenny Ager on 01449 766146



**New USAAF 34th Bomb
Group Memorial Mendlesham
Flower Rota**

**Peggy Knock
March**



Bible Study

Everyone is welcome!

Old Schoolroom

(corner of Old Market St/Chapel Rd)

Mondays

4th/11th/18th March: 7.15 pm

beginning with a Bring & Share Supper



ORTON-REYNOLDS

lawn & hedge maintenance

MOWING & STRIMMING
HEDGE TRIMMING
PATIO WASHING & GUTTER CLEANING
GROUND CLEARANCE
GARDEN WASTE CLEARANCE

CONTACT US
FOR A QUOTE



T: 07738 230549 E: mail@ortonreynolds.co.uk W: www.ortonreynolds.co.uk



PILATES 2019 NEW COURSE DATES!

Location: MENDLESHAM COMMUNITY CENTRE

WEDNESDAY - 6 Week Courses (£35)

Every Wednesday from 17th April – 22nd May

5:30pm-6:30pm **OR** 6:45pm-7:45pm

Pilates encourages better posture and helps individuals to become more body-aware whilst promoting functional movement and core strength. Pilates is also beneficial for those suffering with low back pain, muscle tightness or other muscle aches and pains. Classes are taught by a fully certified APPI instructor and are for all abilities, with exercises being adapted to suit the individual.

Please contact me on the details below to secure a place.

Contact: Lara Pepper

Tel: 07974 142 240

Email: contact@larapepper.com

Website: www.larapepper.com



R S A PEST MANAGEMENT SERVICES HAUGHLEY

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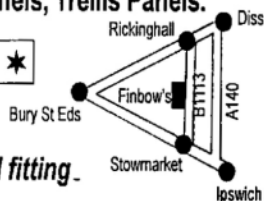
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MENDLESHAM CHAPEL

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SERVICES FOR MARCH

As shown below

3rd 10.25am - Church Anniversary at Stowmarket

– Rev'd Nigel Udenn

(Moderator of URC General Assembly)

10th 10.45am - Mr John Webb

24th 10.45am - Rev'd Mary Playford

Afternoon Fellowship - 1st & 3rd Wednesday at 2.30pm

6th Mr John Webb 20th Rev'd Richard & Mrs Ann Edwards

MURCies Coffee Bar - 2nd Friday 10.00 - 12.00 (8th March)

Knit & Natter - 2nd & 4th Mondays from 2.00 - 4.00 (11th & 25th March)

As I pen these words in late January it is a time of great uncertainty in our personal lives and in the life of our country and I cannot predict what we shall face in March. But amidst the anxieties and the problems, I hold on to the Christian hope that is ours in Christ Jesus if we look to him as our Saviour and our Lord.

Wednesday 6th March is Ash Wednesday and the beginning of the forty days of Lent, a traditional time for self examination and renewed commitment to Jesus Christ. Some express this through abstinence from certain things, while others read a book they believe will spiritually challenge them and yet others join with fellow Christians in a Lent Study Group. At Stowmarket United Reformed Church we plan to run both a morning and evening five session Lent Group, using the ecumenical Lent Course "Daring to see God now" written by Bishop Nick Baines. Members of village churches are welcome to join us, but you may know of other Lent courses being run in your locality. What is important is that we each have a grasp of our Christian beliefs and can share our hope with others. By March I hope gardens and the countryside will be springing to life with flowers and birdsong, so we remember Jesus' journey to the cross of Calvary was followed by his glorious resurrection from the dead. Lent can be an opportunity to meet with Jesus in a new way and experience his resurrection power at a deeper level.

If you are not a regular churchgoer but wish to find out more, all of our churches offer a welcome both at Sunday services and gatherings during the week.

Rev'd. Richard Edwards (Retired U.R.C. minister)

M ST MARY'S MENDLESHAM

www.stmarysmendlesham.org.uk

You are welcome to worship at any
of our services.

SUNDAYS:

9.30 a.m. Parish Mass & Address

JAM (Jesus & Me) 3rd March
in Old Schoolroom, then to church at
10.00 am

First Mass of Sunday:

Saturdays: 3.00 pm

Daily Mass: *see calendar on back page
& check porch notice & bulletin*

Daily Morning & Evening Prayer
see porch notice.

**Baptism (Christening), Marriage,
Anointing of the Sick & Holy Communion
from the Reserved Sacrament - *contact
Fr Philip***

Sacrament of Reconciliation

Saturdays 2.00 pm

Before Lent: Mon 4th March: 3.00 pm

Tues 5th March: 4.00 pm; Wed 6th

March: 10.30am & 3.00 pm -or contact

Fr Philip



ASH WEDNESDAY

Vicar:

Fr Philip T Gray, B.A., S.S.C.
Mendlesham Vicarage

01449 766359

Churchwardens:

