

MENDLESHAM NEWSLETTER



Issue 483

February 2024

CLASSIFIED ADS

To Advertise here
email Keith on
shelton@live.co.uk

Your Local Handyman

Minor repairs around the home
Including taps, immersion heaters
Flat pack assembly
Shed & fence painting
MANY more services provided
Tony 07771 800072
01449 781993
gooderhamt@aol.com

To Advertise here
email Keith on
shelton@live.co.uk

To Advertise here
email Keith on
shelton@live.co.uk

The Mendlesham Community Charity launch their website in August.
Why not have a look.

Here is the QR Code and the Website address:

<https://sites.google.com/mendleshamcommunitycharity.com/home>

<https://tinyurl.com/MendleshamCC>



Here is a link for guidance on submitting articles for the
newsletter

[https://sites.google.com/mendleshamcommunitycharity.com/
home/newsletters/guidance-for-contributors](https://sites.google.com/mendleshamcommunitycharity.com/home/newsletters/guidance-for-contributors)

Or

<https://tinyurl.com/32byjppr>

Newsletter supported by Mendlesham Community Charity

Newsletter Team

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

Deadline for March Issue

6th February 2024

Front Cover
Jenna Gooding

Editorial

Welcome to the February Issue. I always feel that this is the toughest month of the British Isles year. Celebrations are behind us and its usually a time when the worst of the winter weather challenges.

It is, however, no time to feel sorry for ourselves. We live in a beautiful county and only need to look in our gardens and see how green shoots are pushing through the ground standing straight and tall. Like them stand firm, hold your heads up high and soon it will be Spring again!

Best Wishes
Gemma

Dates for your diary

Feb		Page
3rd	Community Cafe	3
6th	Newsletter Deadline	1
6th	Camera Club	8
7th	Parish Council Meeting	2
7th	WI Knit, Stitch & Yarn	13
8th	Mobile Library	13
9th	MURCies	12
9th	Friends & Food Friday	15
10th	Walking Group	9
12th	Knit & Natter	12
13th	Writers Group	6
20th	WI Meeting	13
21st	History Group	7
23rd	Friends & Food Friday	15
26th	Knit & Natter	12
28th	Walking Wednesday	9
28th	Over 60's Meeting	14

Don't forget the Parish Church
& URC from page 41

FROM THE PARISH COUNCIL



Parish Clerk: Peter Grogan, 40 Gardeners Road,
Debenham, Suffolk IP14 6QY

Tel: 07523 497740

Email: parishclerk@mendlesham-pc.gov.uk

Web site: www.mendlesham-pc.gov.uk

- Paul Allen tel 01449 766543
- Andy Davey tel 01449 768862 (Chairperson)
- Mike Exley tel 01449 766246 (Emergency Planning Co ordinator for Mendlesham)
- Denise Foster tel 01449 768978
- Norman Foster tel 01449 768978
- Stephen Hyde tel 07920212139
- Daniel Lummis 07584630988
- Helen Orton tel 01449 767741
- Charles (Mick) Orton 07388353544
- Liz Ward tel 01449 766562

Emergency Planning Co ordinator for Mendlesham Green:
Mr David Nunn tel 01449 767158.

Wednesday 7 February 2024

Mendlesham Parish Council Ordinary meeting 7pm
Old School Room, Mendlesham

Wednesday 6 March 2024

Mendlesham Parish Council Ordinary meeting 7pm
Old School Room, Mendlesham

Agendas for formal meetings for Mendlesham Parish Council, Mendlesham Community Centre Charity and Mendlesham Memorial Playing fields Charity are published via E News and Parish Notice Boards. Please note any extraordinary meetings may not be able to be published in this newsletter due to publication dates.



Mendlesham Community Café

(Payment by card preferred)

Saturday 3rd February 2024

10am - 2pm

Old School Room, Mendlesham

Come and join us for morning coffee, cakes, or delicious very reasonably priced lunches.

All food is locally sourced and homemade.


December Draw Winner

(Christmas Cake)

Jennie Lummis

Want to join our team?

We are looking for volunteers, so if you would like to get involved especially if you can make delicious cakes, please pop in and see us or call Helen 01449 767741



Parish Council:

50 50 shop building complex at Mendlesham Playingfields:

The building including the 50 50 shop and Mendlesham Football Store has had to be closed further to damage to internal panels believed to be Asbestos.

