

MENDLESHAM NEWSLETTER



Issue 460

March 2022

CLASSIFIED ADS

CHIMNEY SWEEP

Vacuum and Brush,
Andrew Brundell
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Your Local Handyman

Minor repairs around the home
Including taps, immersion heaters
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- Company for times when you are just feeling lonely

'Person centred care, tailoring to your

every need is what I deliver.

*Feel free to contact me for a free
consultation'*

Hayley Page

MOB: 07551419310

hayleypage253@gmail.com

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.

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.

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photos and adverts to:**

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

**Deadline for April Issue
6th March 2022**

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

Front Cover

Meg Clarke

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Editorial

Welcome to the March issue. Surely there is a brighter future just around the corner with more activities planned and winter almost behind us?

I know that this month can sometimes throw in every kind of weather so brace yourselves to stand up to whatever faces us and focus on the sunshine and warmth ahead.

Best Wishes Gemma

THE PARISH COUNCIL



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

Tel 01449 766139

Email: parishclerk@mendleshampc.org

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

Your Councillors are:

- Paul Allen tel 766543
- Andy Davey tel 01449 768862 (Chairperson)
- Mike Exley tel 766246 (Emergency Planning Co ordinator for Mendlesham)
- Denise Foster tel 768978
- Norman Foster tel 768978
- Brian Gardiner tel 766648
- Sandie Judd tel 0333 006 2706
- Daniel Lummis 07584630988
- David Nunn (Emergency Planning Co ordinator for Mendlesham Green, Tan Office and outlying properties) tel 767158
- Helen Orton tel 767741
- Liz Ward tel 766562

Meetings:

Wednesday 9th March 2022 Ordinary Parish Council meeting Old School Room, Mendlesham 7pm.

Wednesday 6th April 2022 Ordinary Parish Council meeting Old School Room, Mendlesham 7pm.

Tuesday 19th April 2022 Annual Parish Meeting 7.30pm Main Hall Mendlesham

United Reformed Church

MURCies Coffee Bar

Friday - 11th March 2022 10am - 12pm

Knit and Natter

Monday - 14th & 28th March 2022 2pm - 4pm

MENDLESHAM 'SAT-CAF'

Saturday, 5th 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 (Tea for Two): Andy Davey

(Kindly donated by Mo Favager)

MENDLESHAM 50/50 SHOP

Browse our range of clothing and shoes for all the family,
plus jewellery, accessories, homewares, books and more.

Have clothing to donate? You receive 50% of the sale price,
with the rest to village community funds. Ask for details.

Open Tuesdays and Fridays 2 - 4pm

Find us in the green pavilion near the toddler play equipment on
Station Road, Mendlesham. What3words: ///novelist.thin.tint.

Mendlesham Walking Group

Saturday 5th March 2022

**Meet at
Community Centre Car Park **10.00am****

2 hour 'In Parish' Walk led by Rachael

PLEASE NOTE CHANGE OF TIME FOR SATURDAY WALKS

AND

Walking on a Wednesday

Shorter, slower walks of about 1½ hours led by Alan

Wednesday 16th March 2022

**Meet at
Community Centre Car Park **10.30am****

Come and join us!

Stay safe and keep walking!



**For more information please contact
Rachael – 07971 910 279
Angela - 01449 766483**



MENDLESHAM FOOTBALL CLUB



RACENIGHT 2022



19th March 2022

Mendlesham Community Centre

Doors Open 6:00pm - First Race 6:30pm

Adult Tickets £7.00 - Includes chicken and chips

Children Tickets £4.00 - Includes sausage or pizza and chips

Bar - Draw

Tickets available from Angela Lockwood - 01449 767763

Hair Studio - 01449 766977



**MENDLESHAM
CAMERA CLUB**



The next meeting will be on Tuesday 1st March - in the Old School Room at 1930. The challenge this month is to produce a series of pictures that tell a story. We submit the pictures to a Dropbox, these will be displayed and discussed. In the second part of the meeting a member will talk about a photography related topic.

The club is a small group of mixed photography ability and new members are always welcome.

For details please log onto the
website:<http://www.mendleshamcameraclub.co.uk/> or contact
mike@favager.co.uk

Mendlesham Community Charity Update Mendlesham 2022 Come Back!



General Meeting Friday 18 March
7pm in the Main School Hall
Open to Everyone

We are clear where we're going and we want to share it with you!

Coming up!

Live Music Night
26 March



Queens Platinum Jubilee
Celebrations 5 June



Spring Parties



If you would like to help us set up for any of these event please contact Julie Waghorn, Secretary or a member of the Board of Trustees.

