

BENEFICE MAGAZINE

JUNE 2015

**GREAT BEALINGS St. Mary, LITTLE BEALINGS All Saints,
PLAYFORD St. Mary and CULPHO St. Botolph**

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YOUR COMMUNITY NEEDS YOU!

As the dust settles following the general election and people leave, resume or take up office, there is much work to be done. The pressure is on. It is one thing to promise a new and better way of governing the country during the election campaign, and quite another to go about initiating any positive change.

I was greatly encouraged at a meeting recently with 2 of our local councillors. They were both keen to support any initiatives that the church hoped to do in collaboration with the parish councils to improve the lives of people in our local communities. Whilst the church is clearly there as a spiritual resource, for worship, prayer and pastoral care, I believe it also has a strong duty to support the general well-being of those within its parish boundaries. This is why historically the church was responsible for the creation of schools and hospitals and the provision of social care.

To this end I would like to ask you please for your input and wisdom. I should be most grateful if you would click on the following link: survey.FynnValleyVillages.co.uk

and answer some questions about the role and relationship of the church within your village. This is an anonymous survey, as I want you to be as honest as possible! Having said that, you will be given an opportunity to leave an e-mail address should you wish to be contacted.

The aim is to identify how we as a church can improve our duty of care and to ascertain specifically what areas

of village life you feel the church should or could be involved in.

This is a genuine attempt to understand the needs of all generations within our community so please encourage all members of your household to participate. Having only lived and worked here for 3 months, my perspective is clearly limited. I sincerely hope that you will help with your knowledge as a resident and/or member of the different organisations. It's important to identify any gaps and see whether we might meet some of the needs. Once we have collated the results at the end of June, I hope to go back to the parish councils and organisations and look at how we might move forward.

Please get in touch if you have any questions at all. Otherwise I look forward to receiving your responses.

With every blessing,

Celia

PHILIP MERRY - ORDINATION AND 1st COMMUNION

On Saturday 4th July 2015, Philip Merry will be fully Ordained as a Priest in the Cathedral at Bury St Edmunds. Anyone wishing to attend would be most welcome; this is not a ticket only event.

Philip will be presiding at his first full Communion at 10.00am on the next morning, Sunday 5th July, at St Botolph's Church Culpho, followed by refreshments. All are most cordially invited.

BENEFICE

MINDFULNESS, CONTEMPLATION OR SILENT PRAYER? CALL IT WHAT YOU LIKE BUT HAVE YOU TRIED IT?

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

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

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

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

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

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

From David Adam 'The Open Gate'.

Revd. Catherine Beaumont

SUMMER IS COMING!

Excitement is in the air and the editorial team are already searching for their buckets and spades in preparation for the summer holidays!

As in previous years there will be a combined edition of this Newsletter covering the 'holiday' months of July and August

Contributions for the **July/August Newsletter** should be sent to
beneficemag@gmail.com by **Tuesday 23rd June**

The newsletter will be ready for distribution by Saturday, 4th July.

Note: The September edition will be ready for distribution by Saturday, 29th August

READINGS AND LITURGICAL COLOURS - JUNE

7th June

OT Lesson 8.00/10.00

NT Lesson 10.00

Gospel 8.00/10.00

1ST SUNDAY AFTER TRINITY

Genesis 3. 8-15 Green

2 Corinthians 4. 13-5.1 RCL p.587

Mark 3. 20-end

14th June

OT Lesson 8.00/10.00

NT Lesson 10.00

Gospel 8.00/10.00

2nd Sunday after Trinity

Ezekiel 17. 22-end Green

2 Corinthians 5. 6-10,14-17 RCL p.593

Mark 4. 26-34

21st June

OT Lesson 3.00

NT Lesson 10.00

Gospel 3.00/10.00

3rd Sunday after Trinity

Job 38. 1-11 Green

2 Corinthians 6. 1-13 RCL p.605

Mark 4. 35-end

28th June

OT Lesson 8.00/10.00

Gospel 8.00/10.00

4th Sunday after Trinity

Lamentations 3. 23-33 Green

Mark 5.21-end RCL p.610

5th July

5th Sunday after Trinity

TBC

FROM THE REGISTERS

FUNERAL

25th April

Graham Leonard Lewis

Burial of Ashes

Little Bealings

PLANT SALE

This year's Plant Sale produced income of around £1,740.00, before a couple of small items of expenditure were settled. Given that we were without a couple of major plant producers this year, this is a splendid sum to raise in what amounted to just a couple of hours of high pressure selling. Our sincere thanks have already been communicated to as many as possible of those who contributed to the success of the sale, in whatever capacity. If you were one of those who contributed, but have not received an emailed Thank You, then please accept both our apologies, and belated thanks.

but - looking ahead: we really do need more people to produce plants. No plants, no sale.