This building is owned by Mendlesham Memorial Playingfields Charity for which Mendlesham Parish Council is sole Trustee. The building is important to the community either for Mendlesham Community Charity to fund raise and then contribute grants to the Community, or for our local football Mendlesham Football Club to store their equipment including lights that are then used at community events. There is a stagnant £15 in the Charity bank account so the costs of initial reports and investigations have fallen under the financial responsibility of the Parish Council to establish the safety of the building and the cost of any works required to allow the building to be reopened.

Initial surveys will be undertaken later in January which will then indicate which other reports we need for appropriate decisions regarding the future of the building.

In the meanwhile, we hope you understand why the building has to remain closed until further notice.

Mendlesham Community Charity (MCC)
Charity No: 282391

February 2024

It is hard to believe it is the second month of the New Year already!

June Summer Fair

Thank you to those who turned out in the awful weather for our December 2023 mince pies and mulled wine evening. We now know there is interest in holding a Village Summer Fair. Some good ideas were shared and a few volunteers came forward. We will keep you updated on progress for the event as we move forward. We will be contacting village groups to ask if they would like to have a stall, put on an exhibition, or to do a demonstration or activity on behalf of their village group. Please contact any of the Trustees with ideas you may have, our contact details are below.

We will need more volunteers for a few hours on the day to help- for example by showing stall holders where to set up, and where to park or by helping on a stand like for the Prize Draw.

50:50 Shop

Unfortunately, there is (at time of writing) no update on the 50:50 shop and it remains closed due to structural issues with the building. The Parish Council own the building and are investigating the problems.

We are very keen to get the shop up and running again as soon as possible but the safety of our volunteers and customers is of paramount importance so we can only open again once we know the building is safe for use. We will update you all as soon as we can.

Web site

Mendlesham Community Charity website – our website is live please visit us on <https://tinyurl.com/MendleshamCC>

Mendlesham Community Charity Trustees

Teresa Mills (Chair) 01449 766582
teresa.mills@mendleshamcommunitycharity.com
Letitia Goode (Secretary) 01449 768861
letitia.goode@mendleshamcommunitycharity.com
Sally Lovatt (Treasurer) 01449 541725
sally.lovatt@mendleshamcommunitycharity.com
Nathalie Crisp 07795 491781
nathalie.crisp@mendleshamcommunitycharity.com
Andrew Cullum 01449 767877
andrew.cullum@mendleshamcommunitycharity.com

Parish Council:

New Parish Councillor:

We are very pleased to welcome Cllr Stephen Hyde to Mendlesham Parish Council. Steve was co-opted at our meeting held on 13 December 2023 which also means we now have a full complement of Parish Councillors. Thank you for standing Steve, we look forward to working with you.

Parish Council:

New Parish Clerk:

We are also very pleased to welcome Peter Grogan as the Clerk for Mendlesham Parish Council from 1.1.24. Peter has a wealth of skills and experience, including working many years for a District Council in the west country. Peter and Sharon are currently working together to ensure a smooth handover. Please also note that we have a new email address for the Parish Clerk. Email: parishclerk@mendlesham-pc.gov.uk telephone number 07523 497740.

Parish Council:

Mendlesham Green Play equipment:

We are very pleased to report that the new football goals have arrived and will be installed as soon as weather permits. The Parish Council has also appointed a contractor to replace the swings and ring trapeze equipment. The cost of this replacement is just under £10k with grant funding in the process of being requested.

We hope that this will be a good investment for the play facility for many years to come.

Are you on Facebook?



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



‘Spotted in Mendlesham Green’

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

Mendlesham Carpet Bowls Club

(and short mat bowls)

2023 - 2024 season

Keep fit and active

New comers and Experienced bowls players
are always very welcome

Annual subs £5.00. Weekly Playing fee £3.00
(Includes tea/coffee and biscuits)

Mendlesham Primary School Hall

most Tuesdays from September 5th

7:30 - 10:00pm

Email contact: rfouracre230@gmail.com

Affiliated to the Suffolk Carpet Bowls Association

Creative Writing

With

Mendlesham Writers Group

You are Welcome

FREE !!

