### The Benefice of Badwell & Walsham0

Priest in Charge: Rev'd Philip Merry 01359 258806

07526 271784

(philipmerry@hotmail.co.uk)

Retired Priest: Rev'd Pamela Robson 01359 258939

(robsonpam@btinternet.com)

Benefice Readers: Ian Jackson 01449 781392

Freddie Montgomery 01359 240271

(freddiem1@timetalk.co.uk)

Benefice Elders: Janet Kerridge 01359 259563

Jill Scarfe 01359 258849

Andrew Strickland 01449 781487

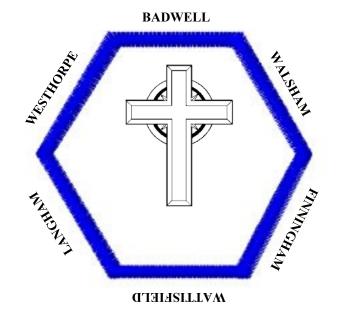
Please send your articles, jokes, fundraising event reports, puzzles, recipes and Church announcements for inclusion in this magazine (or anything else you fancy) to Rowena @ rowenagavars@gmail.com or ring 01359 259385

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Last date for items for inclusion in the next issue is Friday 7th September, 2018.

### The Benefice of Badwell & Walsham



Hexagon Aug-Bept 2018

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Badminton 8.30-10.30pm **Tues**: Café, open to all, Mums and Toddlers welcome 10.30am-12.30pm **Wed**: Yoga 10.30-11.30am

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### HEXAGON COPY DEADLINE

The deadline for the next issue is **Friday 7th September 2018**. Please send items for inclusion to the Editor: Rowena Gavars (rowenagavars@gmail.com / 01359 259385)

### WESTHORPE VILLAGE ACTIVITIES

**ART CLUB** Monday (fortnightly) 2:00-4:00pm. Contact: Paul Weston. Tel: 07860 376592. paulwestonarchitect@gmail.com

**BOOK CLUB** Thursday (every 6 weeks) 7:00-9:00pm Contact: Judith Kennedy. Tel: 01449 781249. jkstreetfarm@gmail.com

CARPET BOWLS Monday (weekly) 7:30-9:00pm Contact: John Offord. Tel: 01449 258501. dianegladders@outlook.com

CRAFT CLUB Tuesday (fortnightly) 10:00am-12:00 Contact: Lydia Cotgrove. Tel: 01449 789142 / Rosemary Mees. Tel: 01449 780394

FILM NIGHT Friday (4th of every month) 7:30-10:30pm Contact: Philip Aldous. philip.aldous@live.co.uk

FITNESS YOGA Wednesday (weekly) 6:30pm-7:30pm Contact: Jo Beales. Tel: 07912 649328. jo@johnnybeales.co.uk

**GARDENING CLUB** Friday (3rd of every month) 7:30-9:00pm Contact: Martin Little. Tel: 01449 780301.westhorpegarden@gmail.com

IT CLINIC Tuesday (bi-monthly)

Contact: Alison Weston. Tel: 01449 781490. alisonweston25@hotmail.com

**KEEP FIT** Friday (weekly) 10:30-11:30am

Contact: Glen Rust. Tel: 07856701970. glenrust21@yahoo.co.uk

LINE DANCING Monday (weekly) 6:00-7:00pm Contact: Rosie Macro. Tel: 07748 563926. rosemary.macro@yahoo.co.uk

STOTT PILATES Thursday (weekly) 11:00am-12:00 Contact: Miranda Tuddenham. Tel: 017540 696167 / 01379 742845 information@wdfitness.co.uk

**WINTERS ACADEMY** Thursday (weekly during term time) 4:00-5:30pm Contact: charley@wintersacademy.co.uk / www.wintersacademy.co.uk

YOGA Monday (weekly) 11:00pm-12:00 Contact: Juliet Wright. Tel: 07503 212670. jujuyoga39@gmail.com



### **SEA SUNDAY**

Sea Sunday is celebrated upon the second Sunday of July, set aside by Christian Churches to remember and pray for seafarers and their families, and to give thanks for their lives and work. This year Finningham Church hosted a Sea Sunday Worship/Workshop Service for the Benefice on July 8th, led by Pam, Marion and Denise.