- ◆ Do try to persuade your friends both inside and outside our villages that they may well have a hidden, untapped and undeveloped talent for producing plants.
- ◆ If we could recruit another dozen people to produce a couple of dozen plants each, we would not only widen the scope of the sale, but we would be bringing in fresh blood.
- ◆ It is fun trying to identify what might sell, from the resources of your own garden. Honestly!

This may well be a theme that we shall be banging on about over the next few months. This year we were short of sweet peas, tomatoes and vegetables – probably because there had been a glut of these in previous years. It is difficult to know who is preparing to sell what – so, as we approach the next sale - do let us know what you are planning to offer.

In conclusion we offer massive thanks to all those who do bring in plants, and who ensure that the Village Hall on Plant Sale Day is a sea of enticing greenery, and the best value to be found anywhere in the locality. That's our proud reputation and we intend to keep it.

BEALINGS

BEALINGS WI

Members of Bealings WI and Playford WI visited the home of Suffolk Farmhouse Cheeses at Whitegate Farm, Creeting St Mary at the invitation of Katharine and Jason Salisbury.

Jason welcomed us and while we enjoyed a hot drink explained the principles of their farming practice. This was followed by a tour of the farm and barns where sleek, contented cows looked enquiringly at the visitors. It was then on to the milking parlour and the cheese making. Our visit ended with a chance to sample the milk from the recently installed vending machine and also to the farm shop where Katharine provided samples of the Suffolk Gold, Suffolk Brie, Suffolk Blue and a new Herb Cheese for tasting and also the opportunity to make purchases. Although it was a cold, wet afternoon it was a most enjoyable and educational visit.

Jennifer Cook

Lady Hamilton

Says

"Jump for Joy"
at my
July Jamboree
Pop-up-Pub



Cask Ales

Fine Wines

Great Food

Pub Games

Good Company

Friday July 10th

6:00 - 11:00

Bealings Village Hall

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GREAT BEALINGS

ST MARY'S

We apologise for the uncertainty of the dates of services, but the building operation has proved to be more complex than expected, and we have had to change track. We moved one Communion Service in May to Culpho – but it turned out that this was unnecessary. We now discover that the internal painting operation will take longer than expected, so we have to reschedule services from July 20th onwards, for a period which may be for 6-8 weeks, to allow all the time for drying, and so as not to have to keep on erecting and taking down scaffolding. Plans are underway to rearrange services where necessary, and alterations will be published in June. In the meantime, services will be as originally published until July 20th.

LOOKING BACK CULPHO SERVICE

We are grateful to the churchwardens of Culpho for welcoming us so warmly into their church for a celebration of Holy Communion on May 10th which should have been held in St Mary's.

PARISH OFFICERS

Eric Barnett has been a member both of this PCC and Chairman of the Parish Council for as long as most of us can remember. At this year's Annual Meeting of the Parish Council, Eric stood down to be replaced by Charles Barrington, also, until now, a member of the PCC. Charles feels he cannot do both jobs so is standing down from the PCC, while, happily, Eric continues as our Secretary. This is perhaps an appropriate time to thank Eric for the many hours that he has put into running the affairs of the parish over some 20 years. It is often a thankless task, but every village needs people prepared to commit time, expertise and energy to running village affairs. Eric and Charles

have shown those qualities in abundance, and have contributed massively both to the PCC and to the Parish Council. We thank them for their commitment over many years.

SILVER INSPECTION

Every three years your churchwarden has to produce the treasures of the church for inspection. This year it was the Rural Dean and Lay Chair who carried out the inspection, which took place on Monday May 18th. Parishioners may be assured that everything of value is still there, and that we seem to have passed the inspection. This is also the occasion when all the various registers and files are inspected – an unnerving experience – most of these documents seemed to have passed scrutiny, but one or two need bringing up to date.

