

The Benefice of Badwell & Walsham

Rector: Rev'd Philip Merry 01359 258806
07526 271784
(philipmerry@hotmail.co.uk)

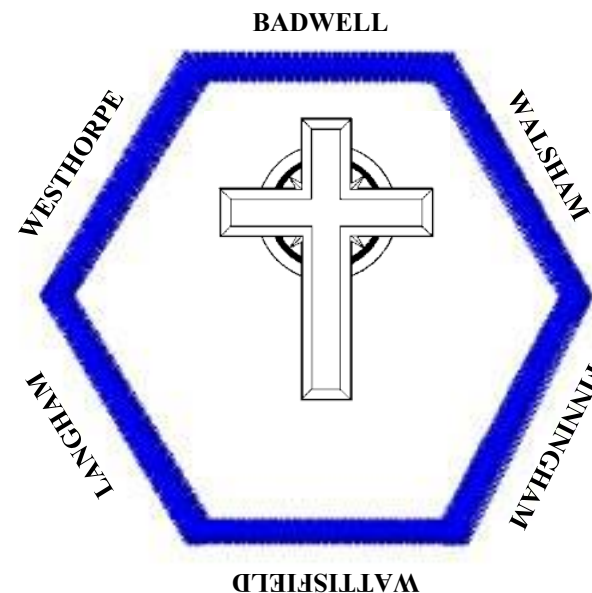
Retired Priest : Rev'd Pamela Robson 01359 258939
(robsonpam@btinternet.com)

Benefice Readers: Ian Jackson 01449 781392
Freddie Montgomery 01359 240271
(freddiem1@timetalk.co.uk)

Benefice Elders: Marion Bell 01449 782072
Denise Merry 01359 258806
Janet Kerridge 01359 259563
Jill Scarfe 01359 258849
Andrew Strickland 01449 781487

Benefice Safeguarding Officer:
Tracey Gorzelak 01359 258529

The Benefice of Badwell & Walsham



Hexagon
August – September 2020

HEXAGON

Please send your articles, jokes, fundraising event reports, puzzles, recipes and Church announcements for inclusion in this magazine to the Editor: Debbie @ debbiewatson2916@gmail.com or ring 01359 259686

COPY DEADLINE Last date for items for inclusion in the next issue is Fri **4th September 2020**.

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Contact Judith on 01359 258251 or judith@gharlow.plus.com

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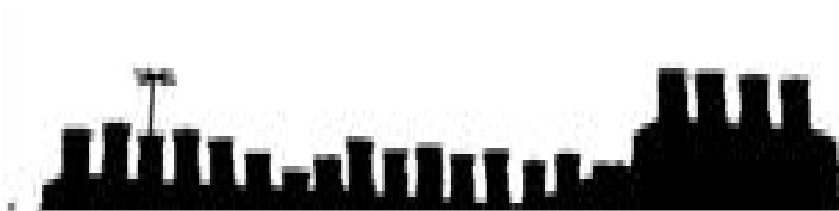
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FROM THE RECTORY

As I write this at the beginning of July it is to do so having had the green light for the opening of our churches for Public Worship. There are certain conditions attached to begin with, but nonetheless this is wonderful news. At present, whatever services, there must be a maximum of 30 in the congregation, and of course for some of our churches even that number will not be possible. For the foreseeable future I shall have to set out the services week by week as the guidelines dictate. We are probably some way off as yet from when normal service may resume.

The pandemic which we have all been living through has brought home to us the fragility of life. We know deep down that nothing lasts for ever, but we were unprepared for the indiscriminate and shocking way in which a new virus can swiftly take away not just our freedoms but those we love. For too many families the pain and grief they have suffered through the death of a loved one, whatever the cause, has been made even more unbearable because they have been unable to say their farewells in the usual way. Because of the risk of infection, we have not been able to hold funeral services in church, and the funeral services which have been held at the graveside or in a crematorium chapel have only been attended by a very small number of close family members.

