

The Benefice of Badwell & Walsham

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

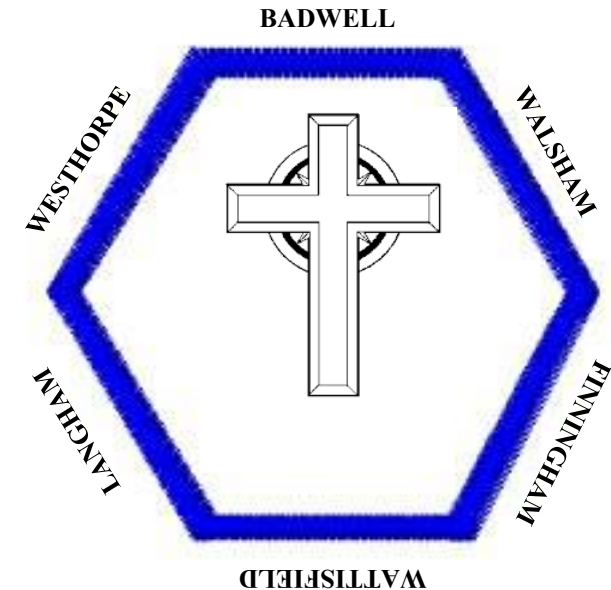
Retired Priest : Rev'd Pamela Robson 01359 269278
(robsonpam@btinternet.com)

Benefice Readers: Ian Jackson 01449 781392
Reader Emeritus: Freddie Montgomery

Benefice Elders: Marion Bell 01449 782072
Denise Merry 01359 258806
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Benefice Safeguarding Officer:
Tracey Gorzelak 01359 258529

*The Benefice of
Badwell & Walsham*



Hexagon

August – September 2022

HEXAGON

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

COPY DEADLINE Last date for items for inclusion in the next issue is
Fri **9thSep 2022**

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QUARTER PAGE	single issue £15	3 issues £30	6 issues £50

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

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LEISURE

What is this life, if full of care,
We have no time to stand and stare.
No time to stand beneath the boughs
And stare as long as sheep or cows.
No time to see, when woods we pass,
Where squirrels hide their nuts in grass.
No time to see, in broad daylight,
Streams full of stars, like skies at night.
No time to turn at Beauty's glance,
And watch her feet, how they can dance.
No time to wait till her mouth can
Enrich that smile her eyes began.
A poor life this if, full of care,
We have no time to stand and stare.

The above poem, entitled 'Leisure,' and familiar to many, was written well over a 100 years ago by the Welsh poet and writer William Henry Davies, who died just over 60 years ago this September. Much of his life was spent as a tramp in both the United Kingdom and America. A popular poet of his generation, whose themes largely included observations on life's hardships, the ways the human condition is reflected in nature, his tramping adventures and the characters he met.

These words from the poem 'Leisure,' reflect upon the need to 'stand and stare.' And yet, despite the massive shifts in technology and culture we still cheat ourselves of time to 'stop and stare.' I can imagine the poet, whilst putting the words of the poem together, dreaming of a future time when technology might transform our living, slowing us down offering more leisure, more opportunities to reflect on what it is to be a human or **just to be.**

cont>



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Confounding that dream, technology has done the opposite. It has filled our activities even more. We might stop and stare, but we stare at the TV, our laptops, our tablets and our mobile phones. There never seems to be time offered to just be at peace, quiet, just thinking; in this busy culture of the 21st century.

Jesus Himself took time to stop and stare, and taught His disciples likewise. And although our lives are busy, frenetic and always on the go, I wonder whether God really created us to endure the constant tsunami of information, technology and communication which is our daily living.

God offered us Sabbath time, not necessarily Sunday, when we can contemplate and if we so wish, pray deeply about things. For Christians that means reflecting to make space for God as we stop and stare.

Our Benefice churches, quiet and peaceful, offer a space in which to reflect, even if prayer is not offered, but we can at least grasp the opportunity to stop and stare, after all, as the poet says;

A poor life this if, full of care,
We have no time to stand and stare.