Join the new team of MMC trustees!

If you are community minded, have experience and skills in decision making, leadership qualities, enjoy working with people or have a creative and caring flair, we need you!

We meet regularly to hold Trustee Board Meetings and General Meetings which are open to the Community and your time and commitment will make a real difference to the place where we live.

An application form can be found on our updated webpage (just google Mendlesham Community Charity). Feel free to chat to any of the trustees for more information

Judith Howard-Rees (Lead Trustee) 01449 766327 judith@milllodge.co.uk	Julie Waghorn (Secretary) 07752 335489 juliesplace@hotmail.co.uk	Sally Lovatt (Treasurer) 01449 541725
Meg Clarke 01449 766447	Guy Wiltshear 01449 768885 Carolyn Triscott 01449 766563	Martyn Bryant 01379 788998 Andrew Cullum 01449 767877

Calling all organisations!

Can we help you and can you help us to make the **Mendlesham 2022 Come Back!** a success?

If you would like to put on an event to raise funds for your own organisation or for the MCC, contact us.

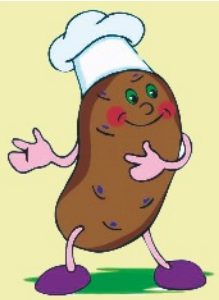
An Event planner/Support Request form can be found on our webpage or just give one of the trustees a call.

Baked Spud Bash

Saturday 26th March 2022

12:00 till 14:00 in U.R.C Chapel

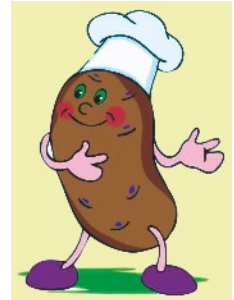
Baked potato with choice of filling and a drink
Tea/Coffee and cake



£7

Friends of St Mary's Church,
Mendlesham

Registered Charity number 284983



Mendlesham Writers Group

**“That’s a great story –
You should write it down”**

**How many times have you been told that in conversation,
having recalled a fascinating or exciting experience ?**

Learn a very simple way to ensure that your experiences can be remembered.

**We offer a free introductory guidance pack, guest speakers, practical exercises
and a welcoming atmosphere.**

**The Mendlesham Writers Group meets in the Old School Room, Mendlesham
7.30 – 9.30pm on the Second Tuesday of each month**

We are starting up again on 12th April 2022

A small annual subscription is payable but your first visit is free of charge.

For more information please contact:

Noel K Fletcher

Phone: 01449-766968

E-mail: noelkfletcher@gmail.com



Parish Council:

Co option of new Parish Councillor:

At the Parish Council meeting of 9th February, Parish Councillors had the challenging task of appointing a new Parish Councillor from applications received of the very highest quality. It is a real shame we only had one vacancy.

Dan Lummis was the successful candidate with the necessary formalities now to be completed. Congratulations Dan, thank you for applying, we look forward to working with you.

Parish Council:

Precept for 2022/23:

The Precept is the element of your MSDC Council Tax bill that comes to Mendlesham Parish Council to enable the Parish Council to provide the services that it provides for the year. Other Authorities, including the Police, Mid Suffolk District Council and Suffolk County Council set their own amounts to request from Council Tax payers as part of the Council Tax Bill.

Mendlesham Parish Council has agreed the budget and Precept for the year commencing 1.4.22. After very careful consideration, the Mendlesham Precept has been set at £44,000 (£40,000).

After changes to the Mendlesham tax base which takes into account those eligible to pay Council Tax and any changes in the number of properties in the Parish, this will mean for a Council Tax Band D property £75.38 pa (£71.23) This is an increase of 5.83% or £4.15 pa for Band D properties towards the Mendlesham Precept. We do understand that some live in properties that are not Band D and may experience financial hardship despite the property size. However Band D is the category /information commonly used when providing Precept information.

The Parish Council is extremely aware of financial constraints likely to be experienced by residents this year. However this decision was reached with reluctance, because there is a real need to maintain Parish Council spending power to help the community. The Precept was not increased last year due to unknown Covid implications and inflation is rising.

Parish Council:

Annual Parish Meeting.

The Annual Parish Council meeting is an opportunity for the electors of the Parish of Mendlesham to meet and discuss items of interest to them. It is not a Parish Council meeting, although it is organised by the Parish Council.

In the past, for many years, part of this meeting has included awards to individuals and organisations of the Parish for their service to the community.

Unfortunately the Parish meeting due to be held in April 2020 , during the first lockdown had to be cancelled due to Covid and the inability to meet in public. The Parish meeting held 20th April 2021 had to be held virtually, again for Covid reasons and the then available legislation covering public meetings, which then included the ability to meet virtually.