But whilst our churches may have been closed, our churchyards and cemeteries have not been. In conversation with others I have learnt that they have been places of comfort when life has been full of anxiety, sadness and uncertainty. Perhaps it is because these special places offer a sense of belonging, made visible on memorial stones and tablets. Family ties are engraved on stone, every name remembering a past community which has shaped the land and given a place its own identity.

cont'd>

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It may well be that human beings feel a connection to the natural world. In the early days of the pandemic I am sure that many felt a certain reassurance by the arrival of Spring. As we have looked out on the world from our locked down homes, nature has continued to blossom and thrive and the world has kept on turning. Research suggests that being in a green space during times of uncertainty, stress, anxiety and grief helps us to cope both emotionally and physically

Our gardens and green spaces have been so important as we have endeavoured to stay positive these past weeks; they have been places of reassurance. Our thoughts and prayers must be for those who do not have the good fortune of a green environment close by.

Let us all hope for a better world, coupled with a wonderful promise and optimism of better days to come for all of us.

Philip
Benefice Rector

BENEFICE CHURCH SERVICES AUGUST/SEPTEMBER

For information on Benefice Church Services please do look on the church notice-boards, the 'A Church Near You' website, or contact myself; 07526271784

PRIORY ROOM

St Mary's Church Walsham is seeking a volunteer(s) for the cleaning of the Priory Room. This would be on an ad-hoc basis a few hours each month. If you are interested please do get in touch.



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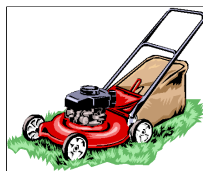
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DOMESTIC ABUSE

Home is not likely to be a safe place for survivors of domestic abuse. Social distancing and self-isolation will be used as a tool of coercive and controlling behaviour by perpetrators and will shut down routes to safety and support. The impact of self-isolation will also have a direct impact on specialist services who are already operating in an extremely challenging funding climate.

Under normal circumstances, spending time indoors is often unsafe for those experiencing domestic abuse, and other forms of VAWG (Violence Against Women and Girls). However, during lockdown the danger to women is exacerbated.

In homes that are already prone to abuse, a Covid-19 lockdown creates a living nightmare. That is partly because of the all-too-obvious reason that it is hard to run away. But it is also due to a more subtle problem: the mental cage. Abusers typically control their victims not just through physical violence but by making them think that abuse is justified, if not inevitable. Sometimes they deliberately isolate victims from others, controlling their communications; other times they use emotional abuse to make the victim feel ashamed. In an abusive situation, the abnormal gradually starts to seem normal as a wider perspective slides away, to a degree that detached outsiders can struggle to understand Covid-19 cruelly reinforces this. Today nothing seems entirely “normal”. Social distancing is required. Many people feel emotionally drained. For abuse victims, it thus seems doubly hard to flee; breaking free requires extraordinary amounts of emotional and physical energy — not to mention money.

If you, or someone you know, are experiencing abuse, please visit the Women's Aid information and support page, where you can access support from the national online and telephone service or connect with a local service.

Women's Aid: www.womensaid.org.uk

National Domestic Abuse Helpline (run by Refuge) on 0808 2000 247 (Freephone 24h) or visit www.nationaldahelpline.org.uk

I became a victim of domestic abuse at the age of fifteen and this went on for 10 years until I was put in intensive care and then managed to get away. Having an uncaring mother who told us we had to leave at 15, met an older man who showed me attention and moved me in with him and his mother.

cont>



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The abuse started straight away and he threw me downstairs when I was about seven months pregnant and I gave birth to a baby girl. I called her Hope and she was buried in a grave with a lady who had no family.

This abuse was before safe houses and at a time when police were powerless to intervene. It was either a case of my going into a hostel and my children going into care which wasn't an option so I stayed. Thankfully there is more help available today.

Jeannie Bloomfield

ON THE ALLOTMENT

Summer on the allotment, enjoy the summer bounty but sow seeds now for future harvests. After the dry month of May, June has given us enough rain to see our allotments grow and swell with fruits, salads, flowers, broad beans and now courgettes are coming thick and fast. Strawberries had the best year ever due to the dry and sunny spring.

It's always a good feeling once the threat of frost is passed and you can sigh with relief that your potatoes will not be blackened and those young french bean or courgette plants will be able to grow away happily. There was a hard frost in mid-May that caused damage to some potatoes, and in the garden at home we lost a Wisteria in full flower. Local Vineyards were hit badly apparently. The dryness makes work for us in that we have to water but the bonus is slugs are kept at bay which helped young seedlings to grow stronger and then be able to withstand some slug damage.