LOOKING AHEAD

Do please come and support the evening with Clive Paine on June 5th at 7.00. There should be a fair number of members of the Suffolk Historic Churches Trust present, so we need to ensure that the village too, is well represented. Tickets are only £6, and include refreshments.

CHURCHYARD

We are grateful to the small working party who helped set up a wild-life-friendly area just beyond the shed. We have cleared that area, and done our best to introduce plants which are bee- and butterfly-friendly. We don't wish to show too much hospitality to the rabbits or muntjacks, so the plants have been wired and covered with netting to give them a chance to become established. John Waspe, who (ironically!) keeps bees the other side of the red brick wall, has expressed an interest in setting up two more hives in this churchyard area. The hives would be so positioned as to direct the bees away from the churchyard! We are particularly grateful

for the practical support of our busy Priest in this wildlife venture.

It may interest people to know that there is a gate next to the shed, which could be opened in an emergency to allow in a fire engine to the back of the church.

Churchwarden

FRIENDS OF GREAT BEALINGS CHURCH CRICKET

An on-going reminder of the village cricket day arranged for Sunday 19th July. Barn Pightle, in Boot Street, is the venue and the Douse family are our hosts and organisers. Pre-match tuition is at 1 p.m., with the games beginning at 2pm. Everyone is welcome, whether you are a player or a spectator. Refreshments will be provided.

WILDLIFE MORNING – LOOKING BACK

We have received back several responses to the questionnaire that was sent out, and there seems to be a multitude of possibilities for future meetings. We will do our best to draw up a programme that can attract those interested in wild-life from across the generations. It looks as if the preferred frequency for meetings is once every three months. We have already held one emergency working-party meeting - see Churchwarden's notes – on the basis that planting time is NOW! If you have not yet climbed on board, do feel free to join us. Norman Porter or John Midwinter will be pleased to hear from you –wherever you may live in the Benefice.

FRIDAY 5TH JUNE CLIVE PAINE LET LOOSE IN GREAT BEALINGS CHURCH

A reminder that this is your chance to support both St Mary's Church and the Suffolk Historic Churches Trust. Entry is a mere £6 per head to include refreshments.

SUNDAY JULY 19TH VILLAGE CRICKET

ON A DATE TO BE ARRANGED

A celebration of the completion of the current phase of church works.

SATURDAY NOVEMBER 14TH SECKFORD HALL DINNER

- make a note of the date now!

We do already have a few names on the list, but the more and the sooner the better, as this will enable us to plan ahead in confidence. No money needed at this stage, just a declaration of interest.

There will be a maximum of 80 places for Friends, plus Friends of Friends who are very much encouraged to join us.

ANOTHER DATE FOR YOUR DIARY:

SATURDAY 12TH SEPTEMBER:

SHCT CYCLE RIDE

Organiser: Norman Porter, who will have all the necessary information.

The Friends

LITTLE BEALINGS

ALL SAINTS

CHURCHYARD

Those who have walked on the public footpath through the churchyard this month of May will have seen the masses of buttercups, daisies and speedwell, as well as many more wild flowers giving a wonderful display to rival any Chelsea garden. Growth has been rampant and sadly we have to mow before the grass gets too long for our small mower to cope with it. Only the front and West side are kept short leaving the rest to seed and given a once a year cut in late summer. Tony has been trying to keep it under control but it really wants a once a week cut at this time of year. We are very grateful to Tony for giving his time but he really does need some help. Can you spare an hour to come and mow an area? The more of you that help the less work for each to do.

Please ring Paddy Bills 01473 610219 or Bob Tate 01473 622995 with your offers of help. We would be most grateful.

SILVER INSPECTION

On May 18th our Benefice churches had a visit from the Rural Dean, the Revd. Clare Sanders and the Lay Chair Tony Allwood to inspect and record all the silver and brass ware that we own as well as checking all record books, policies and safety measures which we have to have in place. It is quite a comprehensive list and I am pleased to say that Little Bealings passed with flying colours. I must thank all those involved in keeping all these records written up and kept up to date.