Whilst this virtual meeting was attended by members of the public, the decision was made to defer presentation of any awards until we could meet physically and hopefully more would be able to attend the meeting.

So with everything crossed, for Tuesday 19th April , the Main Hall, Mendlesham has been booked and provided we can meet, we will be presenting awards for the years ending April 20, April 21 and April 22. The awards will include an individual award, an organisation award plus a “ one off” additional category for work for the community specifically related to the Covid emergency.

We do already have the awards that were due to be presented for the year ending April 20. Some nominations have already been received for April 21 and recognition for contributions to the community for Covid work. However, if you wish to nominate either an individual or organisation for whatever category, please can you send your written nomination to the Parish Clerk by **15th March**. If you wish to double check we have received and will be considering a nomination you have already made, please also contact the Parish Clerk by 15th March.

Further details and agenda will be available much closer to the time.

Parish Council:

E News:

Please remember this is the quickest means for you to stay informed about Parish Council, Mendlesham Community Centre Charity or Mendlesham Memorial Playingfields Charity events and matters as well as other community information and events.

We do understand that not everyone is able to engage electronically, so there is a need for our notice boards and paper newsletters, but if you have not and can, please sign up to our E News via the home page of the Mendlesham website.

produced by
Street Forge Workshops
Activities for Adults with Disabilities



Phone 01379 6785 43 www.streetforge.org
Charity No. 298301

Come and visit Street Forge Workshops

We are a small charity established in 1987 and based in the centre of Thornham Magna. All of our products are made by adults with a range of disabilities and we are an accredited day care service by both Suffolk and Norfolk County Councils. We offer

woodwork, wood turning, arts and crafts and horticultural opportunities to our clients some of whom have been attending for many years. The social side of our service is also very important with a Summer BBQ, Christmas meal and some trips out, Covid permitting.

We make high quality bird boxes ranging from blue tits to barn owls, hedgehog houses, bat and bee boxes, wellie boot holders, garden planters, wood turning products and many more items. We also make one off orders such as a seat for Thornham Parva to commemorate the Queen's Platinum Jubilee.

We have a shop on site and we would welcome visitors to buy, browse or generally have a look round. We are open between the hours of 09.00 – 16.00 Monday to Friday. If you would like details of our products or a price list please ring 01379 678543 or email us on info@streetforge.org. We would love to hear from you.



Mid Suffolk

I've just been offered a new job and now I need to tell my current employer. The new company wants me to start as soon as possible. The problem is, we're already a bit short-staffed where I am now and I don't know how soon I'll be allowed to leave. How should I bring all this up with my boss?

Congratulations on your new role. It can feel awkward telling your current employer you're moving on. The time between telling your employer you've found a new position and you actually leaving is known as your notice period.

If you've been in your current job for less than a month, you won't have to give any notice period (unless your contract says otherwise). If it's more than a month, you'll have to give at least one week's notice. Your contract should make it clear exactly how long is expected.

If you don't have a contract, and your employer has no written record of you agreeing to a notice period, you should give at least one week's notice.

It's worth waiting until your new employer has confirmed your employment, for example by giving you a start date before handing in your resignation. It's then best to resign in writing (email is fine), so that you have a record of the date you told your employer. On the Citizens Advice website we have a section on resigning with tips on how to write this letter. This can be found at citizensadvice.org.uk/work/leaving-a-job.

You can work a longer notice than the one in your contract, if you agree it with your employer. If you're keen to move on sooner rather than later, it may also be possible to negotiate a shorter notice period than your contract says. If you want to go down this route, it can be useful to reassure your current employer that you will tackle any urgent work before finishing.

Fixed-term contracts are a bit different, as you won't need to give notice if you intend to leave on the last day of contract. Leaving early would usually mean giving at least one week's notice, unless your contract says otherwise.

Don't forget about your holiday days during your notice period. If you have unused paid holiday you should speak to your employer about either taking these during the notice period or being paid for them.

Finally, sometimes people can change their mind about moving jobs or find their circumstances alter. If this happens to you, you should speak to your current employer to see what the options are and if you can stay in your current role.

Citizens Advice Mid Suffolk can provide advice on this or any other issue, including debt, employment, benefits and family law. You can contact them on 01449 676060 or use the contact form at midsuffolkcab.org.uk/contact-us. For more information and our opening hours go to midsuffolkcab.org.uk.