We had "gooseberrygate" at the allotments in late June... – who is eating all the gooseberries? Gooseberry bushes heavily laden were stripped overnight.... after staking out the allotments early one morning I found the culprit. I watched a solitary pigeon who managed to eat them whole, without chewing one after the other, and was so full afterwards, it couldn't fly off but just sat in a nearby plum tree!

There is always the sad feeling when we pass the longest day on 21st June – are the nights really drawing in already? But the frosts are gone and the warmth is in the soil now you can literally feel it as you weed, it's a great time to be gardening, just think back to the cold wet soil in March.

cont>

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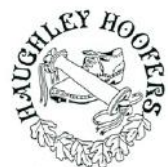
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Gardeners would make good politicians and planners - we are always looking forward to the next season – if you stand still and feel smug about the summer harvests, you may have enough courgettes to feed an army now, but you will have nothing to eat come October as the nights draw in.

July is the time to think about next spring - for example to sow spring cabbage seeds – that will give you a supply of greens in early spring. Salad seeds sown now will give a supply of tasty leaves for autumn and even winter harvests. The soil is now warm and moist and we have been lucky with good rain so it's a good time to sow a last crop of carrots, that will stay in the ground all winter. French beans sown now grow away quickly and will give you an autumn harvest. If you love sprouting broccoli then you may still be able to buy plants. Remember to cover them from the cabbage white butterflies, as well as the pigeons.

The sweet corn is growing so quickly it's become a tall leafy jungle. Sunflowers I planted along the eastern edge are now towering over the sweet corn. I planted lettuce and rocket seedlings in the gaps when the sweet corn was small – technically termed intercropping but they have become lost in the dark understorey.

Green manures are a useful crop to sow over ground that becomes vacant when you lift your potatoes or harvest other crops. It's a way of giving back to the soil – a green living cover crop that stops weeds from asserting themselves and holds on to the soil over winter time when rain can leach out nutrients. Come the spring you cut the green manure crop down, wait a week or so and then dig it in. There are lots to choose from - I have Phacelia – a summer green manure crop that has the added bonus of beautiful flowers that bees love. I also use Poached egg plant, *Limnanthes Douglasii*, a small carpeting annual with yellow and white flowers – it germinates in the autumn, covering bare soil over winter and then flowers its heart out in late spring, providing pollen for insects. Then disappears in high summer. Autumn green manures include grazing rye grass and winter tares.



Haughley Hoofers North West Morris Dancers

*** COVID 19 ***

Our practice season has now finished and because of Covid -19 we have had to cancel all events for the summer. Depending on health advice, we hope to start our practice sessions again in September/October on Sunday evenings 7.30-9.30pm in Haughley Village Hall, near Stowmarket.

Ring Sue on 01449 766747 to find out more nearer the time.

www.haughleyhoofers.org.uk or see Haughley Hoofers on Facebook

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HOW WELL DO YOU KNOW YOUR FLOWERS?

1. A bovine mishap (7)
2. A very proper flower (8)
3. Sounds like a herd of Sheep (5)
4. Kept in a ware house (5)
5. This saves you money (6)
6. Sad sight as a dance (10)
7. You will drop this quickly (3,3 5)
8. Keeps his paws warm (9)
9. Sounds like he hates her (7)
10. Hard working working (4,6)
11. Avalanche (8)
12. Dear Bill (5,7)
13. Kentish ringing (10,5)
14. Country of drivers 9)
15. Sugary veg (5,3)
16. It led the kings (4,2,9)
17. Mythical Beast that bites (10)
18. Hello Cynthia (8)
19. Mix up and hide in a plum (10)
20. Canine stood up (7)



RETIRING HEADMISTRESS

As you may be aware, Angela Hunter has made the decision to take early retirement from Walsham le Willows CEVC Primary School at the end of this academic year. She has worked tirelessly at the school for the past 14 years. The children who have been through the school always have lots of happy memories from the school including trips, plays and concerts. Angela was always happy to give up her weekends to support the children at these events.

We would like to say a massive thank you to Angela and wish her all the best for her future adventures.

