

The Benefice of Badwell & Walsham

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

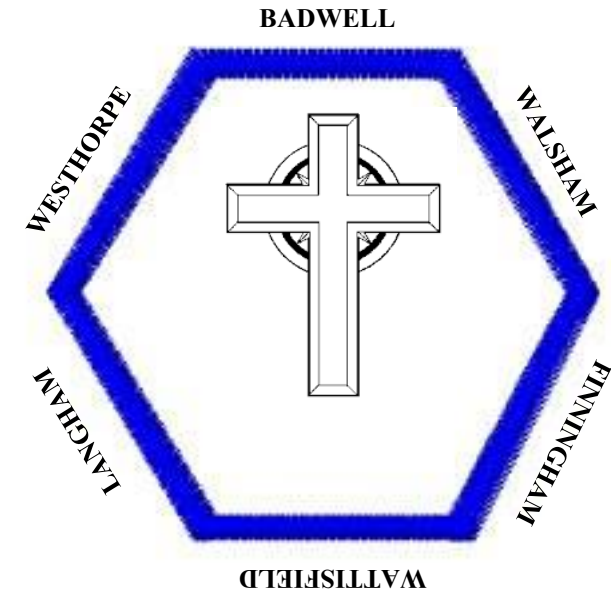
Retired Priest : Rev'd Pamela Robson 01359 269278
(robsonpam@btinternet.com)

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

Benefice Elders: Marion Bell 01449 782072
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Andrew Strickland 01449 781487

Benefice Safeguarding Officer:
Tracey Gorzelak 01359 258529

*The Benefice of
Badwell & Walsham*



Hexagon

October – November 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 **4th Nov 2022**

Advertise your fundraising or community event for free.

The Hexagon is delivered to over 1500 homes

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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

The Priory Rooms in Walsham are available to hire for private functions.

For bookings or further information please contact
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QUEEN ELIZABETH II - AUTUMN and REMEMBRANCE

As our nation, and indeed the Commonwealth and beyond, comes to terms with the death of Queen Elizabeth II, this autumn season may for many take on a rather more melancholic air than it otherwise would.

November especially, can be a somewhat reflective and sad month for so many; All Souls Day on the 2nd November when we remember those dear to us who we no longer see, and of course, both Armistice Day on the 11th and Remembrance Sunday on the 13th, when we remember all who have lost their lives in conflicts, both past and present.

These occasions may well seem somewhat strange this year without Her Majesty the Queen being present; having for so long been both a Christian presence and a constant in our lives.

The Church of England has lost it's Supreme Governor of 70 years, a Servant Monarch who with true humility adhered to the words of the Prayer Book; 'knowing whose Minister she is,' and governed 'godly and quietly.'

It is well worth emphasising again her dedication speech made upon her 21st birthday in 1947;
'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.'

An act of dedication which the Queen adhered to until literally the very end of her life. As the Archbishop of Canterbury stated; 'We remember her not for what she had, but for what she gave.'

cont>

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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

<cont

It will be upon Christmas Day when we shall especially remember the Queen, but by her absence. For 70 years the Queen has broadcast in one form or another, certainly all my Christmases we have heard her voice! The voice of a woman who showed Christ to the world in her actions, speech, devotion and her loving authority. Each Christmas she shared her faith in Jesus Christ, and reminded us of hope, and God's joy. It may never be quite the same again.

But time never stands still, and as we mourn the Queen's passing, so as a nation we give thanks for our new Monarch, and the Church gives thanks for a new Supreme Governor, King Charles III – God Save the King!

Elsewhere in this magazine are details of the 'All Souls Service,' and of the Acts of Remembrance and church services for Armistice and Remembrance Sunday across the entire Benefice.

Philip
Benefice Priest

ST MARY'S WALSHAM LE WILLOWS BELLS



St Mary's Bell ringers joined in the tribute to her majesty Queen Elizabeth II on Friday 9th September when the tenor was rung, half muffled, 96 times.



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Community Council Food Bank



This facility is now open to provide emergency supplies to residents in Walsham le Willows, Badwell Ash, Finningham, Langham, Wattisfield and Westhorpe who need help during these difficult times

Please donate long life foods and personal hygiene products to our collection point in the Memorial Hall or contact us to arrange a collection.

If you're struggling for whatever reason please contact us for some supplies. All contact will be confidential so no one will know that you've asked.

To help, get involved or to discuss your needs please contact Amanda on 01359 258646 or email wlwcommunitycouncil@outlook.com

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REMEMBRANCE

There will be an Act of Remembrance by the War Memorial outside St Mary's Church Walsham at 10.50am on Armistice Day, Friday 11th November.