TOTE RESULTS

Mendlesham Lottery January 2022			
8th January		22nd January	
Drawn at Mayfield Way		Drawn at Mayfield Way	
Chris Avery	£35.00	Pris Colchester	£35.00
John Player	£25.00	Julia Monaghan	£25.00
Kevin & Karen Murphy	£15.00	Louise Sheppard	£15.00
Mary Harrill	£10.00	Denise Lucas	£10.00

MENDLESHAM OVER 60s CLUB – JANUARY 2022

Paul welcomed 26 members plus 2 new members, Jan and Jack Kelly.

Our speaker Mr Geoff Clarke, showed us pictures from Mendlesham in 2019.

Quite a lot happened in 2019, so we had the talk in two halves. It started with the children from the primary school planting lots of trees to help the environment and they looked like they enjoyed the break from lessons. There was the Pancake Races and the Parish party, which was enjoyed by the pensioners. Houses on Station Fields were almost ready! Then came the Mendlesham Street Fayre, with lots of stalls and entertainment – dancers, Morris Men, Boys Brigade and children’s entertainment. Lots of memories of happier times.

We had a tea break and did the raffle before starting again.

The wooden bungalows were re-clad, lots of pretty summer gardens, the fete on the playing field with stalls, fancy dress, tug of war and games. Station Fields was finally complete, Musical Fireworks and the show came to an end with Christmas lights on the village houses.

Lovely to see and how we hope these celebrations will all be back soon.

The competition “our favourite Christmas Card”:

First – Jenny Mayes, Second – Enid Lambert, Third – George Taylor

Our Next Meeting: March 30th – Mrs Ann Day “An Armchair walk around Ipswich”.

Competition: a Suffolk postcard or photo.

We all went home remembering our last happy year in Mendlesham.

We would usually celebrate our WI birthday in January with a meal out, but this year that has been postponed to March when we will gather at the White Horse to toast the 96th year of Mendlesham WI. So on our meeting night we met in the URC – we had been asked to do a lateral test beforehand and I think this made members feel more confident and 30 members attended. Our only concession to Covid precautions was not to sing Jerusalem and The Queen.

After the business Andrew Jackson – a volunteer for SERV, Suffolk and Cambridgeshire (Service by Emergency Response Volunteers), known as blood runners told us of his role. The service covers 24/7 and is for urgent deliveries of blood, plasma, breast milk, sometimes x-rays to hospitals usually by motor bike, but sometimes by car. Andrew joined the charity in 2012 and covers 5 or 6 shifts a month. It was an interesting presentation – most of us had never heard of the charity before – there are so many good people about quietly doing voluntary work.

The 2022 programme was circulated to members, with plans to hold the Grow, Cook and Sew in August and a meeting was arranged to draw up a schedule. We are gradually returning to our usual calendar, with the Suffolk East Annual Meeting (March 1st) and National AGM (June 11th) already marked up. Plans are also in hand for a trip to the Sandringham Flower Show on 27th July.

A welcome cup of tea and refreshments was followed by competition results – for a rainbow in any medium - won by Anne, and the raffle – our very own trolley dolly circulating with the prizes. The monthly stall takings are for the Blossom Appeal and we were urged to support this worthy cause as they are so close to their target for a self-contained breast cancer unit at Ipswich Hospital.

Our knit, stitch and yarn mornings continue to be well supported – the next one will be on Wed. 2nd March in the Old School Room at 10am. As mentioned the March meeting will be the meal at the White Horse on Tuesday, 15th March 6.30pm for 7pm.

All plans, of course, are subject to any Covid rules at the time. If you are interested in joining us please contact president Anita (766902). You will be made welcome.

A message for all walkers, cyclists and horse riders!
Mendlesham/ Mendlesham Green now has QR codes on plaques fastened to all footpath sign posts strategically situated along the roads. These can be scanned using a Smart phone to give comprehensive route details of Suffolk footpaths. Enjoy exploring your Parish!
Work undertaken by Mendlesham Parish Councillors.



The **Mobile Library** calls at Mendlesham & Mendlesham Green every 4 weeks on Thursday afternoon at the following times:

Mendlesham Fish & Chip Shop	15.15 - 15.30
Mendlesham Playing Field	15.35 - 15.50
Mendlesham The Green	16.00 - 16.20

The van's next visit is **Thursday 10th March**

Monday Morning meet-up



We are now open again!

**Every Monday morning
in the Old Schoolroom
10am-12pm**

EVERYBODY welcome. If you are on your own, retired, widow, widower, new mum/dad, looking for work or whatever your situation...

Come on down and enjoy free tea, coffee, cake and sausage rolls, plus good friendly company.

There is also a selection of jigsaws, books and magazines to take away free of charge.