Philip
Benefice Priest



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This will be in adherence to COVID social distancing regulations.

Newcomers always welcome and no experience required

Please contact Julia (British Wheel of Yoga) 07980476140

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FROM THE REGISTERS

BAPTISMS

James Peter Dasan 19/6/22 Walsham

WEDDINGS

George Andrew Ellis / Lucy Elizabeth Dickinson 11/6/22 Wattisfield
Craig Burns Holliday / Zarnie Claire Selina Khadjesari 11/6/22 Westhorpe
John Clayton Athol Spicer / Harriet Johanna Wragg 12/6/22 Wattisfield
William John Crocker / Laura Jane Cousins 18/6/22 Finningham

FUNERALS

Neville Frederick Smith 4/5/22 Badwell Ash Burial
Roy Norman Hawes 'Peter' 6/5/22 Walsham Burial
Jeremy Edward Stuart King 13/5/22 Walsham Burial
Reggie Sharpe 17/5/22 Walsham Burial
Gillian Sarah Grimes 18/5/22 Walsham Cremation/Thanksgiving
Robin Charles Austin 19/5/22 Walsham Burial
Audrey Hubbard 12/6/22 Walsham Burial of Ashes
Richard Neil Debenham 21/6/22 Walsham Burial
Joan Margaret Clifton 22/6/22 Wattisfield Cremation
Jack Leonard Churston 27/6/22 Finningham Service/Cremation



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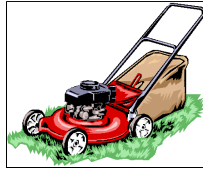
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CHRISTIAN AID

The coffee morning and 'bring and buy' sale held in St Mary' Church Walsham le Willows during May raised £300.00 (plus gift aid), towards the society's Ukraine appeal.

Thank you to all who contributed in whatever way.

HISTORIC CHURCHES CYCLE RIDE 2022

Suffolk Churches Ride and Stride Day takes place this year on Saturday 10th September. The funds raised make a massive contribution to the preservation and future of the churches and chapels of Suffolk. Last year over £181,000 was raised across Suffolk, the most for 5 years. All 6 Benefice churches will be open along with the URC church in Wattisfield.

Any contribution to the day would be much appreciated;

Sponsored cycling or walking

Sitting in church for an hour or two to sign cyclists/walkers forms

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VINTAGE TEA PARTY

Thank you so much to everyone who attended/donated towards our Vintage Tea Party the proceeds of which went to Bury St Edmunds Women's Aid. The amount raised was an amazing £462.40 which will go a long way towards helping our families at the refuge.

Best wishes. Jeannie Bloomfield. Patron

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Beginners Guitar Ricky Wilkinson MBE ricky5844@aol.com

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Hi. My name is Ricky Wilkinson and I live in Westhorpe. Until lockdown I was teaching guitar in Guildhall Feoffment Primary School in Bury St Edmunds. I also run Phoenix Children's Folk Group based in Bury St Edmunds. Members learn to play and sing plugged in to our sound system for charities, festivals and various concerts.

In Folk Guitar children learn songs to sing accompanied by a variety of plucks and strums on guitar to enable them to perform solo or in a group. My Phoenix group performed all the music for Langham Church Carol Service last Christmas on 12th December 2021.

If you know a child who would like to learn to play guitar and sing so they can perform, please email me for further details. I can give private lessons in your home or if there are 6 or more wishing to learn I can use Westhorpe village hall at a suitable time after school which would be much cheaper than individual private lessons. I am DBS checked to teach guitar and run the Phoenix group. Parents are always welcome to stay and watch.