On **Remembrance Sunday** Sunday 13th November the following Worship will take place across the Benefice:

Badwell Ash **10.15am** Service in Church followed by Act of Remembrance at the War Memorial

Finningham **10.50am** Act of Remembrance at the War Memorial

Walsham **10.50am** Act of Remembrance at the War Memorial followed by Service in Church and refreshments

Wattisfield **10.50am** Act of Remembrance at the War Memorial opposite the 'green' followed by Service in St Margaret's Church and refreshments; a combined Service with the URC.

Westhorpe **10.50am** Act of Remembrance at the War Memorial

STIR-UP SUNDAY and CHRIST the KING SUNDAY 20th NOVEMBER

There will be an **ALL-AGE** service in Finningham Church at 11.00am to celebrate Christ the King and remember the tradition of 'Stir-up Sunday.' This is a very informal service when Christ the King Crowns can be made, along with Advent calendars and the traditional Christmas Pudding will be stirred. There will be informal worship, refreshments and Christian Fellowship. **ALL-AGES** are warmly welcome.

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Caroline Morris: 07843 248411
cdv_11@hotmail.com

Web address: pawfectmoments.co.uk
Facebook: Pawfect Moments Pet Care

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Haughley Village Hall, near Stowmarket.

Ring 01449 766747 (Sue) or 01449 673518 (Gill) to find out more.



Find **Haughley Hoofers** on Facebook

ADVENT SUNDAY

SUNDAY 27th NOVEMBER

St Mary's Church Walsham will be hosting an **Advent Sunday** Songs of Praise/Carol Service at 11.00am, all are very welcome. I am sure this will be popular with all who enjoy singing. The hymns will largely be Advent Carols. Refreshments will follow.

COMPLINE SERVICE FINNINGHAM CHURCH

There will be a service of Compline at 7.00pm in St Bartholomew's Church on **Advent Sunday 27th November**. Compline is a quieter, short, more reflective, traditional, contemplative service with its origins in the Monastic tradition of the 7th Century. During the month of December, leading up to Christmas, further Compline Services will be held across the Benefice, details will follow in the next Hexagon and on the church notice-boards.

BENEFICE BIBLE STUDY

A very informal and basic Bible Study will be held in Finningham Church on Mondays 5th, 12th, and 19th December, 2.00pm-3.00pm. All are very welcome.

Cancer Research UK Fundraising

I would like to sincerely thank the people who so kindly sponsored my climb up & down Snowden which myself and 16 of my family completed on Saturday 25th June 2022. I was able to donate £1,097.00 + £450 giving page to Cancer Research U K.

My heartfelt thanks to you all
Margaret Miller

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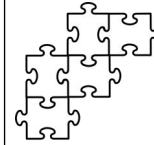
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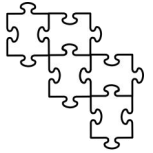
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JIGSALE



Saturday 8th October 2022 at Walsham le Willows Memorial Hall

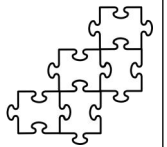
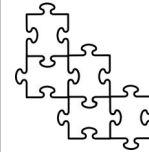
10am – 12.30pm

Jigsaws for any age, re-cycled, up to 1000 pieces

Tea, coffee, cakes and savouries will be on sale

All proceeds in aid of Motor Neurone Disease

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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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Wednesday 19th October 2022 at 7.30pm

The Priory Room, Walsham-le-Willows.

Members free. Non-members £5.00.

St Mary's Church
Walsham le Willows

Lunchtime Recital

Tuesday 25th October

12.15 to 1.00pm

Piano: Jackie Cuninghome Clarinet: Sarah Dunsdon

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VINTAGE TEA PARTY

FRIDAY 28th October at 2.30pm
Priory Room Walsham le Willows



Sandwiches/cheese scones/cream teas/cakes
Dietary requirements taken care of
£6 per person
Raffle.

Proceeds to the Community Bus.
Please ring Jeannie-01359 258596 to book.

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 -10.15am
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
11am - 12 noon.

Saturday (last Saturday of each month) BASIC LIFE Pop up shop
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Gislingham Village Hall	Wednesdays	9:15 a.m.
Gislingham Village Hall	Wednesdays	10:15 a.m.
Westhorpe Village Hall	Wednesdays	12:15 p.m.

TOTAL FITNESS (45 mins):

Gislingham Village Hall	Thursdays	6:15 p.m.
Gislingham Village Hall	Thursdays	7:15 p.m.