FOMSA

Friends of Mendlesham School Association

Mendlesham Primary School is having a Bag 2 School Fundraising collection.

If you have any unwanted items from those listed below then please bag them up ready to recycle them whilst raising money for the school.

Please fill bin bags with **GOOD** quality:

- Men's, Ladies' and Children's clothing
- Paired shoes (tied together or elastic band around)
- Handbags,
- Hats
- Bags
- Scarves and ties
- Jewellery
- Lingerie
- Socks
- Belts
- Soft toys
- Household linen
- Household curtains
- Household towels
- Household bedding (bed sheets, pillow cases and duvet covers).



*The company **DO NOT** accept:*

- *Duvets and blankets*
- *Pillows and cushions*
- *Carpets, rugs and mats (including bath, shower and toilet mats)*
- *Soiled, painted, ripped or wet clothing*
- *School uniforms with and without logo*
- *Corporate clothing and workwear*
- *Textile off cuts, yarns or threaded material*

Please bring your filled bags to school on:

Wednesday morning 2nd March at 9:00am

Please leave bags near the front of the School not blocking any of the entrance doors. A FOMSA member will be there to show you.

Please note we do not have anywhere to store filled bags so please wait until the collection date before bringing them to school.

Thank you in advance for your support.



Craft & Chat Group

**Every Thursday, starting 3rd February
In the old school room 7-9pm**

Do you knit, crochet, sew, needlefelt,
make jewellery use a Cricut and so on?

Would you like to bring something along to work on and share your skill
with others who may want to learn?

The group is open to everyone who is interested. Please come along, It's a
very friendly relaxed group.

The charge is £2 per session
with free tea coffee and biscuits.

Any questions please call Julie Waghorn on 07752 335489
Or Julie Williams 01449 766006



NEURO CONFERENCE

Ashtons LEGAL CFCG East of England COOP (M) Irwin Mitchell HODGE JONES & ALLEN Slater Gordon

Wednesday 11 May



Tickets £45 (Wherstead Park) | £25 (Virtual)

Tel 01473 712225 **Email** helenmfairweather@headwaysuffolk.org.uk
Website www.headwaysuffolk.org.uk/events

Stowmarket Foodbank

Supporting Individuals And Families In Crisis
In Stowmarket, Needham Market And surrounding areas

St Mary's Mendlesham Church is a designated collection point for donations of food & toiletries etc. which you can place in one of 2 red boxes near the door. You can download the Stowmarket Food Bank app to see each week's urgent needs.

STOWMARKET FOOD BANK UPDATE no.1 - 2022

People need help from the foodbank for various reasons; sickness, victims of crime, bereavement, family breakdown, benefit issues, self-isolation etc. They contact us through referral agencies. We work with over 55 referral agencies to ensure that we are meeting genuine needs and offer additional support if needed. The demand for help from the foodbank has increased each year since we started in 2012. Incredibly this has been matched by the generosity of our supporters. During December we received donations from individuals, schools,



businesses and organisations. Many people opted to do a reverse hamper, making time over the festive period to think of others. We were able to use the gifts, food, money and Christmas goodies given to make 135 Christmas hampers. These were in addition to our emergency food parcels & enabled us to bring some festive cheer into people's lives. Those

who received hampers were touched by people's kindness.

FOOD BANK STATISTICS

1235 emergency food parcels were sent out in 2021 which equates to 2749 people being fed in our local area. A massive thank you to all our supporters. We could not have managed to support so many people without your help.

WANTED

Old laptop/tablets for re-homing. Please let us know if you have any old laptops or tablets that we can clear, re-set and re-home to families in our area.

We can now receive donations online via our **Facebook** page or website www.livingit.org.uk

STOWMARKET FOODBANK – Touching lives, meeting needs!