ARCHDEACON'S VISITATION SERVICE

On June 2nd Fran Hopkins and Paddy Bills will be going to Kirton church to the Archdeacon's visitation service where we will be admitted as your Churchwardens for the year 2015/2016

As this will be Fran's first year in office it would be great to have some support at this service to welcome her into her office. For those who can come to Kirton, the service starts at 7.30pm.

PHILIP'S ORDINATION WEEKEND

Our Deacon Philip Merry will be ordained Priest on July 4th at St. Edmundsbury Cathedral and members of our Benefice are very welcome to attend this very special service for us to give our support and congratulations to Philip. If you are intending going to Bury and need a lift or you would have seats available in your car to give a lift, please will you contact me (Paddy Bills on 610 219) and we can make arrangements. It would be good to have as many as possible to come and support Philip.

Philip will be leading his first Communion service the next morning at 10.00am at Culpho church. Parking might be a bit tight so if you can fill cars that will ease the car numbers. All are welcome at this service

Paddy Bills, Churchwarden

NEPALESE EARTHQUAKE APPEAL

The Community Lunch on Tuesday 5th. May raised £120 (with Gift Aid £150). This has been sent to the DEC to alleviate the suffering of the people of Nepal.

A BIG thank-you to everyone who supported this event.

The next Community Lunch will be on Tuesday 2nd June 12.30-1.30pm.at the Angela Cobbold Hall.

Coronation Chicken & Salads

Bread & Butter Pudding / Fresh Fruit

Tea / Coffee

Enquiries and Bookings 01473 620213
diana.carr01@btinternet.com

LET THERE BE LIGHT

The Cheeseman family had four joyful occasions to celebrate and Light the Lights!

On May 5th Chris & Alison celebrated their 26th Wedding Anniversary followed by their son William's 16th Birthday on May 7th. Their daughter Alex's birthday is on May 17th followed by her Dad, Chris on June 12th. Congratulations to you all!

On May 18th the lights shone in loving

memory of Margaret Wilson's late husband, Brian, whose 80th Birthday would have been on this day. He is remembered with affection by his family and all who knew him.

If you would like to light the lights for a special occasion or memory please contact Peter Carr, Corner Cottage, The Street, 01473 620213 diana.carr01@btinternet.com.

A £5 donation keeps the lights shining for 2 hours.

PLAYFORD

THE SAGA OF THE THUNDERBOX

Chapter Five

Well we are getting nearer, which will come as a relief to some. We have a contractor and he can start soon; well this year anyway and for that I am grateful. But wait! What's that I hear? You want what!

A flushing loo with hand washbasin? OK. OK. I'll go down that route but it will be a definite 'no' to a mink seat warmer. Suffering makes you a better person

But first I had to ask the Archdeacon. Not for the seat warmer, silly, for the flushing loo. This is because we have to decide on the effluent disposal system compatible to half an acre of graveyard. The plan is to have the trench arch system. Highly complicated so don't ask. Anyway we have agreed the best route and now await a percolation test for effluent (I can't think of a coffee percolator in the same light now). Anyway if successful a JCB will start digging and lay this special drain.

Now all of this is going to cost more money. But I have a cunning plan. I am going to sell raffle tickets at £1 each and the winner gets to be the first person to use the new loo.

There will of course be a big crowd

outside to witness this important occasion. Flag waving, music, the works. The winner will obviously be allowed to close the door. (The person that comes second won't be) When the winner emerges from the thunderbox the cheering and good times can start. If it's all a little embarrassing for the winner he or she can request for the dancing and singing to start at the time of entry. But that will cost them an extra fiver. Well, remember we need the money.

Of course the colour of the loo paper and type of soap has yet to be decided and a special meeting of the PCC will be called to discuss all similar important decisions. We will require a Faculty for the loo roll holder, but one thing at a time.

This all seems eminently sensible to me and my technical advisor, who I notice is humming quietly to himself in the corner as he counts the number of paper clips in a box marked 1000 paper clips.

So parishioners you are in safe hands. We just have to hope that there is no attack of Singapore Dog during any of our services between now and September.