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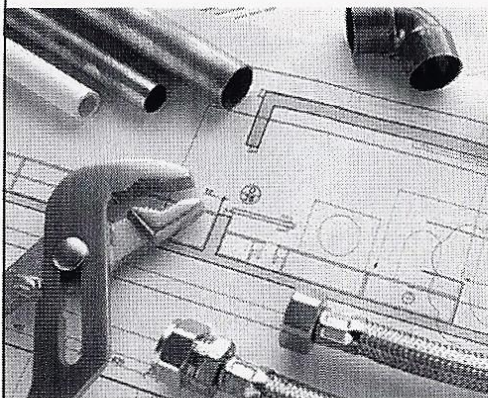
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Walsham le Willows Open Gardens: an urgent call to helpers and bakers!

After a two-year break Walsham Open Gardens is back, this year celebrating its 40th Anniversary. On Sunday 28th and Monday 29th August Walsham will once again welcome visitors to the village. As the event fast approaches, I am as usual asking for help over the weekend and for all our wonderful bakers to put on their pinnies and get baking.

Sadly, this year the Priory Room will not be in the very capable hands of the WI, who after many years of supporting the event no longer feel they have the capacity within their organisation to fully staff the Priory Room over the weekend. The Open Gardens Trust would like to thank them for all their hard work and support over many years and we are very pleased that some members will continue to help over the weekend. Refreshments will continue to be served in the MVH and Priory Room as usual, but as you can see, this year we will need your help more than ever if we are to run the event successfully across the two venues

We desperately need people to come forward to help. Rota sessions are for two hours but we welcome whatever time you are able to give. However, if you can't help on the Sunday or Monday then maybe you could come along and help set up the MVH or Priory Room on the Saturday or give a hand clearing up on Monday evening, when we are all exhausted! There's always lots to do and all offers of help are much appreciated.

As usual we will need a huge amount of tempting cakes to feed our hungry visitors. Every year I am astounded by the sheer amount of cakes our visitors eat, which is a real tribute to your baking skills.

If you are new to the village or area or have not helped before, please get involved this year by helping for an hour or two or baking a cake. We work hard but have fun as well and it's a good place to make new friends. If you would like to help at the same time as a friend, we can arrange this too! This is a tremendous event when the whole village pulls together, so come and be part of it.

We are always looking for ways to get our younger people involved in the event. Over the past few years, we have some wonderful hard-working young waiters and waitresses and would like to keep this

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tradition. So, if you are over 12 years old and would like to help then please let me know.

Cakes can be brought to the Memorial Hall or Priory Room on the Saturday up until 2pm or on the Sunday or Monday morning from 8am. For those of you who are going to be away for the Open Gardens Weekend but would like to bake in advance, we have facilities for freezing cakes. Please let me know.

If you are baking a cake for the event, we would be very grateful if you could label it clearly saying what it is, for example: Carrot Cake or Date and Walnut Loaf, so that we know what cakes we are offering to our visitors. We also offer gluten free items on our menu, so if you are someone who is gluten intolerant and bake for yourself, maybe you would like to consider baking something for us as well.

The Open Gardens Trust is a charity, who uses its funds to support village organisations, St Mary's Church and to improve our village environment for everyone's enjoyment. (Four Ashes Triangle, the daffodils, the Christmas Tree). It is the village's largest event, so please help to make it a success. We can't do this without all of you to support us.

Please contact Frances Jenner on 01359 259242 or email me at frances.jenner@hotmail.com.

BURY ST EDMUNDS WOMENS AID CENTRE FUND RAISING

Want to join me in making a difference? Sue Ling is organising this fundraiser on behalf of Bury St Edmunds Women's Aid Centre Limited. On Saturday 17th September she will be doing a wing-walk in Kent to raise money.

Even a small donation could help Sue Ling reach their fundraising goal, please us link GoFundMe, <https://gofund.me/f8aaea15>

Thanks in advance for your contribution to this cause, that means so much to me.

Sue Ling

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GENTLE FITNESS (45 mins)

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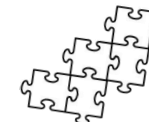
JIGSAWS WANTED

I am hoping to hold a Jigsaw sale on Saturday 8TH October 2022 in Walsham Memorial Village Hall in aid of Motor Neurone Disease.