The Mission to Seafarers is one such charity that supports those who ply their trade upon the seas and oceans. The charity was started some 160 years ago by The Reverend John Ashley, who, whilst watching the sailors in the Bristol Channel, wondered where they received their Spiritual nourishment and decided to do something about it. It is said that during his lifetime Rev John visited 14,000 ships.

A few years ago I spent some time during the summer working with the Chaplaincy Department of the Mission to Seafarers at our local ports of Harwich, Felixstowe, Ipswich and Mistley. It was a wonderful insight into the lives of merchant seafarers from every part of the world. The Burmese sailor who requested a Bible in his native language, and there was one in the Missions' library for him to take away, as well as one written in Swahili requested by the seafarer from Tanzania. Sailors from the sub-continent, who looked as though they should still have been at school, and upon reflection, probably should still have been at school. Then there was Ronnie, the young boy cook from the Philippines who at the time had recently been released after being held hostage by pirates for 75 days.

There were sailors who had come fresh from mainland China, and a young crew from Cape Verde, who I remember were leaving for Egypt and Syria, with all the perilous uncertainties that that particular engagement would throw up. Along with the Philippines and parts of Eastern Europe, Cape Verde, although small, tend to supply a whole host of nautical personnel. All things considered, there did not appear to be a great deal of romance to the work; engaged very often for 10 months at a time, 7 days per week, every week. For those who were married, it was invariably to maintain a better lifestyle than they would otherwise have afforded for their families. Their sacrifice at sea, so often meant that their children back home could have an education, which otherwise might well have been denied them.

 $(cont'd \rightarrow)$ 

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### Sea Sunday (cont'd)

The hospitality demonstrated on board invariably left you with an immense feeling of humility; always refreshment, sometimes a full-course meal. The ships themselves were as varied as the crew, some nearly 400 metres in length, weighing 150,000 tons, with cargo sometimes near to a billion pounds in value; no wonder they were highly prized by pirates!

The work of the Chaplain? A pastoral exercise in listening and words of encouragement where appropriate. A never ending supply of mobile phone cards, and access to the internet for the short time I was on board, along with a printed news-sheet in various languages to update the sailors on life back 'home,' and transport arrangements to town. Then there were the much sought after woolly hats, if you had come from Africa you were hardly likely to have packed one!

Around 90% of those things that sustain our daily lives come by sea, and I was left to reflect how in this 21<sup>st</sup> century each and every one of us are so completely interconnected worldwide, totally dependent upon each other, along with that Christian Gospel imperative to recognise every human being as a neighbour.

May Every Blessing be afforded to Seafarers worldwide. Philip and Denise

### **SUFFOLK CHURCHES RIDE and STRIDE**

The annual sponsored cycle ride, or stride, for those who do not wish to cycle is taking place on Saturday 8<sup>th</sup> September, when all of our Benefice Churches will be open. If anyone is interested in taking part; cycling, striding, sitting in church, sponsoring others, and need more information, then please do contact myself or the Parish organisers.

Philip

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### FROM THE REGISTERS

### **BAPTISMS**

Teddy James Hinkley 6 May 2018 Badwell Ash

Catherine Rose Lewarne Baxter 26 May 2018 Walsham-le-Willows

### **WEDDINGS**

Niall Burke and Eleanor Anne Haynes 5 May 2018 Walsham-le-Willows Steven Piers McGrady and Angelina Kennedy 23 June 2018 Walsham-le-Willows

**FUNERALS** 

<u>I UNLIKALO</u>			
Joyce Daphne Frost	8 May 2018	Badwell Ash	Burial
Winifred Edith Priestley	9 May 2018	Westhorpe	Cremation
June Daphne Mary Bryant	11 May 2018	Walsham-le-Willows	Burial
John Michael Smith	24 May 2018	Finningham	Cremation
Jane Alexandra Colwill	2 June 2018	Badwell Ash	Burial of Ashes
Michael John Wills	6 June 2018	Walsham-le Willows	Burial of Ashes
Edwin George Hubbard	6 June 2018	Walsham-le-Willows	Burial
Thomas Lambeth Wright	8 June 2018	Badwell Ash	Burial
Donald Frank Tuffs	28 June 2018	Finningham	Burial
Kathleen Ellen Tuffs	28 June 2018	Finningham	Burial of Ashes

### **SUMMER WORKSHOP**

On Monday and Tuesday 13<sup>th</sup>/14<sup>th</sup> August 2018 there will be a Benefice Summer Workshop for All-ages held in the Priory Room, Walsham-le-Willows. Both days will commence at 10.00am until 12.30pm. Refreshments will be served.