Tel: 01449 774000 email: office@livingit.org.uk

Registered charity no 1074780

MENDLESHAM DIRECTORY

1 st Mendlesham Guides	Emma Munday	01449 768843
3 rd Monday Book Club	Doug Williams	01449 766498
Annual Parish Party	Rachel Roshier	07881 816622
Ancient Order of Foresters	Beatrix Wrinch	07885 909869
Beavers, Cubs and Scouts	Martyn Bryant	01379 788998
Bowls Club	Peter Coleby	01449 766985
Brownies	Brenda Stannard	01449 766308
Camera Club	Mike Favager	01449 766007
Carpet Bowls Club	Roger Fouracre	01449 766229
Community Centre Hall	Becky Herbert	01449 672531
Computer Club	Giles Godart-Brown	07500 042836
District Councillor	Andrew Stringer	01449 780339
Explorer Unit	Jonathan Freeman	01449 766676
Film Nights	Judith Howard-Rees	07770 746619
Football Club	George Yardley Angela Lockwood	07894 512712 07845 471154
F.O.M.S.A	C.P School	01449 766224
Friends of Mendlesham Health Centre	Phil Tucker	01379 678400
History Group	Sue Michell	01449 766434
Mendlesham Community Council	Judith Howard-Rees Carolyn Triscott	07770 746619 01449 766563
Old School Room Bookings	Daphne Lambert	01449 766320
Over 60's	Annette Taylor	01449 776552
Parish Council & Playing Field	Sharon Jones	01449 766139
Parish Party Committee	Rachel Roshier	07881 816622
Rainbows	Becky Froude	07774 581503
Saturday Cafe	Brenda Player	01449 768101
St Mary's Parish Church	Father Philip Gray	01449 766359
St Mary's Church Council	Chris Elstone	07530 769676
Toddler Group	Simona Pounds	07585 093311
Trustees of Charities	Mike Favager	01449 766007
United Reformed Church	Margaret Jackson	01449 766321
Village Recorder for Mendlesham	Geoff Clarke	01449 766447
Walking Group	Angela Pickup	01449 766483
Woman's Institute	Anita Scruby	01449 766902
Writers Group	Noel Fletcher	01449 766968

If you have any amendments to the information on this page, please email the editor at gemma.green1202@gmail.com or call on 07733 333659 so they can be corrected. Thank you

SUFFOLK LIBRARIES DAY 2022

Make a difference & get involved

@ DEBENHAM LIBRARY

Sunday 13th March

12 - 4pm

In the Library and School Hall



- Delicious afternoon tea
- Book sale
- Bric-a-brac stall
- Splendid raffle!
- Photo opportunity with The BFG

**BOOK
SALE**

RAFFLE
4529725



Mendlesham Baby and Toddler Group

Meets in the large hall of the Community Centre.



Tuesday Mornings
9:15 to 11:15



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

Contact Simona Pounds 07585093311




MendleshamBabyGroup@gmail.com

Facebook: Mendlesham baby toddler group
for further information.



Forget-Me-Not
Ear Care

**Mobile ear syringing service provided within the
comfort of your own home.**

-  I am a Registered Nurse, NMC & RCN registered,
with over 20 years experience.
-  Fully Insured.
-  Flexible appointments are available including
evenings and weekends.

**£50 for the treatment
of one or both ears**

**To book an appointment
Contact Jo on
07394688325**



Wiggles & Snuggles Pet Care



care for all animals big or small

Pet Sitting Dog Walking
Small Animal Care Large Animal Care
Small Holdings

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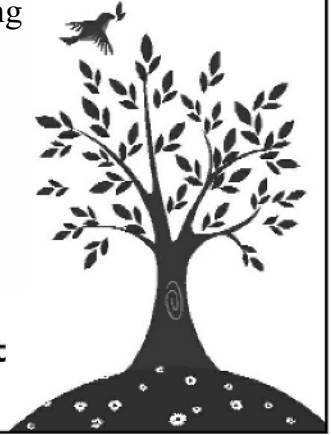
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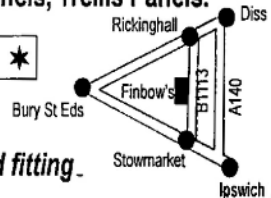
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
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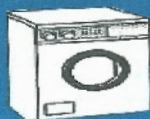
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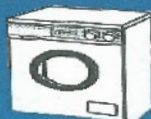
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13th 10.45am – Rev'd Robert Sheard - Holy Communion
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Matthew 4: 1-11 The Temptation of Jesus

'Then the Spirit led Jesus into the desert to be tempted by the Devil. After spending forty days and nights without food, Jesus was hungry. Then the Devil came to him and said, "If you are God's Son, order these stones to turn into bread."

But Jesus answered, "The scripture says, 'Human beings cannot live on bread alone, but need every word that God speaks.'" Then the Devil took Jesus to Jerusalem, the Holy City, set him on the highest point of the Temple, and said to him, "If you are God's Son, throw yourself down, for the scripture says: 'God will give orders to his angels about you; they will hold you up with their hands, so that not even your feet will be hurt on the stones.'" Jesus answered, "But the scripture also says, 'Do not put the Lord your God to the test.'" Then the Devil took Jesus to a very high mountain and showed him all the kingdoms of the world in all their greatness. "All this I will give you," the Devil said, "if you kneel down and worship me." Then Jesus answered, "Go away, Satan! The scripture says, 'Worship the Lord your God and serve only him!'" Then the Devil left Jesus; and angels came and helped him.'

