

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)

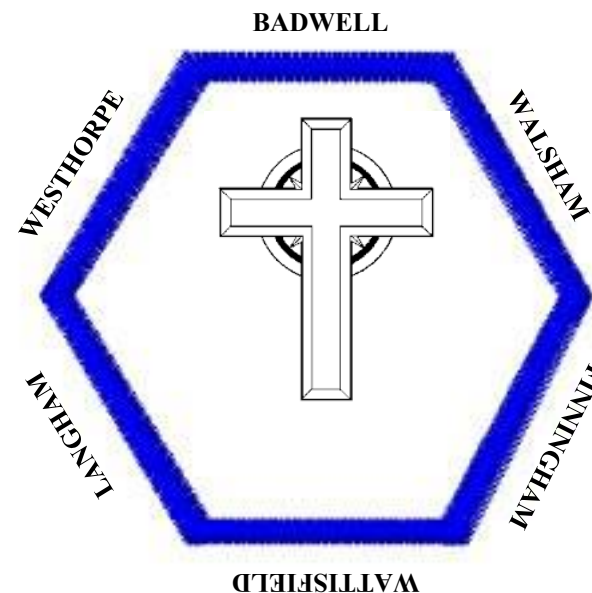
Benefice Readers: Ian Jackson 01449 781392

Reader Emeritus: Freddie Montgomery

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

The Benefice of Badwell & Walsham



Hexagon
June – July 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 **8th July 2022**

Advertise your fundraising or community event for free.

The Hexagon is delivered to over 1500 homes

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Advertising Rates

FULL PAGE	single issue £30	3 issues £60	6 issues £120
HALF PAGE	single issue £20	3 issues £40	6 issues £80
QUARTER PAGE	single issue £15	3 issues £30	6 issues £50

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

PRIORY ROOMS, WALSHAM-LE-WILLOWS

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Queen Elizabeth II

It was King Henry the eighth, who in 1533, through his desire to divorce Catherine of Aragon and marry Anne Boleyn, split England from the Papacy of Rome. No longer did the Pope have authority over the churches of England. The following year, Parliament passed the Act of Supremacy, which defined King Henry as the Supreme Head on earth of the newly established Church of England; of which of course our six Benefice churches are members.

Since that time, the reigning Monarch of England has been at the head of the official state Christian church in this country, albeit in an often symbolic and ceremonial role, but an important figurehead nonetheless. It is our Queen who on advice of others appoints senior Ministers within the Church: notably the Archbishop of York, the Primate of England; and the Archbishop of Canterbury, the Primate of All England. As the Monarch, Queen Elizabeth holds the post of Supreme Governor.

When the Queen's father, King George VI died on February 6th 1952, Queen Elizabeth became only the sixth woman in history to ascend to the British throne. During June this year, and indeed throughout the following months, there will be celebrations to mark the Queens Platinum Jubilee. Having been on the throne for 70 years, she is the longest serving English Monarch in history. King Louis XIV of France, who ascended to the throne in 1643, holds the 'world record' of having reigned for 72 years and 110 days.

During her long reign, Queen Elizabeth has through remarkable grace and wisdom adapted the Monarchy to a rapidly changing world. As a Christian with a deep-rooted faith, she openly

cont>



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recognises that she reigns under God, in the same way that we all live our own lives. In a world which so often seems to be shifting from the ethos of 'my duty and my responsibility,' to 'my rights,' our Queen has never allowed her rights to overshadow her duty and responsibilities; she is known for her deep humility. Throughout her reign, Queen Elizabeth has invoked the deeply Biblical notion of the Servant Monarch.

The Queen has overseen many changes within the Church of England. Notably the Ordination of women Priests, and the acceptance of women Bishops. Our patterns of worship have changed, from the traditional language of the 17th Century Book of Common Prayer (although still used at some services in our Benefice), through the Alternative Service Book of the 1980s, on to the Common Worship introduced in 2000, and used widely today.

Upon the Queen's 21st birthday in 1947 she stated;

'I can make my solemn act of dedication with a whole Empire listening. I should like to make that dedication now. It is very simple. I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great Imperial family to which we all belong.'

A dedication speech which the Queen has adhered to for all her years since, and reiterated it again earlier this year.