First visit
Creative Writing Guidance Pack
Advice and encouragement
Guest speakers
Refreshments

2nd Tuesday Every Month

Old School Room

Mendlesham

7.30pm

Contact: Noel on: 01449 766968

**Create something worthwhile in your own special way
No previous writing experience necessary**

Mendlesham Community Centre Charity (Charity no 304795)

Mendlesham Community Centre Charity has equipment in need of a new home.

If you wish to make an application for the following, please write to the Parish Clerk by **31 January 2024**, to include your financial offer and details as to where, how and who would be the beneficiaries of using the equipment.

This is the equipment previously used in the Small Hall, Mendlesham Community Centre which will be surplus to requirements for the planned new Mendlesham Community Hall.

Equipment:

- 1 x Optoma VDHDLS projector with ceiling mounting bracket.
- 1 x MATTE white tension screen. PI No JBD,150821/Model PCW 120 met. 120 inch (16.9) 265-150 Electric 220/240v
- 2 x Speakers Monacor PAB-88-WS 120 W/8-40-20000hz Times plus fixing brackets
- 1 x Metal and glass case with amplifier and digital sound converter.
- 1 x metal storage cupboard 1.8m high ,1.2m wide.

Mendlesham Community Centre Charity reserves the right to accept any offer, not necessarily the highest financial offer. It is hoped that the above equipment will find a new home as one lot.

Applications by close of business 31.01.24 to

Email: parishclerk@mendleshampc.org

Post: Clerk, Mendlesham Community Centre Charity, Honeysuckle, Hockey Hill, Wetheringsett, IP14 5PL.

Mendlesham History Group

Wednesday 21st February

URC Chapel

Our talk by Dr Geoffrey Kay will be:

Over Paid, Over Sexed, Over Here

The American Air Force 1942-44

Non-members welcome, £4 on the door

MENDLESHAM CAMERA CLUB



The next meeting will be on
Tuesday 6th February in the Old
School Room at 1930.



There are two options for our
challenge this month - images from
our December desktop exercise and/or your images of rainy days. These will
be displayed, admired and discussed. In the second part of the meeting a
member will talk about a photography related topic and there is always time
for a cup of coffee and a biscuit.

We pay a fee at each meeting to cover the cost of the hall.

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

For more details please contact mike@favager.co.uk

Picture This

Moving to Mendlesham has been marvellous, yet despite living on the doorstep of glorious countryside and many intriguing water features, my tiny cottage has presented a small problem; what to hang on its wee walls. And that's tricky for someone who doesn't know their art from their elbow.

I wanted to be fair to (the old part) of the building and display something from 1604, but there's nothing on Amazon dating back four hundred years in the £50-£75 price range, and the sole listings on ebay are for a spoon (£2000) and a Bible (£500). Further research suggests that most relics from the period are, of course, either in St Mary's or the British Museum. As such, back at square one, I decided to buy a cheap blank canvas, which when hung made the living room seem brighter and larger. So I bought a further three.

Then, inspired by the King's well-publicised living Christmas tree, I had half a mind to paint a set of four designs, each using a different living *sauce* – mint, apple, cranberry and horseradish – until the mind's other half put its foot down on the reasoning that the artwork would soon be on the wrong side of hygienic.

So I now face February with four white canvases, or rather four blank pages, four clean slates, four fresh sheets, four windows open for imagination. I may join the Art Group for guidance on how to paint four candles. Questioning visitors, meanwhile, are told that I'm an artist who specialises in snow.

Frank Hanks (no relation)

Mendlesham Walking Group

Saturday 10th February 2024

Meet at

Community Centre Car Park **10.00a.m.**

2-hour walk led by Alan



AND



Walking on a Wednesday

Shorter, slower walk of about 1½ hours led by Alan

Wednesday 28th February 2024

Meet at

Community Centre Car Park **10.30a.m.**

PLEASE WEAR STURDY WATERPROOF BOOTS

Dogs on leads welcome

Come and join us

Stay safe and keep walking

For more information please contact

Angela - 01449 766483

Alan - 07790 124 509

If you would like to join Mendlesham Walking Group, please
e-mail Angela : angiepickup@btinternet.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 Charity. 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.

**OVER
600
PAINTINGS!**

48th East Anglian ART EXHIBITION & SALE

Sponsored by  www.anythingsuffolk.co.uk

**The work of the region's
finest artists under one roof**

Community Centre, School Street
Needham Market IP6 8BB

**Friday 29th March to
Monday 1st April 2024
10.00am - 5.00pm**

Admission £2.00 (children free).