Colin Hedgley Churchwarden

PLAYFORD CHURCH LIGHTS

1st May – sponsored by Barbara Dunnett to celebrate the Wedding Anniversary of Daughter, Jacqui and Steven Coates. Happy Anniversary to you both love Mum. Also on 2nd May for Grandson Dylan, on his 15th birthday and for Granddaughter, Antigone on her 11th Birthday. Happy Birthday to you both love Grandma Barbara.

2nd May – lights were switched on to celebrate the birth of Princess Charlotte to the Duke and Duchess of Cambridge.

8th May – sponsored by Hilary Legard in memory of Lt. Geoffrey Philip Legard b. 8 Oct 1892 d. WW1 8 May 1915 - 2nd Northumberland Fusiliers. The Battalion took part in the Battle of Frezenberg Ridge, part of the 2nd Battle of Ypres, famous for the German gas attacks. His body was never found. Remembered by his great nephew and nieces on the centenary of his death.

15th May – sponsored by Ina Tomkinson (nee Barker and late of Playford) in memory of June Gosling.

Requests to sponsor lights to: Veronica Bunbury, Church Corner Cottage. Tel. 01473 623366; email: vronx@btinternet.com.

Last minute sponsorship is always welcome and *NEVER* a nuisance BUT so as to avoid any disappointment, if the request is for the same day or at very short notice, it is advisable to telephone, or ring the doorbell if posting a request, to ensure that Veronica will be at home to switch on the lights.

Veronica Bunbury

PLAYFORD WI

At our monthly meeting on 5th May our speaker, Ian Toulson, talked about his 'Obsession with Cycling' accompanied by a power point presentation showing us some of his worldwide adventures.

The talk was very interesting and we enjoyed the company of 4 visitors.

On 2nd June our speaker is Anne Day on 'Ipswich 100 years ago' which should prove to be both educational and informative. Do come and join us at 7.30pm in Playford Parish Hall.

Sue Bruce

CULPHO

ST. BOTOLPH'S

RECITAL 'TO MUSIC'

The recital by Soprano Carole King was held on the 26th April and raised a significant sum of money for the Church. Our grateful thanks go to Carole, husband Bryan, who narrated the pieces, and Jane Burn who accompanied Carole at the keyboard. The event was arranged by Christine Pearce with food and drink provided by Church members. Many thanks go to our artists and all who supported the event; we are most appreciative.

CHARITABLE EVENTS WITHIN THE VILLAGE

'Shingle Street' Folk Trio

On Friday 5th June, 2015 at 7.30 p.m. this newly formed musical folk trio will perform in the Church, in aid of Emmaus Ipswich, a charity for the Homeless. The programme will contain traditional folk songs for our entertainment and a warm welcome awaits, along with 'rustic refreshments' at the close of the event. Once again entry is free with a donation receptacle available at the back of the Church. All proceeds will go to this laudable charity, Emmaus, who are based in Ipswich, and aim to offer homeless people a safe home, work, and a place to rebuild their lives with confidence and within a secure environment.

It promises to be an enjoyable evening and we hope you can join us in supporting this worthy and local charity.

Garden open for Charity

On the 6th and 7th June, 2015 between 2 and 5 p.m. Glennis Richardson, Caddyfields, 17, Culpho (Thatched cottage next to the Church) will open her garden in aid of St. Elizabeth Hospice. There is no admission charge, but donations for the Hospice will be very much appreciated. A small number of plants will also be on sale at very reasonable prices. Set in just over half an acre this much loved garden is full of interest and will provide the visitor with plenty to see. Well worth a visit and all will be made very welcome.

Hidden Gardens

The Grundisburgh and Burgh Horticultural Society will hold their Hidden Gardens event on Saturday and Sunday 13th and 14th June. Tickets will be on sale on The Green, Grundisburgh and St. Botolph's Church will be open for anyone visiting Culpho on both days from 2 p.m. to 5 p.m. You will be most welcome to pop in for quiet contemplation if passing. Abbey Farm House will also be open on Sunday (14th) as part of the Hidden Garden programme.

Next P.C.C. Meeting

This will take place at 5. 30 p.m. on Wednesday 10th June, 2015 in the Church.

Margaret Gornall

NEW TO THE VILLAGE?