Hazel Spalding

01449 768616

Andrew Fleming

01449 711065

WHAT'S ON THIS MONTH : ALL WELCOME

For full calendar of daily Mass see inside back cover

3rd Mar	QUINQUAGESIMA: 8th Sunday of Year C 9.30: Parish Mass; JAM in the Old Schoolroom
4th Mar	9.30: Requiem Mass: 1 st anniversary: Beryl Clarke 7.15 pm: Shared supper and Bible study in the Old Schoolroom
6th Mar	ASH WEDNESDAY 9.30: Mass (said) & ashing ceremony 7.30 pm: Sung Mass & ashing ceremony
8th Mar	2.30 pm: Mass at Mason Court followed by refreshments
10th Mar	9.30: Parish Mass; 10.30 (approx.) AGM of Friends of St Mary's
11th Mar	6.30 pm: Mass in church 7.15 pm: Shared supper and Bible study in the Old Schoolroom
12th Mar	9.30: Requiem Mass: March anniversaries
18th Mar	6.30 pm: Mass in church of St Joseph 7.15 pm: Shared supper and Bible study in the Old Schoolroom
19th Mar	ST JOSEPH 2.00 pm Silent Prayer before the Blessed Sacrament 2.30 pm: Mass: laying-on of hands & anointing for healing
22nd Mar	2.30 pm: Mass at Mason Court followed by refreshments
23rd Mar	11.00 – 2.00 pm 'Baked Spud Bash' in URC chapel organised by Friends of St Mary's
24th Mar	LENT III: 9.30: Parish Mass. 10.30 (approx.) Vestry Meeting for election/re-election of churchwardens. Nominations for PCC
25th Mar	ANNUNCIATION OF OUR LORD. 9.30: Mass (said) 7.30 pm: Sung Mass & Confirmation. Celebrant: The Rt Revd Norman Banks, Bishop of Richborough. Shared Party afterwards in church. All welcome
30th Mar	<i>Clocks go forward for Summertime – one hour less in bed</i>
31st Mar	LENT IV: MOTHERING SUNDAY. 9.30: Parish Mass Today we thank God for 3 mothers: Mother Mary, Mother Church and our own mothers, living or departed. Everyone receives a candle as a sign of prayer for our own mother, which is lit and placed on the altar in the Lady Chapel.

LOOKING BACK:

The Christian Aid Crib Appeal raised £916.91. £597.20 was gift-aided, producing a further £149.39, so totals £1066.21. The November special appeal for Indonesia raised £233.75, so the total raised recently for Christian Aid in Mendlesham is £1299.96. **Thank you** to all who gave to help some of the poorest people in the world.

Fr Philip Writes...

Lent begins in March this year. The word 'Lent' comes from an old English word meaning 'Springtime' and is observed at this time of the year when days begin to get longer. As there is new life in nature during Spring, it also reminds us of spring cleaning. Lent is a time of spiritual cleaning in our lives and we do this through repentance and reconciliation. Lent begins on **Ash Wednesday** – so called because of the ashes (made from last year's Palm Crosses) placed on our foreheads to show we are sorry about our wrongdoing and serious about wanting to overcome sin.



So often the only thing people seem to know about Lent is 'giving up something' without knowing why. The story is told of a priest returning one evening to his Rectory in the dark. He was accosted by a robber who pulled out a gun, pointed it at him and demanded, "*Your money or your life!*" As the priest reached his hand into his coat pocket, the robber saw his clerical collar and said, "*So you're a priest? Then you can go.*"

The priest was rather surprised at this unexpected show of piety and so tried to reciprocate by offering the robber his packet of cigarettes, but the robber replied, "*No, Father, I've given up smoking for Lent!*"

The robber was trying to keep an outward show of not smoking in Lent whilst forgetting the far more fundamental commandment not to steal.



The ashes on Ash Wednesday are a sign of repentance of the change of heart we want to achieve so we become closer to God. Of course we can 'do penance' or show repentance by giving up our favourite foods, as **Fasting** is one of the 3 hallmarks of Lent which Our Lord encourages us to do. But we don't give up luxuries like chocolate, for instance, just so we can binge on Easter Eggs 6 weeks later. **Fasting** should go hand-in-hand with the other two: **Almsgiving** and **Prayer**.

- i. **'Almsgiving'** means giving away money, including the savings made on those luxuries - to deserving people or charities. When we give money away we are demonstrating the love of God and love of our fellow human beings. This year we are encouraged to support the diocese of Kagera, a beautiful region in

Tanzania, where the majority of its 1 million inhabitants live on less than £1 per day, mostly through subsistence farming. Parts of Kagera have some of the