**WINE & CHEESE BUFFET
PREVIEW EVENING**

Thursday 28th March 2024 at 8.00pm
Preview tickets from Lilac & Lily's, 68/70 High Street,
Needham Market or call 01449 720845
Admission £10.00, includes two glasses of wine

Enquiries to: nmccartexhibition@btinternet.com

NEEDHAM MARKET COMMUNITY COUNCIL

The community council will again be organising the now annual art exhibition at the community Centre over the EASTER weekend which this year is 28th March to 1st April

This will be the 48th year of this event which attracts artist 's from all parts of East Anglia raising money which the community Council uses to support other groups in the town.

The event starts with a wine and cheese buffet on Thursday 28th March tickets for this are available from Lilac & Lily's in the High street priced at £10.00 each (includes 2 glasses of wine)
Or email nmccartexhibition@btinternet.com

If you are an artist or know someone who is and they would like to exhibit their work please contact us at the above email address.

If you would like to help with this event with taking in of the 600 plus paintings or hanging them in the hall or stewarding over the weekend, then again please contact us at the email address for further information.

If you are new to the town of Needham Market this is a good opportunity to see the wealth of talent that this area has to offer, and you may want to purchase a painting for your home.

We can take payments with debit & credit cards.

The Community Council looks forward to seeing you over the Easter Weekend

Stowmarket Lions Santa Sleigh

Over £10,000 raised to support local causes

With Santa now back home in the North Pole enjoying a very well earned rest Stowmarket Lions are delighted to announce that, thanks to the generosity of our local community, Santa Sleigh raised over £10,000 to support local causes.

We are naturally delighted with this result which could not have been achieved without a huge effort from many people and organisations including over 200 fund raising collectors.

Santa Sleigh was spreading Christmas cheer around Stowmarket, Needham Market and villages on 12 nights during December as well as being static in Stowmarket on 5 days.

So a very big THANK YOU to all the Lions, family and friends, local clubs and organisations for all their help and support.

And to the people of Stowmarket, Needham Market and villages for their wonderful generosity.

Finally to Santa for spreading Christmas cheer in our community at his busiest time of year.

Until next December - thank you one and all.

Mendlesham Community Charity TOTE RESULTS

Mendlesham Lottery			
7th December 2023		21st December 2023	
Drawn at Mead Way		Drawn at Mead Way	
S. CHARLES	£35.00	B. MAYES	£35.00
J. ROBERTS	£25.00	J. KEMP	£25.00
A. HUGGINS	£15.00	C. BOWYER	£15.00
D. BAKER	£10.00	C. CLEMENTS	£10.00

If you would like to purchase Tote Tickets,
please contact Angela Pickup on
01449 766483 or angiepickup@btinternet.com

United Reformed Church

MURCies Coffee Bar

Friday - 9th February 2024 10am - 12pm

Knit and Natter

Monday - 12th & 26th February 2024 2pm - 4pm

Friends of St Mary's
Soup, Coffee & Cake
Every Tuesday 11:00am - 1:00pm
In St Mary's Church
All Welcome!
No Charge ... donations welcome



Anita welcomed 21 members to the December meeting – there were a number of apologies for absence due to illness.

A vote was taken and agreed to subsidise next year's subscription by £8, we hope the subsidy will encourage membership. We then enjoyed festive refreshments of mulled wine and mince pies before Maria and Anne lead us in a Christmas focused workshop. Thanks to them.

Each member left with a basket of sweets and seasonal wishes.

A Christmas tree was decorated in St. Mary's and thank you to the seven members who provided homemade decorations and to Linda for helping dress the tree.

For the diary:

Feb. 7th: Knit, Stitch and Yarn in O.S.R. 10am – noon.
£2.50 per meeting.

Feb 20th: WI in the U.R.C. at 7.30pm. Speaker Paul Seymour to tell us about Tools with a Mission. Small tools for donation will be gratefully accepted.

Mar. 5th: SEFWI AM at Trinity Park.

If you are interested in joining us please contact president Anita (766902). You will be made welcome.

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 8th February 2024**



Minutes of the Mendlesham Over 60s Club
December 2023

Twenty-six members were welcomed to today's meeting, our last for 2023.