Great Bealings: For a Welcome Leaflet please contact
Norman Porter on 735565 or nhp@rillcott.co.uk

Little Bealings: Please see the parish website for information:
www.littlebealings.onesuffolk.net

Playford: A Welcome Leaflet can be obtained from Mrs Veronica Bunbury
at Church Corner Cottage, Church Lane, Playford. For more
Information please see the parish website: www.playford.org.uk

GOOD NEIGHBOUR SCHEME - Services for those with Mobility Problems

This local Scheme is now up and running. If you need help with things like:

- lifts especially to doctors' surgeries and hospital appointments
- getting prescriptions
- minor domestic repairs, such as checking smoke alarms and changing light bulbs
- short term help with pets

phone 01473 857796 and leave a message – someone will call you back.

For those who need regular transport, the Coastal Accessible Transport Service is a charity which provides lifts. Tel 01728 830516 for details.

BEALINGS AND PLAYFORD NEWSGROUP

An e-newsgroup operates for residents of Great and Little Bealings, Playford and Culpho. If you would like to receive emails about local events and items of interest from the Parish Councils and other groups, please send your email address to: bealingsplayfordnews@googlemail.com

Please say which village you live in so that you can receive the most appropriate information. Your email address will not be shared with others. The newsgroup can also be used to send information that residents would like distributed. BUT-please note that the newsgroup does not distribute any information involving commercial ventures or for the sale of goods and services, other than for charitable fund raising relevant to the parishes.

LOCAL CRIME INFORMATION

The Police Direct scheme sends phone messages/texts/emails with the latest information on local crime, warnings about bogus callers, crime reduction advice and updates from the Safer Neighbourhood Team. Sign up at <http://www.suffolk.police.uk/Services/Police+Direct/Welcome+to+police+direct.htm> or phone 01473 613997.

Report Anti-Social Behaviour to SCC call 08456 034715

NEED TO REPORT A PROBLEM?

Road repairs and Maintenance – potholes, overhanging vegetation, signs, flooding, verge cutting etc – contact the County Council on their customer service number: 0845 606 6067 or email: customerservice@csduk.com

In an emergency contact the police.

Public Rights of Way Footpath problems can be reported to the County Council East Area office at the same customer service number or via a 'public rights of way report a problem' form available at:

<https://www.csduk.com/CSD/Transportandstreets/Public+Rights+of+Way>

Fly Tipping and Litter: Contact Suffolk Coastal Services on 01394 444000 or email scsLtd@suffolkcoastal.gov.uk.

Please keep this page for future reference, it will only appear if space permits

ACTIVITIES/SERVICES

BEALINGS

VH: Village Hall

ACH: Angela Cobbold Hall

AGE UK	Village Representative	Jenny Shaw 07962087205
ANGELA COBBOLD HALL BOOKING		Vicki Carr 620213
BADMINTON	VH Thu 7.30	Martin Yates 07710187722
BALLROOM DANCING	VH First 3 Tue 7.30	Teresa Rudd 07929310480
BENEFICE CHOIR	Fri 7.30	Gill Peck 625077
CARPET BOWLS	VH Tue 1.30/Wed 7.00	Nigel Abbott 611005
DANCE CLASS	VH Tue 9.30 am Fri 9.30 am	Debbie Watkins-Jones 403513
FRESH FISH	Thu am Little Bealings top road: noon Playford: p.m. Great Bealings	Catherine 07971970836
GUIDES	ACH Tue 6.30 - 8.30	Jo Slim 01394 448846
JOHN BELSTEAD SPORTS COURT		http://bealings.ibooka.com/
	VH	Or via Volunteer Administrator 07925 181390
KEEP FIT	VH Thu 10.00	Joyce Bradley 726392
LIBRARY	Thu (every 4 weeks) 2.15 – 2.30 mobile library at Boot St, Great Bealings 2.35-3.00 at Admiral's Head, Little Bealings	07809594685
REMOTE CONTROL TOYS	ACH Bookable	Vicki Carr 620213
SNOOKER	VH Any day <4 hours	Margaret Wilson 07769195132
TABLETENNIS	ACH Bookable	Vicki Carr 620213
VILLAGE HALL BOOKING		Margaret Wilson 07769195132
WI	VH Thu (3rd in month)	2.30 Oct - Mar 7.30 Apr - Sep Jennifer Cook 623985
WOLSEY MINIATURES	VH Tue (4th in month) 7.30	Tricia Pitcher 624580