Governors of Walsham le Willows CEVC Primary School

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IPSWICH AND SUFFOLK CREDIT UNION

The Parish of Walsham-le-Willows has joined with the Archbishop of Canterbury in his initiative to offer an alternative to Pay Day Loan Companies.

The Archbishop of Canterbury has endorsed and promotes Credit Unions nationwide. We had visits from the Ipswich and Suffolk Credit Union during the year 2014. As a result we now have two Walsham-le-Willows Parish members as Credit Union Representatives for anyone in the Benefice with any interests.

They are as follows:

Fred Bloomfield
1 Church View Cottage
The Causeway
Walsham-le-Willows
Bury St Edmunds IP31 3AB

Ann James
The Thumbit
Walsham-le-Willows
Bury St Edmunds IP31 3BT
Tel: 01359 259414

Walsham le Willows CEVC Primary School

I can't believe that we are at the end of another school year, and what a school year it has been! I am sure that some of you are aware that I haven't been at the school since November due to treatment I had been having and then the COVID pandemic meant I haven't been able to go back to school. This has been particularly frustrating for me, especially as I am leaving at the end of this academic year. It certainly wasn't the way I thought I would finish my 14 years at Walsham Primary School!

In my time at the school, I have been very fortunate to have had the support of wonderful teams of staff, governors, parents and also from the community. Over the years, the schools' involvement in the village has grown and this has been great to be part of. From the carols round the tree at Christmas, the Open Gardens in the summer, the services in church, singing at the Church Fayre and the concerts in the village hall (to name but a few) the school has been part of the community life. Happy memories indeed.

All of these things wouldn't have been possible of course without the children that I am very lucky to have met, taught and watch grow over the years. You can always count on the children to bring a smile to your face, no matter what the day is throwing at you! I will miss them all.

The staff and governors have all had a difficult year this year and I am only sorry that I haven't been able to be in school to support them more. My thanks go to them all for continuing to work tirelessly in these difficult times, for always wanting the best for the children and always striving to achieve even better things. I am very proud to say that I have been the head teacher at Walsham le Willows Primary School. I will miss everyone at the school – staff, governors, parents and of course the children.

Stay safe and well and have a wonderful summer.

Angela Hunter



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ANIMAL CRACKERS – A BIBLICAL PUZZLE

The names of 48 Old Testament and Apocryphal characters are hidden in this story. See how many you can find.

Truth to tell I'll be sad to leave my job here at the zoo when I retire shortly, but I'll relish all the memories of the animals – marmoset, hyena, jerboa, zebra – which is my favourite?

First our chimps: the lively male whose anger is easily aroused and who's prone to biting his rivals; and his mate, a placid animal a child could play with, were it not for the protective mesh a child's hand can't get through – though the chimp's can, and she may try to snatch a garment from unwary visitors! Then there's the rhino, a horn lowered as if to charge – a bellicose chap ready for a full-scale battle.

The penguins, a comical lot, usually stand in a huddle at the edge of their pool, though they all abandoned it in a recent hot spell and a passing shag gained several free fish! But the shy lemur is a little smasher who has won my heart. She has a habit of going to bed by day while visitors are around, emerging only when she can see no children in the offing. I'm going to miss a charmer like her.

Last summer, I summoned our new vet Harry to Lisa, a big ailing hippo, who had a most painful ulcer causing chronic earache likely only to worsen with time. Harry and his nurse Tina both had strong views – she who's a softie when there's drastic action mooted, didn't want Lisa put down. While I was abed, negotiations continued, and they decided to try one last injection. Lisa, accustomed more to Tina than to Harry, rose from her muddy pool as they entered her pen the next day. Tina hummed a soothing tune but the sight of Harry's syringe made the vet a marked man. He began to jab nervously but Lisa, the saucy madam, was having none of it. As I watched I saw the hippo tip Harry into a bush while Tina, omitting to take evasive action, ended up in the foul mud. Recovering, they turned and fled for the gate, which I rammed shut once they were through. Tina went to clean up and after a bath she barely smelt at all Meanwhile a happy hippo was afloat in her pool taking a dip! "I'm ashamed of you Lisa" I told her, but I wish I'd had a video camera to hand!