After a run-down of our last meeting, Denise Foster told us of a grant to help local people to give ideas to improve our bus service.

The subject of our speaker, Mr Alan Wright, was 60s and 70s music.

He sang a lot of the most popular songs of the periods and we sang along with him. We all enjoyed the songs.

We had a tea break half-way and enjoyed sandwiches, sausage rolls, mince pies and nibbles. Our thanks to Jenny Mayes, Linda Stocker, Linda Geyman, Denise Foster and all who helped out to make the afternoon very enjoyable.

Competition:

First - Jenny Mayes

Second - George Taylor

Third - Colin Geyman

Members were told they will get 2024 programme in the next couple of weeks.

The afternoon was a good start to the Christmas Season.

Next Meeting:

February 28th. Chris Parfitt – 'Romania beyond Dracula'

Competition – A Country scene at home or away!

Members were wished a Happy Christmas and a Healthy New Year.



A warm welcome awaits you at the

Mendlesham Art Group

Meet every 2nd and 4th Tuesday of the month.

2pm - 4.30pm in the Old School Room.

£10 yearly subscription. £4 per session

(includes a drink and biscuits)



This is an informal friendly group where everyone can create what they want in their preferred medium and style.

Help and advice given if wanted!

Friends & Food Friday

In the Old School Room 12-2pm

Dates for 2024

January - 12th, 26th February - 9th, 23rd March - 8th, 22nd

April - 5th, 19th May - 3rd, 17th, 31st June - 14th, 28th

July - 12th, 26th

MENU

Heinz tomato or
chicken soup
& buttered roll

Or

Panini with a choice
of fillings -
ham, cheese,
tomato , bacon

Plus A piece of
homemade cake

£3.00

Plus Endless tea
and coffee

Always books, jigsaws and magazines to borrow

Supported by a grant from BMSCC

Fuel Support

Find out more about the support in your area

Help to heat your home:

- Prepayment meters – if you are unable to top up your prepayment meter, Citizens Advice can offer you advice and may be able to refer you for charitable support. You can also contact Warm Homes Healthy People Suffolk for support, advice and an in home survey from a Pre Pay Co-ordinator. Call 07769 365796 or email prepay@eastsuffolk.gov.uk.
- Local Welfare Assistance Scheme – This hardship grant offers payments up to £300 towards the cost of essentials, including energy. Visit the Suffolk County Council website for more information and to apply.
- Surviving Winter - offers help, such as fuel vouchers or support for alternative fuels like oil and LPG, to help you heat your home. Apply online via the Citizens Advice Ipswich website or call 01473 298634 to find out if you are eligible.
- Emergency Heating – if your home currently has no heating, Warm Homes Healthy People can provide free emergency heaters and help you find longer term support. Call 03456 037 686 or email whhp@eastsuffolk.gov.uk. Subject to availability.

Bringing down your bills:

- Warm Homes Healthy People Suffolk - offers free efficiency surveys and advice to help you use less energy. If you are a private tenant or homeowner, they can also tell you if you are eligible for energy efficiency grants. For more information visit www.warmhomessuffolk.org or call 03456 037 686.
- National Energy Action - runs a Warm and Safe Homes helpline which advises on ways to reduce energy use and improve efficiency. It also offers support to switch suppliers and advice if you get behind on payments. Call 0800 304 7159 or visit www.nea.org.uk.

Continued on page 17.....

Help for off-gas homes:

- Oil loans - Eastern Savings and Loan Credit Union offer interest-free loans of £500 to help spread the upfront cost of oil and LPG. To become a member and apply visit www.eslcu.co.uk or call 03336 000690. Subject to a manual decision process, affordability and a credit check.
- Oil buying clubs – Bulk buying reduces the cost of your heating oil. Find out if your community has an oil buying club by visiting www.oil-club.co.uk, you can also check the Community Action Suffolk website for details of their scheme www.communityactionsuffolk.org.uk or call 01603 881 888.

Dealing with energy debt:

- Supplier grants - many energy suppliers have grants to reduce or clear debt if you meet their criteria. Speak to your energy supplier to see what help you can get.
- Citizens Advice - offers advice for energy, debt and more. They can support you to create a budget, negotiate with your supplier and boost your income.
- Benefit entitlement – payments such as Warm Homes Discount, Cold Weather Payments, and extra Winter Fuel Payments can add up to hundreds of pounds to help you pay your energy bills – but you'll need to be claiming certain benefits to get them. Benefit checks can be done online at www.gov.uk/benefits-calculators, or by contacting your local Citizens Advice.