The theme will be 'Harvest,' and children's places will have to be limited to 25, so it is imperative that you book your child's place for ONE or BOTH of the sessions. To book please ring the Rectory and speak with Denise or Philip; 01359 258806. Any offers of help will be gratefully received. The mornings will consist of crafts, artwork, friendship and informal worship.

Adults are very welcome to call in for a 'cuppa and a chat.'

The following Sunday 19<sup>th</sup> August a Family Worship Service for the Benefice will be held in Walsham Church 10.00am

-- All Warmly Welcome



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### **Badwell Ash Primary School Site**

Badwell Ash Primary School closed in 2013 and The Diocese, the owners of the school obtained planning consent to put two detached houses on the site of the school in July 2015. A number of ownership and planning issues have delayed the sale of the site but after lengthy discussions with The Diocese it has been established that they are hoping to sell the site by the end of this year.

St. Mary's Church, which of course is also owned by The Diocese, has plans to install a Kitchen and W.C in the church at considerable expense, all of which has to be raised either by voluntary contributions or grants. It was hoped that the at least some of the proceeds from sale of the school site could have been donated to the church to help with the fund raising for this project. The PCC have been in discussion with The Diocese regarding this funding request since the beginning of the year but unfortunately, it seems The Diocese are unable to make any contribution whatsoever due to the constraints imposed on it by The Charity Commission and have issued the following statement:

The Diocese is intending to sell the Badwell Ash Primary School site once planning conditions have been discharged. The timing of the sale depends on how long this process takes, but it is hoped by the end of the year. From time-to-time there will be people attending the site and this is what they will be working towards.

National statute dictates than any proceeds from the sale of closed church schools such as this must be spent for educational purposes, and therefore cannot be reinvested in church buildings, and the rules in question are not able to be adapted.

Therefore, the proceeds from the eventual sale of the site will be used by the Church of England education system in accordance with those rules and a long-standing agreement between the Charity Commission and Department for Education regarding the use of assets held in church educational trusts.

Although it is not known when the proceeds of the sale will be available, such funds are normally held in a restricted fund for the benefit of Church of England schools in the diocese. No discussion or decision has been taken as to which may benefit from these proceeds.

The PCC have been pressing The Diocese to contact the Charity Commission to make an allowance to these rules for St. Mary's but they claim they are unable to do so. This is indeed very unfortunate as any financial contribution could have gone towards providing these much needed community facilities in the church to help safeguard its long term future.

The PCC will therefore now concentrate on fund raising and trying to obtain grant funding to facilitate this very worthwhile project.

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### **CHURCH-FUNDRAISING**

I recently wrote an article for the Finningham Village magazine thanking all who contribute in whatever way to the running/maintenance/upkeep/ finances of St Bartholomews Church. I extend those words of gratitude to all who contribute by the same token to all the 6 churches within the Benefice, There are too many individuals to name; but all support in whatever way is very sincerely appreciated, the goodwill of the villagers keep our buildings both open and maintained; 'thank you.' Finningham Church is now open daily, joining Badwell Ash, Walsham, Wattisfield and Westhorpe.

Philip (Priest in Charge)

### **HOLY COMMUNION - PRIORY ROOM - FINNINGHAM**

Services of Holy Communion will continue throughout all of the Summer in the Priory Room at the regular time of 9.30am on Wednesdays. A service of Holy Communion will be held at Finningham Church at 7.00pm on Friday 24<sup>th</sup> August to celebrate the Feast Day of St Bartholomew.

### **DEANERY NEWS**

The Revd Katherine Valentine, Rural Dean, on behalf of The Stanton Benefice has great pleasure in announcing:

The Licensing by the Bishop of the Revd Cathy Bladen on 14<sup>th</sup> August, at 7.30pm at St Peter's, Hepworth Refreshments following the service in Hepworth Pavilion RSVP: Rob Waugh, mswaugh@tiscali.co.uk

### **Growing in God Roadshows**

Tuesday 25 September Woolpit Institute, Woolpit IP30 9QH 6.45pm to 9.00pm

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On this the centenary of the end of the Great War an event is being organised to recognise and pay homage to those whose death was attributable to their service in the First World War and who are buried in Suffolk under the auspices of the Commonwealth War Graves Commission.