Please would you pass on any jigsaws, up to 1000 piece, which you have and want to use for a good cause. Children's jigsaws will be very welcome.

Please deliver to me at 29 Palmer Street, Walsham le Willows or call on 259686 for collection.

With grateful thanks. Debbie Watson



WALSHAM LE WILLOWS SPORTS CLUB

Walsham Sports Club in Summer Road is a thriving local community facility offering sporting/exercise opportunities to everyone.

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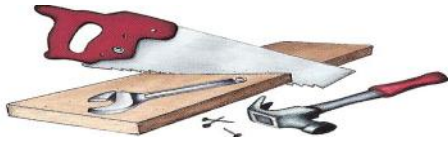
Walking Netball Tuesday 10 – 11am & Thursday 6 -7pm
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Walking Football Thursdays 2-3pm
Yoga Thursday 1.15- 2.15pm
Cardio Tennis Friday 12 – 1pm



Social Events August/ September 2022

5th August live music with Jo Manning 6.30pm
26th August live music with Chris Jolly 7.30pm
27th August Trailer gig featuring the Stereotypes profits in aid of St Nicholas Hospice. Tickets available from JJs Beautique Walsham or Gordon 07790564674 or Nick 07752949182 £5 in advance or £7 on the night. Gates open 7pm
Sunday night Bingo 14th, 28th August and 4th, 18th September 7pm start

For further information and to check for any at/time changes for events please visit our website <https://walshamsportsclub.co.uk> or contact Jan 07874898825.



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***To enable us to claim GIFT AID the charge includes a voluntary contribution of 10%. Visitors can elect to pay the standard entrance fee without the donation.**

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June 2022

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INSPIRING WOMEN

The speaker at our June meeting was familiar to a number of members who attend her exercise classes but on this occasion, she was adopting a different role altogether. Lesley Williams was to describe her sixty years as a nurse which has taken her abroad teaching in France, Tanzania and the Seychelles. Lesley did not dwell too much on these exotic sounding roles but described just what a Parish Nurse is called on to do now in the aftermath of Covid. The distinction between A Practice Nurse and a Parish Nurse was outlined. As a Parish Nurse Lesley works linked to the parish of Christ Church, Moreton Hall rather than to a local GP practice. The care offered addresses the whole person covering emotional health and physical needs. Lesley provides explanations and advice on all kinds of health matters. This ranges from advice on falls prevention for the elderly to helping those who are grieving. She can be contacted two days a week at Christ Church and undertakes home visits where necessary. All this a service we had known little about but we could see Lesley could indeed be an approachable and knowledgeable friend in time of need.... After this somewhat sombre catalogue of the trials of modern life members threw themselves into Maggie's crazy pass the parcel game amid much laughter. The only skill required was the ability to tell right from left! This proved difficult in certain cases!

Jill Newell

PROGRAMME OF EVENTS

August 10 Netball Taster
Walsham le Willows Sports Club 6.30pm

September 14
Talk on Australia Graham Jenner
Priory Rooms 7.45pm

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SUMMER ON THE ALLOTMENT 2022



We have had no decent rains for what feels like months now - it has been a funny growing year with a cold start to spring and the last frost at the end of May touching potatoes and runner beans planted out. Most seem to have come through this though and are potatoes seem to be growing well. But the lack of rain is affecting other crops now and our heavy clay soil makes it hard to cultivate unless there has been some rain.

Many plot holders have put on large water storage tanks in the hope of storing rain water - the most sustainable way of watering at the allotments or at home - but they remain empty if there is no rain. Hopefully they will fill up over the winter. We are metered at the allotments so this year is going to be an expensive year.



I had an excellent strawberry harvest where I covered them well; one patch showed so much promise but were eaten by something who managed to get through a not good enough cover. Summer raspberries and currants are fruiting well now.

I have a melon about the size of a tennis ball in the polytunnel - yet cucumbers refusing to grow much... I have cucamelons that re looking happy. I have tried growing chickpeas this year - fascinating to see but not a huge harvest - think a field grown approach is needed to feed a family.