More information

Visit www.midsuffolk.gov.uk/energy-fuel-and-utilities for more resources to help you keep fuel and utility costs down.

If you would like help to access the internet, or to use a computer, phone or tablet, you can contact Mid Suffolk's Digital Skills team 0300 123 4 000, option 7, who can help you find support in your area.



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.

Funded through Suffolk community foundation through the East of England Co-op lunch club/warm hub fund.

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.

I've built up a bit of debt and I am panicking. Even though I cut back, Christmas was expensive, my rent has gone up and my pay cheque just doesn't stretch as far as it used to. I'm doing everything I can but it's not enough - what can I do?

First of all it's important to know you're not alone in finding things difficult and, crucially, there's support available.

You say you've built up a bit of debt. The first step is to collect all the information you have about your debts. This might include contracts, bills and statements.

Next, make a list of your debts and write down the details of each. This could include whom you owe the money to (this person/company is your 'creditor'); when you first missed a payment; and how much you now owe. You'll also need to make a note of your account or reference number and what steps the creditor has taken to get the money back, eg. sending you letters.

It might feel overwhelming when you see all of your debts written down - but try not to worry, the important thing is that you're sorting them out.

If you're behind on household bills, prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has the most serious consequences. You should speak to the person or company you owe money to, to see if there are any manageable steps you can take to start reducing your debt.

Once you've got these debts under control, you should look at any other debts like credit card or store card debts, payday loans or missed Buy Now Pay Later payments. While you're looking at the money going out, do remember to consider money that could be coming in. It's always worth checking if there are any benefits that you're eligible for, including support with your energy costs and living costs.

There's a benefits calculator, advice on how to reduce living costs and information on other ways to increase your income on the National Citizens Advice website at citizensadvice.org.uk

There's also emergency support that you may be able to access locally, such as a food bank, local welfare support or fuel vouchers. We know that times are incredibly tough but please remember, you don't have to face this alone.

Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at midsuffolkcab.org.uk/contact-us. Opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.

MENDLESHAM DIRECTORY

1 st Mendlesham Guides	Emma Munday	01449 768843
3 rd Monday Book Club	Doug Williams	01449 766498
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	07756 761590
Football Club	Ashley Roshier	07909 113676
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 Art Group	Anne Heaton	07719 244076
Mendlesham Community Charity	Teresa Mills	01449 766582
Mendlesham Education Foundation	Mike Favager	01449 766007
Mendlesham Welfare Foundation	Mike Favager	01449 766007
Old School Room Bookings	Daphne Lambert	01449 766320
Over 60's	Annette Taylor	01449 766552
Parish Council & Playing Field	Peter Grogan	07523 497740
Parish Party Committee	Rachel Roshier	07881 816622
Rainbows	Becky Froude	07774 581503
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
United Reformed Church	Margaret Jackson	01449 766321
Village Recorder for Mendlesham	Geoff Clarke	01449 766447
Walking Group	Angela Pickup	01449 766483
Walking on Wednesdays	Alan Chattell	07790 124509
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

Brockford Sidings Dog Park

A fun and secure place to exercise your dogs in the countryside!
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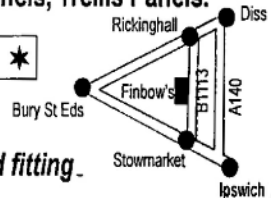
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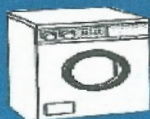
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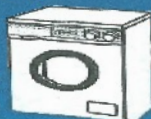
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I Corinthians 13: 4-7

⁴Love is patient and kind; it is not jealous or conceited or proud; ⁵love is not ill-mannered or selfish or irritable; love does not keep a record of wrongs; ⁶love is not happy with evil but is happy with the truth. ⁷Love never gives up; and its faith, hope, and patience never fail.

You could say that February is the month of love with February 14th St. Valentine's Day. But who was the saint this day is named after? The history of Valentine's Day and its patron saint is shrouded in mystery. In fact, it is thought that it could be at least three men!