The intention is that on the 8<sup>th</sup> of November groups of local schoolchildren will assemble at the location of the graves and will be told about the connections the soldier had with their community, his service history and the importance of remembering the sacrifice he and others made. Then at 11am, throughout the County, representatives of those same children will lay poppy crosses on each grave followed by a minute silence.

Each RBL Branch in the County are responsible for the graves in their area. Stanton branch have 10 graves in five different locations. They are as follows:

Bardwell Baptist Church.

Private Archibald Oscar Plummer (Essex Regt.) Bardwell Peter and Paul Church.

Private Alfred Harold Hazelwood (Suffolk Regt.) Rickinghall Superior St Marys Church.

Private Ernest Matthews (Labour Corps.)

Walsham Le Willows Cemetery.

Private Sidney Arthur Cracknell (Kings Royal Rifles)

Private William Edgar Oxborrow (Royal West. Kents)

Wattisfield Cemetery.

Private Edward Kerry (Royal Fusiliers)

Private Ernest William Landymore (Queens West Surrey Regt.)

Private George N Miller (Suffolk Regt.)

Rifleman Edgar Redvers Moule (Kings Royal Rifles)

Private George Rivett (Royal Fusiliers)

It has been 100 years since these brave men were buried and so little is readily known about each of them. We need to tell the children as much as we can about who they were and how they link with the communities. Do you know about these soldiers? Have you any information about relatives we might contact? If you are a local historian can you help us with any information from your research? We would be very grateful for any help you can give us. If you can help with any information at all about the above-mentioned soldiers or their relatives please contact:

Ivor Bowden: 01359 251826 or online at bowdens5504@btinternet.com



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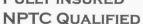
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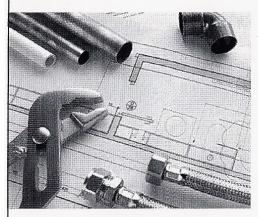
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A water bearer in china had two large pots, each hung on the ends of a pole which he carried across his neck. One pot had a crack in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house. Of course the perfect pot was proud of it's accomplishments, perfect for which it was made, but the poor cracked pot was ashamed of it's own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I'm ashamed of myself, because this crack in my side causes water to leak out all the way back to your house". The bearer said to the pot, "did you notice that there were flowers only on your side of the path and not on the other pot's side? That's because I have always known about your flaw and I planted flower seeds on your side of the path.....every day while we walk back, you've watered them. For two years I have been able to pick these beautiful flowers to decorate he table. Without you being just the way you are, there would not be this beauty to grace the house"

### The moral is:

Each of us have our own unique flaws. We're all cracked pots, but it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are, and look for the good in them!

Gilly Christian

### Westhorpe Village Hall

### 'Board and Card Games Roll Up'

In September we are proposing to introduce a regular fortnightly 'roll up' on either a Tuesday or Thursday evening, 7:00-9:00/9:30pm, to play a mix of Board and/or Card games as a fun evening in an informal and social setting in the Village Hall.

The games played will be largely the choice of the individual participants present and therefore flexible based on numbers and preferences. They will include, for example. Draughts, Chess, Cribbage, Monopoly, Whist, Bridge etc. The list will develop over time and as a pattern emerges.

We look forward to your support in this initiative, and will keep you advised on the programme and details.

> If you have any comments or input at this stage please contact Alan Coles 01449 781618 / alalancoles@aol.com

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The Westhorpe art group and the Westhorpe craft group are to jointly stage an exhibition of work on 24th November this year.

It will run from 10.00 am until 4.00 pm.

It will be held in the new village hall and will benefit the village hall. Woodturners from Westhorpe will also be exhibiting.

Tea/coffee will be available



Freddie Montgomery Would be delighted if you could join her on Saturday ZZnd September Z018 At 11am

At a service of Thanksgiving and Celebration for her 30 Years of Reader Ministry and her 90th Birthday! At St Mary's Church, Badwell Ash The service will be led by Can Roy Tricker BEM RR Please join us for light refreshments after the service

\_\_\_\_\_

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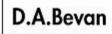
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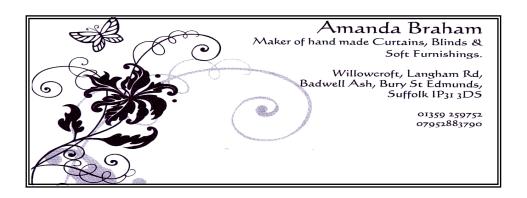
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in aid of St Margaret's Church at Westhorpe Village Hall Friday, 12th October, 2018 starting at 7.30 pm. Tables of up to six. £6.00 per head to include a light supper. Please bring your own drinks. To book, please call Rosemary Mees on 01449 780394 or

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### Wattisfield Relief in Need Charity

Charity registration No. 211097

This small charity is able to give grants throughout the year to those less well off in the Parish and those who find they are in need of financial assistance because of unexpected additional expenses.