Philip
Benefice Priest



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Walsham Community Yoga on Thursdays
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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

dunnicliffej@hotmail.com

FROM THE REGISTERS

BAPTISMS

Arthur Peter Baker	10/4/2022	Walsham
Delilah Frances Baker	10/4/2022	Walsham
Charlie Baker	10/4/2022	Walsham
Arlo George Frost	24/4/2022	Walsham

FUNERALS

Gwendoline May Cork	12/3/2022	Burial of Ashes Walsham
Roger Maurice Jacobs	23/3/2022	Burial Langham/Service Walsham
Elizabeth Cuncy Cross	30/3/2022	Burial of Ashes Wattisfield
Edith Brown	30/3/2022	Cremation Badwell Ash
Robert Seldon Hanks	4/4/2022	Burial Badwell Ash
Audrey Hubbard	11/4/2022	Service Walsham/Cremation

Transport Needed?

The Rickinghall & District Community Bus is available for hire to readers of this publication. Typical journeys include - shopping trips, health centre visits, dentist, optician, chiropodist, hospital appointments and visits.

The bus is also available for visiting friends and relatives, in fact pretty well anything you need. Door to door service, any help a pleasure. Wheelchairs no problem.

Please telephone Gordon on 01379 897 109 (24/7 ansaphone).

We continue to fund raise for a new bus. Donations of Bric-a-brac, clothing, shoes, belts, jewellery and handbags can be left at:

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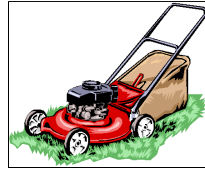
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Walsham le Willows Community Food Bank

I am sure many of you will have read or seen in the news the pressure all food banks are under at the moment. Unfortunately, we like all food banks registered with Suffolk County Council, are also seeing an increase in referrals. The ever-increasing cost of living is hitting some in our community hard, with referrals from approved agencies such as Citizen Advice Bureau, Early Start and NHS professionals having steadily increased. Each referral entitles the individual or family to one weeks' worth of food and by April referrals had doubled since February, meaning the food bank gave out 623.03kg to 63 people in April.

With the huge increase in fuel costs the food bank is asking for any quick cook long life foods such as microwavable rice, tinned meals such as spaghetti bolognaise, curries or stews and microwavable puddings please. Any donations can be put in the drop off boxes for the food bank in churches of the Benefice; Finningham, Walsham, Wattisfield, Westhorpe and now the Sports club in Walsham and Langham Walled Garden. You as a community are helping to support those close to us that need a little support in difficult times. **THANK YOU** all who think of others and continue to donate, it is very much appreciated.

Amanda Ellis, Honorary Chair (Reg Charity Number 278321)

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Family Fun Day Walsham le Willows Sports Club

Friday 3rd June 2pm

Celebrate the Queens Platinum Jubilee 2pm – late

Free admission, fun for all the family. Take part in sports days events to include egg & spoon race, sack race, 3 legged race, tug of war, wellie throwing, wheelbarrow race and lots more. Children's craft table, Royal themed fancy dress competition for adults, children and pets. Karaoke fun in the evening. Food available or bring your own

QUIZ NIGHT

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SATURDAY JUNE 4th 7.30pm

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westhorpe 

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OPEN MIC NIGHT



**Friday June 3rd
7.30 to 10.30pm**

Westhorpe Village Hall



Free entry

BYO drinks

Contact Paul Weston: 07860 376592

paulwestonarchitect@gmail.com

Please park respectfully



Beginners Guitar

Ricky Wilkinson MBE ricky5844@aol.com

Learning Folk Guitar for children year 2 and up.



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.

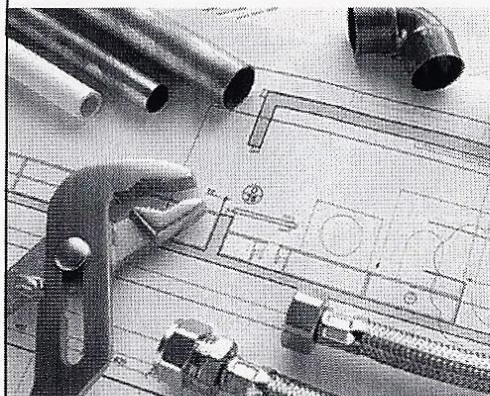
If you know a child who would like to learn to play guitar and sing so they can perform, please email me for further details. I can give private lessons in your home or if there are 6 or more wishing to learn I can use Westhorpe village hall at a suitable time after school which would be much cheaper 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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MUSIC IN ST MARY'S WALSHAM

Saturday 25th June: Octave in the church 7.30pm.
Refreshments during the interval.

Tuesday 13th September: lunchtime oboe and piano concert
by Neil Carlson and friend.