Devised by Margaret Irvine Manchester

St Mary's PCC, Walsham le Willows
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Walsham le Willows.

GENERAL APPEAL

Along with many other charities, Churches are suffering a loss of income/donations as a result of the Covid 19 Pandemic.

It is pleasing to see that limited Services are starting across the Benefice, but the Church finances have already been damaged so we do need your help.

If you already donate by way of Standing Order, do please consider increasing the amount, however small.

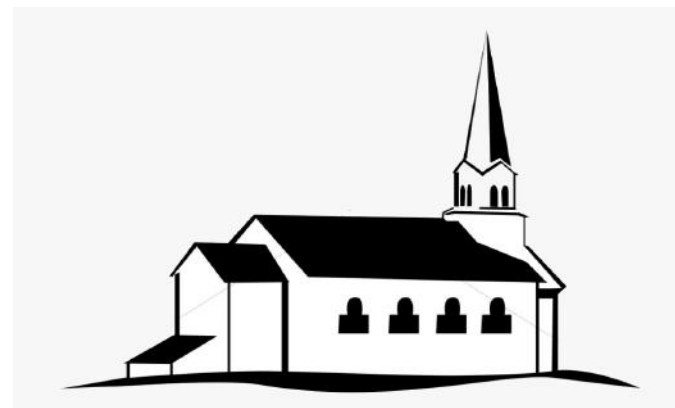
If you wish to set up a new regular giving Standing Order, please use the forms opposite for St Mary's Walsham le Willows.

For other Churches in the Benefice, please contact Philip, your Parish Treasurer or me for their details.

Thank you for your kind support.

Garth Harlow
Treasurer, St Mary's Walsham le Willows
garth@gharlow.plus.com

Please send forms to Garth Harlow, The Rookery, Wattisfield Road, Walsham le Willows, Suffolk, IP31 3BD.



St Mary's PCC, Walsham le Willows

Gift Aid Declaration for Regular Giving If you are a UK taxpayer and eligible to Gift Aid your donation, please complete the declaration below. This will increase your gift by 25p for every £1 given at no extra cost to you or us. Thank you.

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Your address: _____

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Signature: _____ Date: _____

NOTES

1. Please notify the church/PCC if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains. Gift Aid is linked to basic rate tax, currently 20%, which allows charities to reclaim 25p for every £1 donated.

2. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

JAM MAKING

Homemade jam is so delicious and so easy – you just need equal parts of fruit and sugar and a watchful eye. You could use any soft fruits – strawberries, blackcurrants, blackberries or a mixture.

Equipment and preparation. You will need three clean 300ml/10fl oz jars with lids. To clean the jars, preheat the oven to 140C/275F/Gas 1. Wash the jars well in warm soapy water then rinse thoroughly under running water. Leave the jars and lids to dry upside down in the oven.

Place a few saucers in the freezer to chill. These will be used to test if the cooked jam has reached setting point.

Raspberry Jam Ingredients

450g/1lb raspberries, as fresh as possible
450g/1lb granulated sugar



Method

1. Place the raspberries and sugar into a wide-mouth preserving pan over a very low heat, stirring every so often until the sugar has completely dissolved.
2. Bring the fruit mixture to a rapid boil. Cook for 3-5 mins until the jam reach setting point. It will thicken and start to boil more slowly with thicker heavier bubbles.
3. To test if the jam has reached setting point, first remove the pan from the heat, spoon a little of the jam onto a cold saucer, leave to cool for a few minutes, then push your finger into the jam. If it wrinkles, it is ready. If not, return the pan to the heat and cook for a minute or two more then test again.
4. Once the jam has reached setting point, carefully ladle it into the sterilised jars and twist the lids on while the jam is still hot. The jam will thicken up as it cools and the seals on the jars should dip. If this does not happen store in the fridge and use within a couple of weeks. Sealed jars can be kept in the cupboard for months.

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This year's cycle ride in aid of local churches will take place upon Saturday 12th September; when all the 6 Benefice Churches will be open. If you wish to take part in any way; cycling, walking, sitting in church as a greeter, organising others or contributing financially, or for any further information, please do get in touch.