St. Valentine's Day, as we know it today, contains a mixture of both Christian and ancient Roman traditions. Today, the Roman Catholic Church recognizes at least three different saints named Valentine, all of whom were martyred, and parts of their bodies seem to be in many different Churches around the world.

One legend says that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men, his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured.

Continued on page 42.....

.....continued from page 41

According to one legend, Valentine actually sent the first 'Valentine' greeting himself. While in prison, it is believed that Valentine fell in love with a young lady who may have been his jailor's daughter, who visited him during his imprisonment. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' which is how many cards are still signed today. The truth behind the Valentine legends are murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and even a romantic figure. By the Middle Ages, Valentine was one of the most popular saints in England and France.

However we view the stories of St Valentine, the stories all have the common theme of sacrifice and love running through them. This reminds us of the narrative of Christ's journey to the cross, the love of God to send his Son to be sacrificed for us on the Cross. God has intervened throughout human history, and this was the greatest sacrifice.

As a human race God has given us freewill to do and think what we want, but God is always there guiding and sustaining. God shows this and his Love by the sacrifice of his Son, just as St Valentine was prepared to sacrifice himself for the love of others, truly living in the way of Christ.

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No Charge, but donations welcome to
Friends of St Mary's.



SPECIAL EVENTS

**Thur 1st Feb: EVE OF CANDLEMASS – 6.30
pm: Blessing and Procession of Candles,
Sung Mass – shared refreshments after.**

**Mon 5th Feb: 2.30 pm: MONTHLY HEALING
SERVICE - laying-on-of hands/ anointing.**

Wed 14th Feb : ASH WEDNESDAY

9.30 & 6.30 pm – Ashing ceremony and
Mass

**Sun 25th Feb: 9.30 Parish Mass, 11.30:
Friends of St Mary's AGM**

**Sun 3rd Mar: 9.30 Parish Mass and Vestry
meeting to elect/re-elect churchwardens.**

Fr Philip Writes

We begin February with the feast of Candlemass - Jesus is declared by the elderly man Simeon to be a light for all people – and Jesus calls us to be lights for him. Before the coming of Jesus, God was seen as distant and remote. He was not seen as someone who was concerned with us and our sufferings, but as a stern judge ready to pounce and punish. He needs witnesses – that is, people living in his light who can make him a present reality to other people. Without the witness of Christians, the face of Jesus will fade from our world, our hearts will remain broken and people will remain imprisoned in darkness.



In Jesus, God is seen as loving, close, compassionate and forgiving. He comes to heal, reconcile and save. If Christ is the light of my life, then naturally I will let that light shine through to others by the way I live. We cannot be a light if we are living in darkness.

I love the story of St Lucy, someone who is depicted as bringing light. She was a very early Christian who carried trays of food to others persecuted for their Christian faith and needed both hands free for this, so wore a candle crown on her head. We may not wear candles on our head but we are called to be lights to the homeless, the lonely, the sick, the bereaved and also, of course, to our nearest and dearest. I have often called St Mary's church 'God's hospital'. It is not for those who think they are righteous and not in need of any help. It is for those (which should include all of us) who need God's healing, forgiveness, love and acceptance whatever their past has been. My hope for St Mary's is always to be able to reach out to many for whom life has been difficult. Please do not hesitate to be in touch if you need someone to talk to or someone to listen. One of my favourite BBC TV programmes is 'The Repair Shop' where broken, but treasured objects are



carefully and sometimes amazingly restored by experts. When they are restored to their owners, this always brings incredible joy. That is another symbol of what St Mary's can be for people who have become broken in one way or another – the 'Repair Shop' to restore them back to their former selves in an even better condition than before – by the help of God and the loving acceptance of other people.

Thank you

- To the Lambert family for donating the Christmass tree, the Clements family for bringing & dismantling it and the Palfrey family for organising the outside crib.
- To all who donated to the Christmass Eve Carol Service Collection and Crib Appeal for Christian Aid, which raised £1,057.24 including Gift Aid.
- For £212.00 donated during the Santa and Carol Singers' visit around the village for St Martin's Housing Trust, caring for vulnerable and homeless people in Norwich, plus a huge amount of socks, hats, scarves and other clothing in the Sockbank.
- To Martin Clements, John and Cameron Lambert for driving their vintage tractors in the Plough Sunday procession and to Paul Allen for his hospitality.