Grants are also given in cases of special hardship, for example due to serious illness, accident, redundancy or bereavement.

Residents who do find themselves in difficulty and who could benefit from a little financial help may apply directly to the Charity and each case will be assessed on its own merits.

To apply please write in confidence to: The Trustees, Wattisfield Relief in Need Charity, The Steading, Bobby Hill, Wattisfield, IP22 1NL.

### THE WESTHORPE TRUST

The Westhorpe Trust is made up of several historic funds. The oldest is from the will of Richard Brown in 1641, who lived in Westhorpe and left ten shillings a year to the poor of the parish. Income also came from the properties at Town Yard which in the 19<sup>th</sup> century contained the parish workhouse and some arable land at Botany Farm, Walsham le Willows.

The Trust's income is divided into three parts all for the benefit of the inhabitants of the parish:

- 1. **Westhorpe Parochial Church Council** for the upkeep and services for St Margaret's Church;
- 2. The **Education Foundation** which gives every child a book token at Christmas. Those at university, college or other forms of Further or Higher Education or apprenticeships are given grants each academic year towards tuition fees, travel expenses, books, computers and other essential equipment. Help is also offered with other expenses such as school uniform, books and possibly school trips for those in nursery, primary and secondary school as well as others taking educational courses
- 3. The **Village Fund** provides family and personal grants for any kind of assistance, emergency payments, help with transport and heating costs, grants towards village events and many other things which need funding and are of benefit to the parish. If you feel the Trust can help you or your family, an application form is available to download from the village website <a href="www.westhorpe.onesuffolk.net">www.westhorpe.onesuffolk.net</a> or get in touch with the Secretary details below.

### All applications are treated in the strictest confidence

Secretary, The Westhorpe Trust, Westhorpe Lodge, Westhorpe, Stowmarket IP14 4TA. Tel: 01449 781078, Mobile: 07876 496065 Email: <a href="mailto:claire@ejbarker.co.uk">claire@ejbarker.co.uk</a> Registered Charity number: 263332



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### Walsham le Willows and District WI



Hidden on the fringes of fenland on the border of Norfolk and Suffolk lies a landscaped garden of considerable size. A secret oasis that we felt privileged to visit. Leaving the working yard with its machinery and log piles we were shown through a pathway to find spread out before us a delightfully scenic watery world. Across the reed fringed lake two boathouses and at our feet frothed a spectacular shoal of carp? eager to enjoy the contents of the bucket carried by our guide. The next hour was a delightful stroll around never-ending grassy pathways admiring all kinds unusual of trees and shrubs many of them festooned with roses. All was immaculately presented and was planted to make maximum artistic impact. A stand of pale foxgloves shone out tall and straight against a dark corner of pines. An eye-catching bed of intensely deep scarlet lilies was admired by us all, a new and unusual kind of Canterbury bell was the subject of comment. A flotilla of ducklings chugged past guided on their mission by stately mother duck and with a number of statues at focal points there was something to note at every turn. A huge French copper cheese tub on the patio contained a miniature world of tiny flowering sedums and rock plants. Completing our circuit of this wonderful garden we were grateful for the most generous tea and scones served to us all looking out over the lake. We always enjoy our 'educational outing' in June but this was particularly impressive. There was, however, one thing we didn't see.....a weed!

Jill Newell

.

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### BENEFICE PICNIC

### **Sunday 23<sup>rd</sup> September 2018**

### To take place after the 11.00am **Benefice Harvest Festival at LANGHAM Church**

Please bring a plate of finger food to share. Wine and soft drinks will be provided.

This is a chance for all members of the six parishes in the Benefice to come together for a chat in the beautiful surroundings of Langham whilst enjoying a glass of wine and something to eat. (You may wish to bring a folding chair for the picnic)

Directions to Langham Church: Follow the road through Badwell Ash towards Hunston. Turn right in Hunston on the road signposted to Langham. After about a guarter of a mile, the road crosses a stream, shortly afterwards there is a gateway on the right with a track leading across a field; drive along the track and you will come to the church.