French beans are loving the heat and cropping well - there is still time to sow another crop that should be ready end of September if the summer is good. I have planted out spare tomato plants too and trying chillies outside for the first time.

cont>



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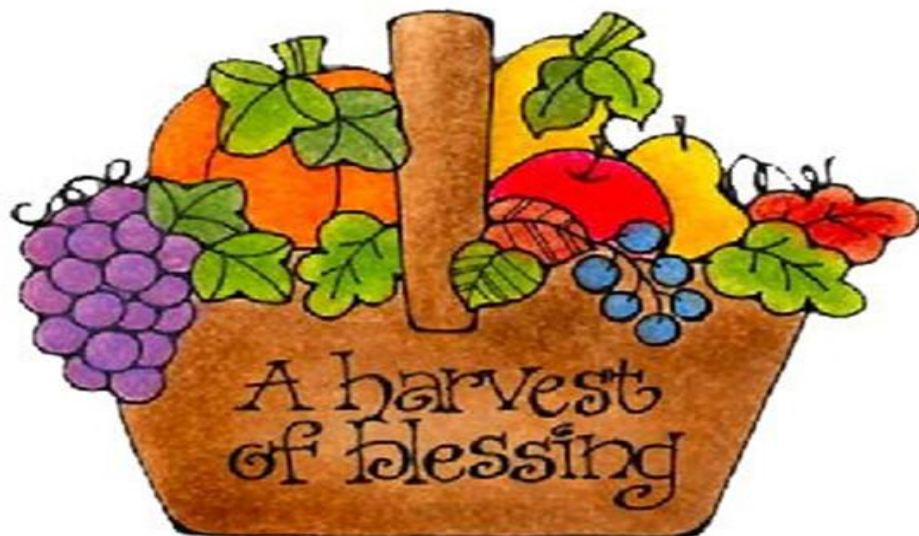
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<cont

There is still time to sow a late crop of beetroot, kale, carrots but with the soil being so dry I am not sure I will bother. I am instead dreaming of autumn cooler days and re planting my fruit garden – which I feel gives so much back for minimal effort.

We are in search of manure for the allotments for autumn soil preparation – you can see which allotments have had manure last autumn as the growth of their crops is huge – the manure helps the soil hold on to moisture as well as providing nutrients. But manure is in short supply locally so we are seeking contacts with local farms to secure a load.

WALSHAM - LE - WILLOWS MEMORIAL VILLAGE HALL

Walsham le Willows Memorial Village Hall is a COVID Secure venue and is available for hire email ferretjim@msn.com or tel 01359 258646 There are also a variety of activities happening at the hall:

Community Lunch 12.45 pm (second Monday of each month)
Contact : Shirley White tel 01359 258532

Self Defence Class Tuesday 6.30pm
Contact: Andy at info@rbmdynamics.com

Pilates Wednesday 9.15am -12.15am
Contact: Lara at contact@larapepper.com

Coffee shop Thursday (weekly) 10.30am - 12 noon
Home-made cakes and savouries, teas, coffee and cold drinks. All welcome

Post Office Van Thursday (weekly) in the village hall car park
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Saturday (last Saturday of each month) BASIC LIFE Pop up shop
10am - 12 noon Pay £2 for a bag, then help yourself to whatever we have, being mindful of others.