Save the date:

Bank Holiday

Monday

6th May 2024

Mendlesham

Heritage Fair:

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community with its
unique Tudor
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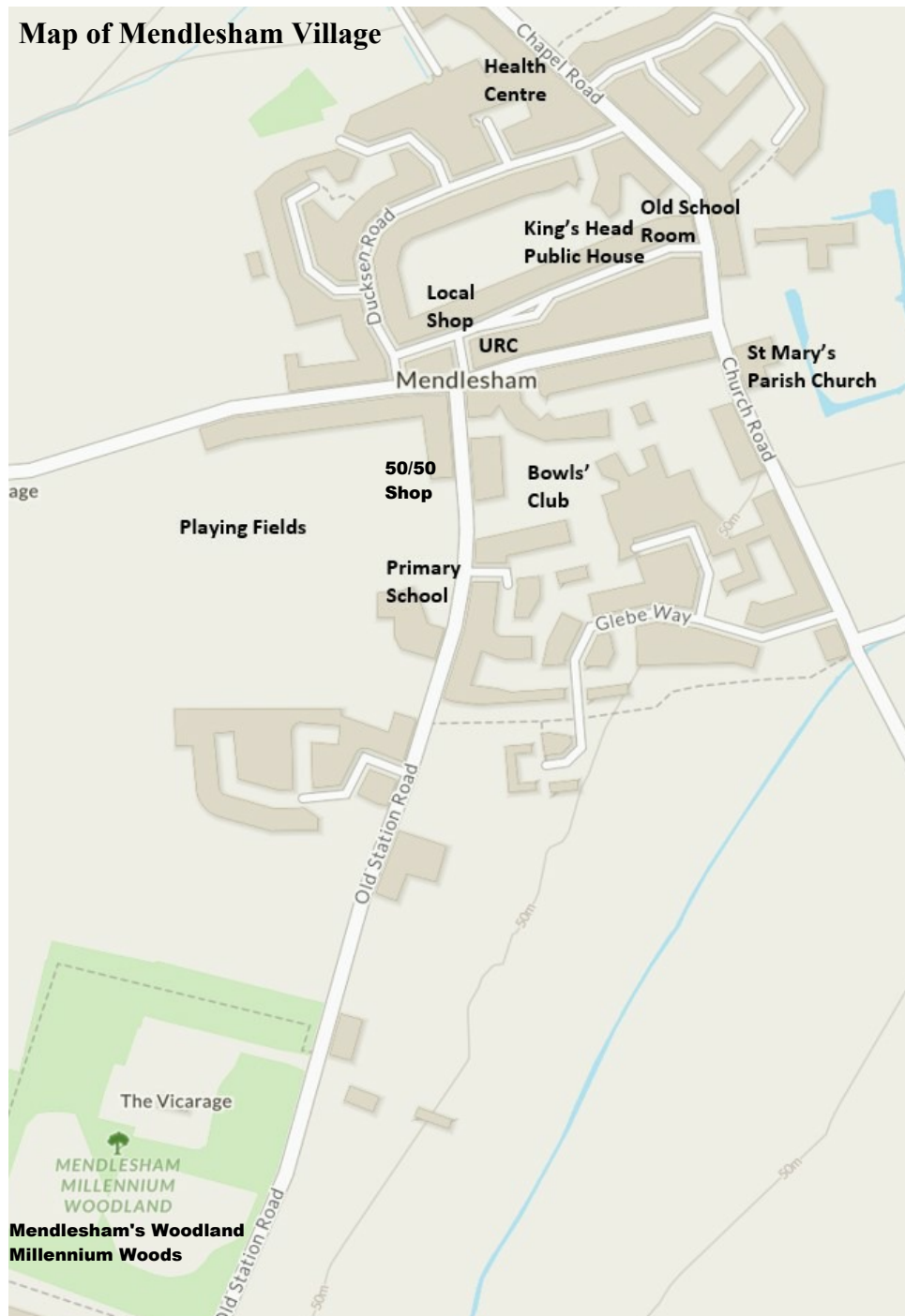
in St Mary's Church and
Churchyard.

*part of our Armoury
Facelift project*

For more information unable to fit into the 2 pages the Parish Church is given, see the Church Noticeboard and 'This Month's Newsletter' & 'What's On at:

www.stmarysmendlesham.org.uk

Map of Mendlesham Village





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