PLAYFORD

PH: Parish Hall

AGE UK	Village Representative	Astrid Llewellyn 610635
ART CLUB	PH Thu 10	Mary Spillett 01394 385295
FRESH FISH	Thu am Little Bealings top road: noon Playford: p.m. Great Bealings	Catherine 07971970836
FOOT CLINIC	PH Fri (every 8 weeks)	Astrid Llewellyn 610635
LIBRARY	Thu (every 4 weeks) 1.50 – 2.05 mobile library at phone box	07809594685
MILK	Tue, Thu, Sat Mon, Wed Fri	Dairy Crest 747272 Co-op Dairies
NEWSPAPERS		Grange News 01394 384082
NOTICE BOARD	PH See for art, bridge & social events	
PARISH HALL BOOKING		Lesley Nash 07759 308856
TODDLERS	PH Fri 9.30 toddler group	
WHIST DRIVE	PH Tues (4th in month) 2.00 pm	Astrid Llewellyn 610635
WI	PH Tue (1st in month)	Sue Bruce 738265
YOGA	PH Tue 9.30	Astrid Llewellyn 610635
	PH Thu evening 'Yoga for Mums'	J Lawrence 738104

Please submit corrections/additions to editor

JULY/AUGUST NEWSLETTER

Contributions for the July/August Newsletter should be submitted by:

5.00 pm Tuesday 23rd June

The newsletter will be ready for distribution by **Saturday, 4th July.**

Please be aware that this magazine will be available online. Names of children 16 and under must have parental/guardian approval before inclusion in the newsletter.

DISCLAIMER

The views expressed in this magazine are those of the contributors and do not necessarily reflect the views of the Editorial Team.

*Editorial Team email address: **beneficemag@gmail.com***

REMINDER

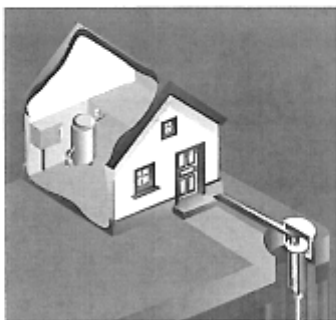
- ◆ May we please ask contributors to submit items using **MS Word** with Spelling set to **English (UK)** and font **Arial size 9**.
- ◆ **Please also ensure that you check your contribution before you submit it using the 'Spelling and Grammar' facility. (press F7 !)**
- ◆ **Please do not send items in .PDF format** because this makes it very difficult to edit and adjust to our A5 format.
- ◆ When submitting 'posters', notices or advertisements please note that 'colour' should not be used because you will lose significant impact when it is transferred to grey scale/black and white.
- ◆ Similarly please test your item before sending it; if it contains too much illustration or detail remember that it will not always be effective when reduced to the magazine's A5 format.
- ◆ If you are using graphics/logos please ensure that they are free of copyright



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kate.parish44@gmail.com

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VOLUNTEERS NEEDED IN IPSWICH

To help support our local community.

Listening volunteers, people to help fund-raise, and shopmates to work in our charity shop and book shop in Carr Street, Ipswich.

Please contact me for more information.

Hilary Wilkinson

Ips. 626795

Jol.wilkinson@btinternet.com

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CHURCH DIARY - JUNE

WEDNESDAY 3rd 9.30 Holy Communion -said **Culpho**

SUNDAY 7th
 8.00 **1st after TRINITY**
 10.00 Holy Communion -said **Little Bealings**
 Holy Communion **Great Bealings**

SUNDAY 14th
 8.00 **2nd after Trinity**
 10.00 Holy Communion - said **Great Bealings**
 Holy Communion **Playford**

SUNDAY 21st
 10.00 **3rd after Trinity**
 3.00pm Family Communion **Little Bealings**
 Evensong **Culpho**

SUNDAY 28th
 8.00 **4th after Trinity**
 10.00 Holy Communion -said **Little Bealings**
 Songs of Praise/Baptism **Great Bealings**

JULY

WEDNESDAY 1st 9.30 Holy Communion -said **Culpho**

SUNDAY 5th July
 8.00 **5th after TRINITY**
 10.00 Holy Communion -said **Playford**
 Holy Communion – Philip 1st Communion **Culpho**