March this year is the beginning of Lent, for most people it seems to start on Shrove Tuesday, or Pancake Day as it is more commonly known, but actually Lent begins on Ash Wednesday, which this year falls on the 2nd of March, which starts 40 days of Lent excluding Sundays.

Continued on page 44.....

....continued from page 43

It is not normal within the United Reformed Church, to celebrate Ash Wednesday, but many other traditions do, it is very much a day of prayer, penitence, preparation, and fasting. you can often tell if somebody has been to an Ash Wednesday service, as they will have a cross of ash upon their forehead. Traditionally the ashes come from the burning of the previous years palm crosses, and is a reminder that as we came from dust we will return to dust, symbolizing our sinful nature and need for salvation.

An Ash Wednesday service can be seen as mournful, but it shouldn't be, but as a reminder of our preparation throughout Lent, reminding us of Jesus 40 days in the wilderness, preparing himself for Ministry, and as we use Ash Wednesday and Lent to prepare ourselves for Easter. This time should also be used as a time of reflection to see and hear where God is calling us to be, as we head to the joy of Easter morning.

Robert

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9.30 a.m. Parish Mass &
Address

First Mass of Sunday:

Saturdays 5th, 12th, 19th: 10.00 am;
26th: 5.00 pm

Daily Mass: *see calendar on back
page, 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

Before Lent: 1st Mar: 4.00 pm;
2nd Mar: 4.00 pm & 7.00 pm.
Saturdays 5th, 12th; Friday 18th,
Monday 28th: 4.00 pm

- or contact Fr Philip



Vicar:

Fr. Philip T Gray, BA, SSC
Mendlesham Vicarage
01449 766359

Churchwardens:
Andrew Fleming
01449 711065

Chris Elstone
07530 769676

WHAT'S ON THIS MONTH

Sunday worship also LIVESTREAMED every week at 9.30.

Visit <https://www.facebook.com/stmarysmendlesham/>

1st Mar	7.30 pm: Bible Study by Zoom: Rev 2 v 18-29; <i>the Church at Thyatira – split by false teaching</i>
2nd Mar	ASH WEDNESDAY: LENT begins 9.30: Mass (said) & ashing 6.30 pm: Sung Mass & ashing (<i>nb time change</i>)
6th Mar	LENT I: 9.30: Parish Mass 10.30: Annual Vestry meeting for election of churchwardens
8th Mar	9.30: Mass 10.30 – 12.30: Coffee & cake in church. All welcome. 7.30 pm: Bible Study by Zoom: Rev 3 v 1-6; <i>the Church at Sardis: harmless & ineffective</i>
9th Mar	1.30 pm: Silent prayer before the Blessed Sacrament 2.30 pm: Mass – Healing Service
12th Mar	10.00: Mass 11.00 – 1.00 pm: Church Spring Clean. Anyone is welcome to come, armed with brooms, dusters etc. please!
13th Mar	LENT II: 9.30: Parish Mass 10.30: Annual Parochial Church Meeting
15th Mar	9.30: Requiem Mass – March anniversaries 7.30 pm: Bible Study by Zoom: Rev 3 v 7-13; <i>the Church at Philadelphia</i>
26th Mar	12 Noon – 2.00 pm: Baked Spud Bash in URC Chapel for Friends of St Mary's 5.00 pm: First Mass of Sunday – <i>nb time change.</i> <i>CLOCKS GO FORWARD AN HOUR THIS EVENING</i>
27th Mar	LENT IV - MOTHERING SUNDAY 9.30: Parish Mass & blessing of candles for out mothers. Every one of us has a mother, either living or departed. Each person is given a candle to place on the altar of the Lady Chapel as a sign of prayer for our mother and to thank God for her and our other 2 mothers: Mother Mary, the mother of Jesus and 'Mother' Church
28th Mar	9.30: Mass 7.30 pm: Bible Study by Zoom: Rev 3 v 14-22; <i>the Church at Laodicea: having everything and nothing.</i>

Fr Philip Writes...



March is dominated by the Church's season called 'LENT'. This is a very special time of preparation for Easter beginning with Ash Wednesday on 2nd March. This day takes its name from the ashes put on our foreheads, which come from last year's palm crosses. We are 'ashed' for two reasons: First it reminds us that, like Jesus who died on Good Friday, we are destined to die. Second, it reminds us that if we want to rise to a new life we must convert- turn from our sins and follow in Jesus' footsteps. Tolstoy said,

"Everybody thinks of changing humanity, nobody thinks of changing themselves." Whatever we do in Lent, we should not bring attention to ourselves. We could learn a lesson here from the stone and wood carvers of mediaeval churches and cathedrals. They never signed their art but preferred to work anonymously for the honour and glory of God.