Also

St Margaret's Church Wattisfield: Saturday July 9th at
7.00pm. A concert by Shingle Street, the Suffolk folk
band, refreshments at the end.



WALSHAM LE WILLOWS SPORTS CLUB

Walsham Sports Club in Summer Road is a thriving local community
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Regular Weekly Activities

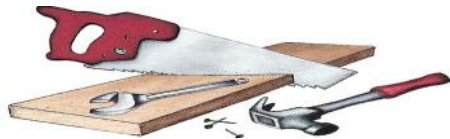
Walking Netball Tuesday 10 – 11am & Thursday 6 -7pm
Indoor Carpet Bowls Wednesdays 2.30 – 4.30 pm
Senior Football (over 40's) Monday 8 – 9 pm
Senior Football (over 50's) Tuesday 2-3pm
Walking Football Thursdays 2-3pm
Yoga Thursday 1.15- 2.15pm
Cardio Tennis Friday 12 – 1pm



Social Events Jun/ Jul 2022

Sunday 12th June. SPORTS CLUB OPEN DAY 3pm. Come along and see
what's available at the Sports Club.
Sunday 12th & 19th June, 3rd & 17th July CASH BINGO Sunday 7pm start
Friday 10th June & Friday 1st July SOCIAL RUN 6.45pm start from sports
club, choice of 3, 4 or 5 mile route around village, fully marshalled route
Friday 17th June LIVE MUSIC with Mason Greig 6.30pm start
Friday 8th July LIVE MUSIC with Gemma B 6.30pm 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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ANYONE FOR TENNIS?



Having recently retired I have become a member of Walsham le Willows Sports Club. I would like to start playing tennis so wondered if anyone was available to join me for a game once a week. If interested please contact me on 01359 259686.

Debbie Watson

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Walsham le Willows and District WI
April 2022



Members attending our April meeting found a variety of crafts were on offer that they might explore, amongst them lesser-known quilling and three-dimensional decoupage techniques. Employing these techniques, a sea of colourful greetings cards was created during the evening that tried some of the resource, that have been gifted to us recently. Using everything from embossing tools to simple tweezers, sequins and ribbon it was an evening of creativity that barely stopped for refreshments. In an impromptu competition when members voted for the best effort Maggie Barber emerged the winner!

During the evening Diane Gladders gave her account of the Suffolk West Federation Annual Meeting held at a Culford School recently, when Paul Martin of 'Flog It' fame was found to be an most entertaining speaker and Sandy Ruddock to be an inspiring and witty commercial entrepreneur.

Our next meeting on May 11th will be our Annual Meeting which will also feature a talk on ACWW. (Associated Country Women of the World) the world wide arm of WI, through which we seek to improve life for women less fortunate than ourselves.

Jill Newell

AFTERNOON TEA IN THE GARDEN
Friday 8th July
2.30-4.30pm

Cheese scones, cream teas, cakes,
Raffle, donations welcome.

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WALSHAM History Group

**CEDRIC MORRIS:
IRISES & BEYOND**

A talk on this most famous of
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plantsmen, by Caroline Holmes.

Wednesday 27th July 2022 at 7.30pm

Memorial Victory Hall, Walsham-le-Willows.

Members free. Non-members £5.00.

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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

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
11am - 12 noon.

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.

NB Classes will resume in September

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Find a ... A tree

A Leaf

A Pebble

☐

☐

☐


Smell a flower

Some Grass

The Air

☐

☐

☐


Listen to... Birds

Bees

Laughter...

☐

☐

☐


Make a... Daisy chain

a noise with a grass cane

☐

☐


Do a Cart wheel

Do... Nothing - lie and watch the clouds

☐

☐


Sow a... seed

☐




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Readings for June

Sunday 5th

Genesis 11: 1-9

Psalms 104: 26-37

Acts 2: 1-21

John 14: 8-17

Sunday 19th

Isaiah 65: 1-9

Psalms 22: 19-28

Galatians 3: 23-end

Luke 8: 26-39

Readings for July

Sunday 3rd

Habakkuk 2:1-4

Psalms 31: 1-6

Ephesians 2: 19-end

John 20: 24-29

Sunday 17th

Genesis 18: 1-10

Psalms 15

Colossians 1: 15-28

Luke 10: 38-end

Sunday 31st

Ecclesiastes 1: 2, 12-14. 2: 18-23

Psalms 49: 1-12

Colossians 3: 1-11

Luke 12: 13-21

Sunday 12th

Proverbs 8: 1-4, 22-31

Psalms 8

Romans 5: 1-5

John 16: 12-15

Sunday 26th

I Kings 19: 5-16, 19-end

Psalms 16

Galatians 5: 1, 13-25

Luke 9: 51-end

Sunday 10th

Deuteronomy 30: 9-14

Psalms 25: 1-10

Colossians 1: 1-14

Luke 10: 25-37

Sunday 24th

Genesis 18: 20-32

Psalms 138

Colossians 2: 6-15

Luke 11: 1-13

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YOGA Monday (weekly) 10:45am-12:15