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BADWELL ASH HISTORY SOCIETY EXHIBITION

St. Mary's Church Badwell Ash
3rd September 10am - 4pm



1987 "Pram Race" Footage and DVD Sales
1980 Aerial Photos of Badwell & Long Thurlow
Then & Now Village Photos
New Graveyard Research

Refreshments and Tombola

A fundraising event for Badwell Ash
History Society and St Mary's Church



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St Mary's Badwell Ash

**Informal Harvest Festival Service
non communion**

Sunday 11th September 9.30am



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Westhorpe Village Hall

Saturday September 24th, 7.30pm

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Readings for August

Sunday 7th

Genesis 15: 1-6
Psalm 33: 12-end
Hebrews 11: 1-3, 8-16
Luke 12: 32-40

Sunday 14th

Jeremiah 23: 23-29
Psalm 82
Hebrews 11: 29-12:2
Luke 12: 49-56

Sunday 21st

Isaiah 58: 9-end
Psalm 103: 1-8
Hebrews 12: 18-end
Luke 13: 10-17

Sunday 28th

Proverbs 25: 6-7
Psalm 112
Hebrews 13: 1-8, 15-16
Luke 14: 1, 7-14

Readings for September

Sunday 4th

Deuteronomy 30: 15-end
Psalm 1
Philemon 1-21
Luke 14: 25-33

Sunday 11th

Exodus 32: 7-14
Psalm 51: 1-11
I Timothy 1: 12-17
Luke 15: 1-10

Sunday 18th

Amos 8: 4-7
Psalm 113
I Timothy 2: 1-7
Luke 16: 1-13

Sunday 25th

Amos 6: 1, 4-7
Psalm 146
I Timothy 6: 6-19
Luke 16: 19-end

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SOMETHING TO THINK ABOUT

1. If you taken an Oriental person and spin him around several times, does he become disoriented?
2. If people from Poland are called Poles, why aren't people from Holland called Holes?
3. If a pig loses it voice, is it disgruntled?
4. Why is the man who invests all your money called a broker?
5. Why isn't the number 11 pronounced onety one?
6. If FedEx and UPS were to merge, would they call if Fed UP?
7. If it's true that we are here to help others, then what exactly are the others here for?
8. No one ever says, "it's only a game" when their team is winning.

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2 x 400g halved apricots in juice
100g golden caster sugar



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Preheat the oven to 200c/400f/gas mark 6
Slice the brioche loaf into 6 thick slices and butter both sides.
Lay the slices in a 20cm x20cm ovenproof dish and generously spread with the apricot jam.
Drain the apricots (reserving some of the juice) and lay cut-side down onto the brioche.
Sprinkle the sugar over the top and drizzle with 2-3 tablespoons of the reserved juice.
Bake in the oven for 10-15 minutes or until slightly crispy at the edges.
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Wattisfield URC Services

Date	Time	Service details
August		
7 th	11 am	Holy Communion
14 th	11 am	Morning worship
21 st	11 am	Morning worship
28 th	10.45am	Visit to Diss URC –no service at Wattisfield
September		
4 th	11 am	Holy Communion
11 th	10.30am	Visit to Thetford URC – no service at Wattisfield
18 th	11 am	Morning worship
25 th	11 am	Harvest Festival at St Margaret's Church – <i>no service at the URC</i>
October		
2 nd	11 am	Harvest Thanksgiving led by the Moderator of the Eastern Synod

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Benefice Services August / September 2022

Benefice Services September / October 2022

7th August	8th after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell Ash
11.00am	Songs of Praise	Walsham
3.00pm	Evensong	Westhorpe
14th August	9th after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Langham
11.00am	Holy Communion	Finningham
17th August	Wednesday	
9.30am	Holy Communion	Walsham
21st August	10th after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Holy Communion	Walsham
28th August	11th after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Finningham
4th September	12th after Trinity	
9.30am	Harvest Thanksgiving	Finningham
11.00am	Songs of Praise	Walsham
3.00pm	Evensong	Westhorpe

11th September	13th after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Harvest Thanksgiving	Badwell Ash
11.00am	Holy Communion	Walsham
18th September	14th after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Finningham
11.00am	Harvest Thanksgiving	Langham
21st September	Wednesday	
9.30am	Holy Communion	Walsham
25th September	15th after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Harvest Thanksgiving/Baptism	Westhorpe
11.00am	Harvest Thanksgiving	Wattisfield
2nd October	16th after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Finningham
11.00am	Harvest Thanksgiving/Songs of Praise	Walsham