GENTLE FITNESS (45 mins)

Westhorpe Village Hall	Fridays	10:00 a.m.
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Come and give them a try!

For more information contact Becky on
07734 414151/beckycruickshank@btinternet.com



CRAFTEA TIME



On the first Wednesday of each month at we meet at Wattisfield URC for an afternoon of crafts, tea, biscuits and chatter.

Dates and times:

5 October 2-4pm, 2 November 1-3pm, 7 December 1-3pm
Everyone is welcome to join us with your craft project or just for a time with friends.

Contact Mary 01379 898233 for more information.

WALSHAM LE WILLOWS SPORTS CLUB

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

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 October/ November 2022

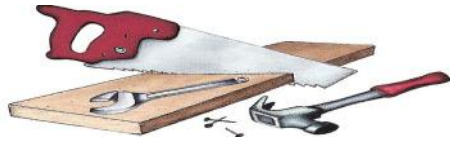
Halloween Disco 29th October 7pm Fancy Dress optional
Quiz night 19th November 7pm start £10 per team

Football World Cup games

England v Iran 21st November 1pm
England v USA 25th November 7pm burger & pint offer
England v Wales 29th November 7pm Welsh Rarebit available at half time

Sunday night Bingo 2nd, 16th, 30th Octoberth, 13th, 27th November 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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Saturday 1st October 10.30-12.30pm ~

Harvest Puddle Duck Café

Please bring any donations you would like to add to our harvest display; dried, tinned or fresh produce welcomed (all for charity - see below)

Sunday 2nd October 11am ~

Harvest Family Service with harvest display at Wattisfield URC led by Rev'd Lythan Nevard

Monday 3rd October 7.15pm ~

Auction of harvest donations at Wattisfield URC

To raise money for **RABI** - Royal Agricultural Benevolent Institution, who support farming communities.

**ART & CRAFT
EXHIBITION AND SALE**
Organised by Westhorpe Art Club and Craft Group

**SATURDAY NOVEMBER 5TH
IN WESTHORPE VILLAGE HALL
10:00 AM TILL 4:00 PM
Free Entry**

Various art and craft stalls displaying work and items for sale. Think Christmas gifts!

Refreshments by Westhorpe Cafe

The advertisement features a collage of images at the top: a reindeer figurine, a container of paintbrushes, and a teddy bear. The bottom of the ad shows a hand painting on a canvas and various craft supplies like thread and buttons.

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Walsham le Willows and District WI
August 2022



In the end the copious arrangements for wet weather (Thank you Philip) were not needed and another scorching day turned into a perfect balmy evening with a light breeze to soothe the ladies of the WI arriving for their Walking Netball taster session. We registered a good turnout and the footballers at their usual session may have wondered at the peals of laughter, chuckles and giggles coming from the tennis court as we were put through our paces by our delightful and ever encouraging tutors Tammi and Jan. Donning appropriate position jackets there was time for a quick game, where it was noted that successful scorers were not necessarily the tallest members! We learned not to run with the ball and which lines we could safely cross without being brought up short by the ref's whistle! A reviving cup of tea followed. A lovely evening and not a drop of rain in sight!

We note that some members already join the sessions at the Walsham Sports club on Tuesday am and Thursday pm.

The meeting closed with thanks to Tammi and Jan. for sharing their expertise with us. Our next meeting 14th Sept has an Australian theme.

Jill Newell

PROGRAMME OF EVENTS

October 12
Girls of Little America - Sophie Green 7.45pm

September 14
Christmas Stencilling - Joe Green
Priory Rooms 7.45pm

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ALL SOULS DAY

There will be a service at 7.00pm on **Wednesday 2nd November** in St Mary's Church Walsham to remember the departed. This will take the form of a short simple Said service of Compline during which the congregation are warmly invited to light candles in memory of family and friends no longer with us. Names of the departed will be read out and whether or not you wish to attend the service, you are welcome to pass on the names to myself, and I will have them read during the service. Refreshments will follow.

Philip Benefice Priest

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2nd December 2022

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REMEMBRANCE DAY

**St. Margaret's Church
& the Wattisfield URC**

Sunday 13th November

10.50am – by Village Sign

Then Service in Church @ 11am

**Join us in remembering
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gave their
all for us.**



Refreshments will be served after the service.