Contact: Juliet Wright. Tel: 07503 212670 jujuyoga39@gmail.com

ART CLUB Monday (fortnightly) 2:00-4:00pm.

Contact: Paul Weston. Tel: 07860 376592. paulwestonarchitect@gmail.com

LINE DANCING Monday (weekly) 6.00-7.00pm

Contact Rosie Macro Tel: 07748 563926 rosemary.macro@yahoo.co.uk

CARPET BOWLES Monday 7.30-9.00pm

Contact: Jeff Moore Tel: 07850 716968 jeffmoore297@hotmail.com
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CRAFT CLUB Tuesday (fortnightly) 10:00am-12:00

Contact: Lynda Cotgrove. Tel: 01449 789142 / Rosemary Mees. Tel: 01449 780394

SINGING FOR PLEASURE Wednesday (three weekly) 10:00am-12:00

Contact: alisonweston25@hotmail.com Tel: 07972 415205.

EXERCISE CLASS Friday 10.00 - 10.45am

Contact: Becky Tel: 07734 414151 beckycruickshank@btinternet.com

Please check the village website at westhorpe.onesuffolk.net for details,
or contact Alison Weston on 07972 415205 or wvhbooking@hotmail.com

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CHERRY TRAY BAKE



INGREDIENTS

100g / 3 ½ oz low fat spread	½ tsp baking powder
100g / 3 ½ oz caster sugar	200g / 7 oz cherries, pitted
2 eggs, beaten	15g / ½ oz icing sugar
1tsp finely grated lemon zest	1tsp lemon juice
125g / 4 ½ oz self-raising flour	10g toasted almonds

METHOD

1. Preheat the oven to gas mark 4/180c/fan160. Line a 25cmx20cm (10in x 8 in) tin with baking parchment.
2. Combine low fat spread, sugar, eggs, lemon zest, flour and baking powder in a large bowl, whisk until smooth.
3. Spoon into the prepared tin, spreading the mixture to the edges. Scatter the cherries over and bake for 25 mins until golden and springy to touch.
4. Cool in the tin. When cold combine the icing sugar and lemon juice until smooth and drizzle over the cake then sprinkle with the almonds and cut into 18 pieces. Store in an airtight container in the fridge for up to 3 days.



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Date	Time	Service details
June		
5 th	11am	Holy Communion
12 th	11am	Morning worship
19 th	11am	Morning worship
26 th	10.45am	Visit to Diss URC –no service at Wattisfield
July		
3 rd	11am	Holy Communion
10 th	10.30am	Visit to Thetford URC – no service at Wattisfield
17 th	11am	Morning worship
24 th	11am	Morning worship
31 st	11am	Morning worship
August		
7 th	9am	Holy Communion

Please contact Mrs Jo Patel (01359 251789 or 07808 487844)
for more information

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Benefice Services June / July 2022

Please be aware that times of services vary
8.00am/9.30am/11.00am/3.00pm; please do check first.

5th June	Pentecost	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell Ash
11.00am	Songs of Praise	Walsham

12th June	Trinity	
8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Finningham
3.00pm	Evensong	Westhorpe

15th June	Wednesday	
9.30am	Holy Communion	Walsham

19th June	1st after Trinity	
9.30am	Holy Communion	Westhorpe
11.00am	Holy Communion	Walsham
3.00pm	Evensong	Langham

26th June	2nd after Trinity	
8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Finningham

3rd July	St Thomas	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell Ash
11.00am	Songs of Praise	Walsham

Benefice Services July / August 2022

10th July	4th after Trinity	
8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Wattisfield
3.00pm	Evensong	Westhorpe

17th July	5th after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Walsham
11.00	Holy Communion	Finningham

20th July	Wednesday	
9.30am	Holy Communion	Walsham

24th July	6th after Trinity	
9.30am	Holy Communion	Westhorpe
11.00am	Holy Communion	Walsham

31st July	7th after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Langham
11.00am	Holy Communion	Finningham

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