Philip Benefice Rector

QUIZ ANSWERS ANIMAL CRACKERS

Truth to tell I'll be sad to leave my job here at the zoo when I retire shortly, but I'll relish all the memories of the animals – marmoset, hyena, jerboa, zebra – which is my favourite?

First our chimps: the lively male whose anger is easily aroused and who's prone to biting his rivals; and his mate, a placid animal a child could play with, were it not for the protective mesh a child's hand can't get through – though the chimp's can, and she may try to snatch a garment from unwary visitors! Then there's the rhino, a horn lowered as if to charge – a bellicose chap ready for a full-scale battle.

The penguins, a comical lot, usually stand in a huddle at the edge of their pool, though they all abandoned it in a recent hot spell and a passing shag gained several free fish! But the shy lemur is a little smasher who has won my heart. She has a habit of going to bed by day while visitors are around, emerging only when she can see no children in the offspring. I'm going to miss a charmer like her.

Last summer, I summoned our new vet Harry to Lisa, a big ailing hippo, who had a most painful ulcer causing chronic earache likely only to worsen with time. Harry and his nurse Tina both had strong views – she who's a softie when there's drastic action mooted, didn't want Lisa put down. While I was abed, negotiations continued, and they decided to try one last injection. Lisa, accustomed more to Tina than to Harry, rose from her muddy pool as they entered her pen the next day. Tina hummed a soothing tune but the sight of Harry's syringe made the vet a marked man. He began to jab nervously but Lisa, the saucy madam, was having none of it. As I watched I saw the hippo tip Harry into a bush while Tina, omitting to take evasive action, ended up in the foul mud. Recovering, they turned d and fled for the gate, which I rammed shut once they were through. Tina went to clean up and after a bath she barely smelt at all Meanwhile a happy hippo was a float in her pool taking a dip! "I'm ashamed of you Lisa" I told her, but I wish I'd had a video camera to hand!

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Please don't walk into the practice. We need to keep everyone safe. Instead, please phone us and explain your situation. We'll arrange a suitable way of conducting your appointment that is in everyone's best interests. There are a variety of options available to everyone - the important thing is to let us know and we'll work together.

All clients are being offered **video or telephone consultations** for situations where a visit to the surgery might not be possible or essential. The vet will assess each situation individually and provide the safest solution for you and your pet. If following the consultation the vet does need to examine your pet, we will book you a drive-in appointment and ask that you call us on your arrival and one of our team will come out to collect your pet. For any emergencies we'll ask you to attend the practice immediately.

Services we are currently providing:-

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- Emergency services.

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We thank you for your co-operation in advance and for your support of our teams that are working under immense pressure in these difficult times to help keep your pets healthy.

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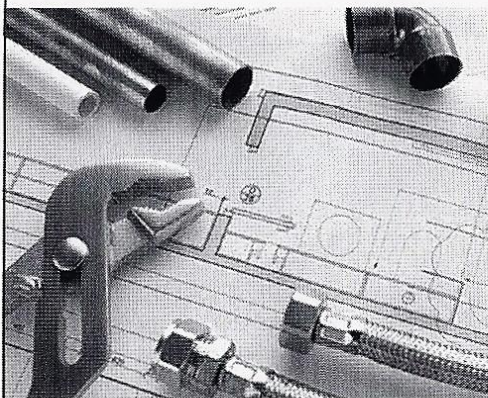
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Gordon Lawrence
Co-ordinator



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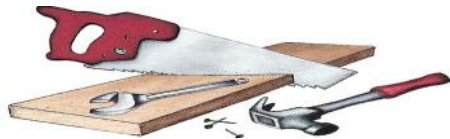
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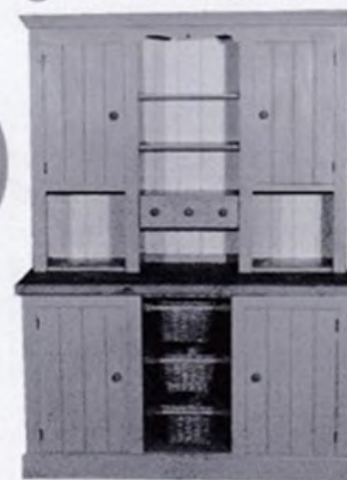
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