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LESSONS LEARNT AFTER THE DRY SUMMER OF 2022

September brought an end to the summer drought where Suffolk saw no significant rainfall for over 2 months. Autumn gives us an opportunity to make our gardens and allotments more resilient to drought for next year - here are some tips from RHS website:

1. Add organic matter to your soil now – whether it is your homemade compost, or pick up bags of local horse manure or the recycling centre's green waste - Digging in two bucketful of organic matter such as well-rotted manure per square metre will add to the water-retaining capacity of the soil. As much as two weeks moisture for subsequent crops can be retained.
2. Don't cultivate the soil in April – this leads to the greatest water loss – instead simply lightly fork and rake before sowing.
3. Make the most of the autumn warmth and get ahead by sowing winter hardy crops - Broad beans, Japanese onions, and garlic. Winter hardy lettuces will germinate now and then grow quickly in the spring. Spring Cabbage plants, Kale and broccoli plants if available can be planted in early autumn for harvesting in Spring. Remember to cover these crops from pigeons!
4. Sowing early, before May where possible, this will allow crops to root out into moist soil before severe drought arrives. Drought stress becomes severe in most dry years from June.
5. Later sowings, typically after May, might have to be made into dry soil. Where this is the case applying water down the drill (groove cut in soil) before sowing is a water efficient way of ensuring good germination.

cont>



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<cont

6. Vegetables vary in their ability to cope during a drought.

- Carrots, beetroot, parsnips and other root crops are relatively drought tolerant
- Salads and other leafy vegetables are particularly vulnerable
- Plants that set fruit or pods are most vulnerable at flowering time. Examples include peas, runner beans and sweetcorn
- Peas and onions have notably poor roots and low yields must be accepted where drought occurs unless watered
- Amongst brassicas - cabbage and calabrese are less vulnerable than Brussels sprouts and cauliflowers, while turnips are notably deeper rooting and more drought resistant than swedes
- Chicories, endives and chards are likely to require less water than lettuces or spinach

There is usually not much information on differences in drought tolerance between cultivars. An exception is potatoes where some cultivars are notably better at using water; 'Desiree', 'Marfona' and 'Robinta' for example.


WALSHAM History Group
presents

HARVEST TIME
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*Rural life in 1900.
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A talk by Ashley Cooper.*

Wednesday 16th November 2022 at 7.30pm

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Walsham Arts Group Annual Exhibition

Priory Rooms, Walsham le Willows. IP 31 3AB
Saturday 26th until Monday 28th November 10am-6.00pm

We are a group of local artists working in a variety of media showing our skills at the annual show. This year in addition to our core group of painters, print makers, a potter, jeweller, metal worker and glass artist, we have invited guests showing painting, photography and sculptures from recycled materials. We returned to the Priory Rooms in November last year and are all working hard making new work for the coming show. We are all aware that there have been many new folk in the villages during the past couple of years and warmly invite you to our show to buy gifts and handmade items that are unique to our village. You will be guaranteed a very warm welcome and an exciting show. Payments at the show are by cash or cheque only.

For further information contact: Peter Rudderham 01359 259433
or Helen Dougall helen@hdbatik.co.uk.

Hedgehogs in September

Most Hoglets are born around June/July time but many females have second litters around September /October time. The mother won't hibernate until the babies have left home and their young will then face a battle to reach hibernation weight before winter.

Please take special care if you rake up leaves as hedgehogs could have made their homes there. If possible make safe places for hedgehogs to hibernate like an old upturned basket will holes for them to get through. Fill it with leaves and straw to keep them warm.

Hedgehogs love cat or dog food but please not the fish varieties. Best not encourage hedgehogs into your garden in you have a pond because of their poor eyesight they may think it's a safe drinking place and are liable to drown.

Hedgehogs are amazing creatures and if looked after become quite tame and like us you may be having a late outdoor cuppa and find one sat on your shoe!

Jeannie Bloomfield



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Readings for October

Sunday 2nd

Habakkuk 1: 1-4, 2: 1-4
Psalm 37: 1-9
2 Timothy 1: 1-14
Luke 17: 5-10

Sunday 9th

2 Kings 5: 1-3, 7-15
Psalm 111
2 Timothy 2: 8-15
Luke 17: 11-19

Sunday 16th

Genesis 32: 22-31
Psalm 121
2 Timothy 3: 14 – 4: 5
Luke 18: 1-8

Sunday 23rd

Isaiah 45: 22-end
Psalm 119: 129-136
Romans 15: 1-6
Luke 4: 16-24

Sunday 30th

Daniel 7: 1-3, 15-18
Psalm 149
Ephesians 1: 11-end
Luke 6: 20-31

Readings for November

Sunday 6th

Job 19: 23-27
Psalm 17: 1-9
2 Thessalonians 2: 1-5, 13-end
Luke 20: 27-38

Sunday 13th

Malachi 4: 1-2
Psalm 98
2 Thessalonians 3: 6-13
Luke 21: 5-19

Sunday 20th

Jeremiah 23: 1-6
Psalm 46
Colossians 1: 11-20
Luke 23: 33-43

Sunday 27th

Isaiah 2: 1-5
Psalm 122
Romans 13: 11-end
Matthew 24: 36-44



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Christmas Fete in the church and church grounds, for the
second year St Mary's is again hosting a similar event.