NB Langham is a tiny church with no electricity, no water and no facilities.

Badwell Ash, Finningham, Langham, Walsham le Willows, Wattisfield, Westhorpe



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> Church House, The Street, Badwell Ash.

> > Many thanks

## Finningham Remembers the Centenary of the Ending of the First World War

11<sup>th</sup> November 1918 – 11<sup>th</sup> November 2018 In Remembrance of all those who fought and died



St Bartholomew's Church is holding an exhibition to commemorate the 100th anniversary on Saturday 10<sup>th</sup> and Sunday 11<sup>th</sup> November 10am – 4pm
Refreshments available
ALL WELCOME



### **Transport Needed?**

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At this time of year we have given grants to help with school educational trips or for the purchase of books for study.

Grants are also given in cases of special hardship, for example due to serious illness, accident, redundancy or bereavement. We have also given grants for unexpected travel expenses.

Residents who do find themselves in difficulty and who could benefit from some financial help may apply directly to the Charity and each case will be assessed on its own merits.

To obtain an application form please write in confidence to:

The Trustees, Wattisfield Town Estate Charity, Hall View House, Chapel Road, Wattisfield, IP22 1NU. Or email: <a href="mailto:mikfirehouse-wattisfieldtec@yahoo.co.uk">mikfirehouse-wattisfieldtec@yahoo.co.uk</a>

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Suitable for beginners

Thursdays 7.15-9.15 at Walsham School

Details from Julia (BWY) 07980476140

dunnicliffej@hotmail.com

### Moriarty's Cafe

Summer is here and there is nothing like eating al fresco.

Why not join us in the sunshine for a panini or a piece of one of our delicious homemade cakes and a cup of tea or coffee?

Rook now to ensure a table, inside or outside on 01359 258543 Or

find us on Facebook for events and workshops

> Open 9:00-4:30 Tuesday-Saturday

We look forward to welcoming you.

The Street, Walsham le Willows 1P31 3AZ





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Why not have a go at something different? It's free!!

### **Haughley Hoofers North West Clog Dancers**

North West Clog Dancing has its origins in the spinning and weaving towns of Lancashire and Cheshire. Haughley Hoofers are offering a free 8 week course in North West Morris dancing starting 30th September. Come along to the first taster session and have a go. No experience needed and no obligation New musicians welcome (acoustic instruments). Our practice sessions are on Sunday evenings 7.30-9.30pm in Haughley Village Hall, near Stowmarket. In the Summer we dance at fetes, festivals, pubs and farm shops.

Ring Sue on 01449 766747 to find out more. Website: www.haughleyhoofers.org.uk or see Haughley Hoofers on Facebook

### Pawfect Moments Dog Walking and Petcare



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(Badwell Ash and surrounding villages)

From the beginning of June the great outdoors officially became my new office!!

I am available to walk your dog/dogs, provide doggy day care, pet sitting and home visits for feeding, medication and toileting.

I have wanted to work with animals especially dogs for several years and am lucky enough to now be in a position to do this. I have swapped an office job for a career doing something I love come rain, snow or sunshine.

I appreciate that all pets are different and have a variety of needs. Therefore I always start each new relationship with a free initial home visit. I am fully insured, have attended a Canine First Aid course and am currently studying with the British Canine College for a Diploma in Professional Dog Walking.

I'm looking forward to hearing from you.....



Caroline Morris: 07843 248 411 cdv 11@hotmail.com Web address: pawfectmoments.co.uk Facebook: Pawfect Moments Pet Care



Unit 18, Tomo Estate, Stowmarket, IP14 5AY

### DO YOU WANT FRESH MILK DELIVERED FREE TO YOUR DOOR IN GLASS BOTTLES?



### THEN LOOK NO FURTHER

We are a local family owned milk delivery business

We deliver fresh milk & many other products to your door 5 days a week.