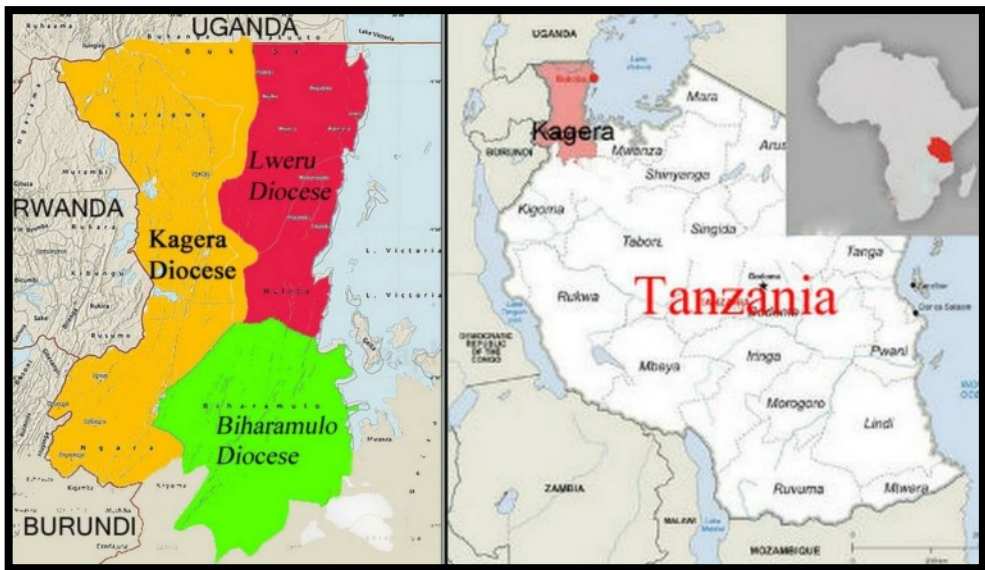


highest under-five mortality rates in the country. Lack of education and low capital investment in the area has led to a perception of poverty being the norm and to a dependency on external aid. As well as being twinned with our diocese, there is a closer link. In 2011 on a visit to Suffolk, Bishop Darlington, when a parish priest, joined us with his wife Emelia at a healing service at

Mendlesham and on pilgrimage to Walsingham. His diocese serves communities through spiritual nurture, healthcare, education and poverty alleviation. Please give generously.

- ii. **Prayer.** By prayer we grow closer to Christ, but it is far more important to listen to God than just talk to him. Two of the best ways are by listening to and reading God’s Word in the Bible and receiving the Body and Blood of Christ in Holy Communion. We pray, too, for our brothers and sisters in Christ in Kagera.

Lent should not be a miserable time. It invites me to ask: **How enthusiastically do I follow Jesus? Where does my enthusiasm come from?** and **What keeps my enthusiasm going?** Let us all embrace these challenges wholeheartedly.



PARISH CHURCH OF ST MARY'S MENDLESHAM - CHURCH CALENDAR FOR MARCH 2019

Date	Church Festival	Mass	Intention (we pray especially for....)	Parish Intention
1	ST DAVID	9.30	the people of Wales	Front Street / Old Orchard
2		3.00 pm	St Joseph's Centre: its future	Old Market St / Braybrooke Close
3	QUINQUAGESIMA: 8th of Year C	9.30	Parish and Congregation	Mill Road and Hobbies Lane
4		9.30	Requiem: Beryl Clarke - 1st anniversary	Chapel Road
5	Shrove Tuesday	9.30	forgiveness & reconciliation	Church Road / St Mary's Gardens
6	ASH WEDNESDAY	9.30 am & 7.30 pm	a good observance of Lent	Brockford Road
7		9.30	The Society of the Holy Cross	Glebe Way
8		2.30 pm MC	Additional Curates Society	Freelands
9		3.00 pm	The Friends of St Mary's	Ducksen Road
10	LENT 1	9.30	Parish and Congregation	Horsefair Close
11		6.30 pm	all who are hungry & homeless	Mason Court
12		9.30	the departed: March anniversaries	Mayfield Way
13		9.30	all who refuse to repent	Mead Way
14		8.00 am	oppressed people	Old Station Rd / Cuttings Close / Schools Close
15		9.30	all lawyers & magistrates	Middy Close / The Sidings
16		3.00 pm	Diocesan Synod	Wash Lane / Oak Farm Lane
17	LENT II	9.30	Parish and Congregation	Norwich Road / Blue house Lane
18	EVE OF ST JOSEPH	6.30 pm	the dying	Mendlesham Green
19	ST JOSEPH	2.30 pm	the sick: Healing Ministry	Tan Office
20		9.00	all who are persecuted	Outlying houses
21		6.30 pm	Christian Aid	Farms in Mendlesham
22		2.30 pm MC	Walsingham	Local industries
23		3.00 pm	our Churchwardens	Pub, Community Centre & places of recreation
24	LENT III	9.30	Parish and Congregation	Mendlesham School and Pre-School
25	ANNUNCIATION OF OUR LORD	9.30 am & 7.30 pm	our Confirmation candidates	SMF: Patrons of Mendlesham
26		9.30	all who cannot forgive	Village Organisations
27		8.00 am	peace of the world	Fr Philip
28		9.30	all involved in Ministry of Deliverance	Other places of Worship
29		9.30	the diocese of Kagera	PCC, Parish and Community Councils
30		3.00 pm	home and family life	Local Doctors and Nurses
31	LENT IV: MOTHERING SUNDAY	9.30	Parish and Congregation	Neighbouring parishes

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