To celebrate the Season of Advent and Christmas, the Christmas
Tree lights will be turned on in the churchyard on the afternoon of
Saturday 3rd December, when it is hoped that the Walsham
'male voice choir,' and any others who may wish to sing, will be in
attendance.

The event will be held both inside the church and extending to the
pathways of the churchyard. There will be **art work** on display in
the church, with **tea, coffee, fruit juice and biscuits** (*free of
charge*), a **tombola stall**, **Christmas merchandise**, **Christmas
music**, **Childrens' Christmas Craft Table**, **mulled wine**, **real
ale**, **pizza oven**, **raffle**, **organ music**, **the ringing of the church
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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

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Wattisfield URC Services

Date	Time	Service details
October 2 nd	11am	Harvest Thanksgiving led by the Moderator of the Eastern Synod
9 th	11am	Holy Communion
16 th	11am	Morning worship
23 rd	11am	Morning worship – Andy Malcolm from the Fisherman's Mission
30 th	11am	Morning worship – Revd Pat Atkinson from the Vidiyal Trust
November 6 th	11am	Holy Communion
13 th	10.50am	United service for Remembrance Sunday at St Margaret's Church
20 th	11am	Morning worship
27 th	11am	Morning worship
December 4 th	11am	Holy Communion

Please contact Mrs Jo Patel (01359 251789 or 07808 487844)
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Benefice Services October / November 2022

2nd October	16th after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Finningham
11.00am	Harvest Thanksgiving/ Songs of Praise	Walsham
9th October	17th after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Harvest Festival	Badwell Ash
3.00pm	Evensong	Westhorpe
16th October	18th after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Wattisfield
19th October	Wednesday	
9.30am	Holy Communion	Walsham
23rd October	Bible Sunday	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Holy Communion	Walsham
3.00pm	Confirmation	Stanton
30th October	All Saints Day	
8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Finningham

Benefice Services November 2022

2nd November	All Souls	
7.00pm	Remembering the Departed	Walsham
6th November	3rd before Advent	
8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Walsham
11th November	Armistice Day	
10.50am	War Memorial	Walsham
13th November	Remembrance Sunday	
8.00am	Holy Communion	Walsham
10.15am	Remembrance Service	Badwell Ash
10.50am	Act of Remembrance	Finningham
10.50am	Remembrance Service	Walsham
10.50am	Remembrance Service	Wattisfield
10.50am	Act of Remembrance	Westhorpe
16th November	Wednesday	
9.30am	Holy Communion	Walsham
20th November	Christ the King	
8.00am	Holy Communion	Walsham
11.00am	Stir-up Sunday Worship/ Workshop	Finningham

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Benefice Services November / December 2022

27 th November	Advent Sunday	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Advent Songs of Praise	Walsham
7.00pm	Compline	Finningham
4 th December	2 nd of Advent	
8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Finningham



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Music in St Mary's Walsham

Tuesday 25th October - Lunchtime Concert

*Sarah Dunsdon (clarinet) with Jackie Cuninghame (piano)
Sarah is principal clarinet with the Bury Concert Band.
12.15pm start; light refreshments afterwards. Donations.*

January

*The much-anticipated return of the Epiphany Singers
Saturday 7th January: Concert in the evening
Sunday 8th January: Sung Eucharist 11.00am*

PUMPKIN MUFFINS

Ingredients

225g plain flour, 2 tsp baking powder,
1 tbsp ground cinnamon
100g caster sugar, 50g soft light brown sugar,
200g pumpkin puree (from a can or homemade)
2 large eggs, 125g salted butter (melted)



Method

1. Heat the oven to 200c/180cfan/gas6. Line a baking tin with 12 muffin cases. Mix the flour, baking powder, cinnamon and both sugars together in a large bowl. Break up any lumps of brown sugar.
2. Whisk the puree and eggs together in a jug, then add to the dry ingredients with the melted butter. Whisk for 1-2mins with an electric hand whisk until just combines.
3. Bake for 15 mins until golden and risen. Cool on a wire rack. These will keep for 3 days in an airtight tin.