It is helpful to look at the Gospel for Ash Wednesday – **Matthew 6 v 1-6, 16-18**, which concerns 3 Lenten disciplines:

- **Giving Money**
- **Prayer**
- **Fasting.**

1. Giving Money



A child swallowed two coins and the mother told the father to phone the doctor. "No," said the father, "I'm ringing the Vicar; he's the best person I know to get money out of anyone!"

The purpose of giving money in Lent is not to respond to the Vicar but to respond to God. True giving is 'praying with the pocket' and sadly, the last part of many people to be converted is his/her pocket.

Let's consider: **Do I give money willingly and generously, or only grudgingly and sparingly?**

2. Prayer

A soldier nearly drowned when his canoe capsized near a waterfall. As water swept him towards impending death, the Lord's Prayer flashed into his mind and he began to pray. Suddenly he experienced a burst of energy and the feeling of a greater presence than himself.



He battled the water with new strength and reached safety just in time. His experience makes me ask: **What about my prayerful contact with God? When was it strongest in my life? What keeps it from being strong now? Whoever has lost contact with God lives on the same dead-end street as the person who denies God's existence.**

3. Fasting

I have known many people giving up sugar or cakes etc for Lent who have prayed for it to end quickly as they were so miserable. We must fast or abstain (do without) for God and not for our own benefit – and any money saved should go to a good cause and not ourselves. Isaiah brought God's people face to face with their hypocrisy when he said they were simply observing outward discipline without any substance.



He said: **"Share your bread with the hungry! Shelter the homeless!"**

So Lent is a time to examine our motives for giving money, praying and fasting. Giving money shouldn't be a display of my generosity but out of concern for others. Prayer is not offered to win approval, but as an experience God's love for me and mine for Him and fasting is to show sorrow for the sin of self-indulgence and has no value if I do it only to let others know how holy I am.

So let us this Lent contradict the words of Tolstoy and remember that if humanity is going to change, we must first think of changing ourselves.

Happy Lent!

FROM THE PARISH REGISTERS

**Holy Baptism
5th December**

Albert James Wrinch

PARISH CHURCH OF ST MARY'S MENDLESHAM - CHURCH CALENDAR FOR MARCH 2022

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	ASH WEDNESDAY	9.30 am & 6.30 pm	our observance of Lent	Old Market St / Braybrooke Close
3		9.30	persecuted Christians	Mill Road and Hobbies Lane
4		9.30	Christian Aid	Chapel Road
5		10.00	our churchwardens	Church Road / St Mary's Gardens
6	LENT 1	9.30	Parish and Congregation	Brockford Road
7		9.30	Stowmarket Food Bank	Glebe Way
8		10.00	renewal of our prayer life	Freelands
9		2.30 pm	the sick: Healing Ministry	Ducksen Road
10		9.30	more vocations to the Priesthood	Horsefair Close
11		9.30	lawyers	Mason Court
12		10.00	all to be elected to the PCC	Mayfield Way
13	LENT II	9.30	Parish and Congregation	Mead Way
14		9.30	the Samaritans	Old Station Rd / Cuttings Close / Schools Close
15		9.30	the departed: March anniversaries	Middy Close / The Sidings
16		9.30	all who suffer abuse	Wash Lane / Oak Farm Lane
17	ST PATRICK	9.00	the people of Ireland	Norwich Road / Bluehouse Lane
18	of St Joseph	9.30	the dying: hospices	Mendlesham Green
19	ST JOSEPH	10.00	all fathers and grandfathers	Tan Office
20	LENT III	9.30	Parish and Congregation	Outlying houses
21		SB	all who suffer from cancer	Farms in Mendlesham
22		SB	those we find it hard to forgive	Local industries
23		SB	our Communicants	Pub & places of recreation
24		SB	Christian Unity	Mendlesham School
25	ANNUNCIATION OF OUR LORD	SB	Walsingham	SMF: Patrons of Mendlesham
26		5.00 pm	all mothers and grandmothers	Village Organisations
27	LENT IV - MOTHERING SUNDAY	9.30	Parish and Congregation	Fr Philip
28		9.30	sick children	Other places of Worship
29		9.30	all preparing for Baptism	PCC: Parish and Community Councils
30		9.30	our Queen & her Government	Local Doctors and Healthcare Workers
31		9.30	oppressed people	Neighbouring parishes

SB: check times on weekly bulletin (available on church website)



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