Visit our Website <u>www.suffolkdairies.co.uk</u> to see our full range of products

If you would like to arrange a delivery or discuss your requirements

Contact us on

Telephone 01449 676746 Email milk@suffolkdairies.co.uk

### The Old Tea Room Veterinary Surgery

For a professional caring service



### Independent practices with a personal approach

### Stowmarket

Stowe Veterinary Centre 01449 613 130 • stowevets.co.uk

Stowe Farm and Equine Centre 01449 776 201

### Ipswich

Ipswich Veterinary Centre 01473 555 000 • ipswichvetcentre.co.uk

### Bury St. Edmunds

Moreton Hall Veterinary Centre 01284 747 000 • moretonhallvets.co.uk

### Needham Market

The Mustard Pot Veterinary Surgery 01449 722 198 • needhamvets.co.uk

### Elmswell

The Old Tea Room Veterinary Surgery 01359 241 761 • elmswellvets.co.uk



### Natural Balance Reflexology

Reflexology is a non-intrusive complementary therapy, by applying pressure on particular points of your feet, hands or face it can help your body restore it's natural balance.

Reflexology has a number of benefits including, improved sleep, improved circulation and reduce stress levels.

I am a qualified Reflexologist and have completed additional training in maternity reflexology and reflexology for anxiety and mild depression.

I have just completed facial reflexology the benefits of this includes smoother, glowing and healthier skin.

\*£20 for your first treatment on your feet\* Normally £25 an appointment or £100 for 5 treatments

\*£30 for your first treatment on your face\*
Normally £35 an appointment
or £140 for 5 treatments

Call Zoie - 07968 903567

Appointments avaliable in Walsham le Willows or from the comfort of your own home





### Senefice Services Aug-Sept 2018

5 <sup>th</sup> AUGUST	10 <sup>th</sup> SUNDAY after TRINITY	
8.00am 10.00am 11.00am	Holy Communion Benefice Communion Morning Worship	Walsham Badwell Ash Wattisfield URC
12 <sup>th</sup> AUGUST	11 <sup>th</sup> SUNDAY after TRINITY	
8.00am 10.00am 10.00am 11.00am 11.00am	Holy Communion Morning Prayer Holy Communion Matins Holy Communion	Walsham Finningham Langham Walsham Wattisfield URC
19 <sup>th</sup> AUGUST	12 <sup>th</sup> SUNDAY after TRINITY	
8.00am 10.00am 11.00am 6.00pm	Holy Communion Family Service Morning Worship Evensong	Walsham Walsham Wattisfield URC Westhorpe
24 <sup>th</sup> AUGUST	St BARTHOLOMEW	
7.00pm	Holy Communion	Finningham
26 <sup>th</sup> AUGUST	13 <sup>th</sup> SUNDAY after TRINITY	
8.00am 10.00am 11.00am 6.30pm	Holy Communion Holy Communion Morning Worship Songs of Praise	Walsham Westhorpe Wattisfield URC Walsham
2 <sup>nd</sup> SEPTEMBER	14 <sup>th</sup> SUNDAY after TRINITY	
8.00am 10.00am 11.00am 11.00am	Holy Communion Holy Communion Matins Holy Communion	Walsham Badwell Ash Walsham Wattisfield URC

### Benefice Berrices Aug-Bept 2018

### 9<sup>th</sup> SEPTEMBER 15<sup>th</sup> SUNDAY after TRINITY

8.00am	Holy Communion	Walsham
11.00am	Family Harvest Festival	Badwell Ash
11.00am	Morning Worship	Wattisfield URC
3.00pm	Family Harvest Festival	Westhorpe

### 16th SEPTEMBER 16th SUNDAY after TRINITY

8.00am	Holy Communion	Walsham
10.30am	Songs of Praise	Walsham
11.00am	Family Harvest Festival	Finningham
11.00am	Morning Worship	Wattisfield URC

### 23<sup>rd</sup> SEPTEMBER 17<sup>th</sup> SUNDAY after TRINITY

8.00am	Holy Communion	Walsham
11.00am	Benefice Harvest Festival	Langham
	[followed by Benefice Picnic]	•

Morning Worship 11.00am Wattisfield URC

### 30th SEPTEMBER 18th SUNDAY after TRINITY

8.00am	Holy Communion	Walsham
10.00am	Holy Communion	Westhorpe
11.00am	Family Harvest Festival	Wattisfield
11.00am	Morning Woeship	Wattisifield URC
3.00pm	Pet Service	Finningham

### 7<sup>th</sup> OCTOBER 19<sup>th</sup> SUNDAY after TRINITY

8.00am	Holy Communion	Walsham
10.00am	Holy Communion	Finningham
11.00am	Family Harvest Festival	Walsham
11.00am	Morning Worship	Wattsfield URC

### Wednesday Morning Eucharist In the Priory Room at 9.30am followed by Refreshments and Fellowship

August:

no meetings 5th, 12th, 19th, 26th September::