

The Benefice of Badwell & Walsham

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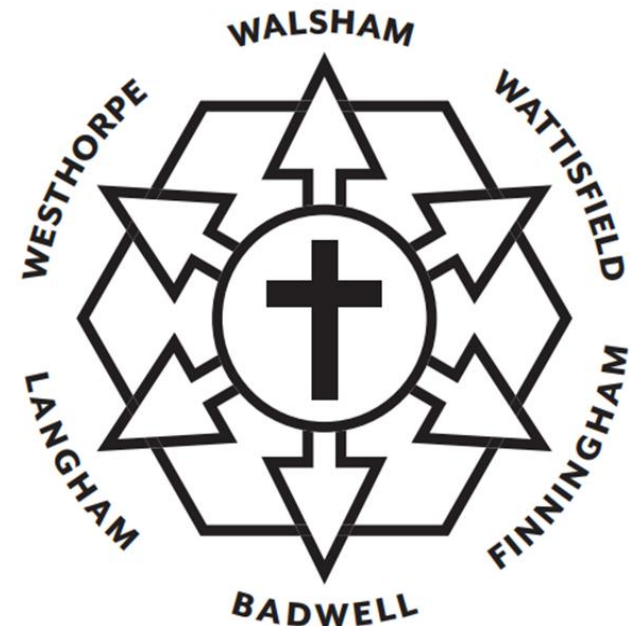
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The Benefice of Badwell & Walsham



Hexagon

February — March 2024

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 Friday **8th March 2024**

The Hexagon is delivered to nearly 1800 households in the villages of Badwell Ash, Finningham, Langham, Wattisfield, Walsham le Willows and Westhorpe.

We have not raised our prices since 2015, but regretfully have had to make a small increase this year.

Advertising Rates

FULL PAGE	single issue £33	3 issues £66	6 issues £127
HALF PAGE	single issue £22	3 issues £44	6 issues £83
QUARTER PAGE	single issue £17	3 issues £34	6 issues £55

Contact Judith on 01359 258251 or judithharlow@outlook.com

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A NEW YEAR BEGINS

What a wonderful way to start 2024 with the Epiphany Singers at Walsham Le Willows Church on Saturday the 6th January, and Sunday 7th January. This has long been our yearly tradition, dating back several decades. It was truly a magnificent evening, and a privilege to have so many accomplished singers, and the conductor, Edward Casswell, and organist, David Hill, in our company. The church was packed with regulars, music lovers from far and wide. We would like to extend our gratitude to all those who facilitated such a wonderful Saturday evening.

On Sunday morning, the benefice welcomed and were privileged to have Dean Joe who preached and presided at the holy Eucharist, as we celebrated the wise men bringing their gifts. We give our thanks to all those who facilitated Sunday the 7th.

January is the season of Epiphany, in which our vestments are gold or white, until the candle mass on February 2nd. This marks the season of light and hope, and is the pivot of the church's year. After completing the 40 days of Mary's purification, it was time for Mary and Joseph to take Jesus to the temple. They are met by Simeon, who had been told that he would not face death, until he saw God's promised one. Once Simeon held Jesus, he said the song of thanks, which we know as the Nunc Dimittis, sung every evening in cathedrals at Evening Prayer. The old prophetess, Anna, also lived in the temple, and she too recognised Jesus.

This story of light and hope, brings Candlemas to a close, in which we gather around with lit candles and take one final look at the crib, and look towards the cross. These lit candles remind us of Jesus, the light of the world.

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<cont

As Easter is so early this year, we begin counting our Sundays before Lent, until the 14th February, when we are back in the Church's year, to Ash Wednesday, a penitential time for the Church. Of course, the 14th February, also happens to be Valentines Day! Our vestments then change to purple, in which we take six weeks to get ready to celebrate the mystery of Easter.

Finally, we would like to thank Philip and Denise, who left us in August, for their organisation of our church services, up until the end of January. This has been a significant commitment, and we are all eternally grateful for their care and hard work. Without this support, we would have struggled in our next steps. Now, it is up to our six churches: Walsham Le Willows, Westhorpe, Badwell, Finningham, Langham, and Wattisfield to come together, to move forward, whilst we await our replacement, following our advertisement.

We have all pulled together and now must wait and pray for a response to our wonderful villages.

Thank you to all those who keep the benefice churches running in all the many ways.

Rev Jill

FROM THE REGISTERS

FUNERAL

Richard Beckley	5/1/24	Memorial	Walsham
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BENEFICE SERVICE OF IMPOSITION OF ASHES

St Mary's Church, Walsham le Willows

14th February 2024

10.00am



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ST MARY'S WALSHAM CHRISTMAS TREE LIGHTING AND FETE

Every August Bank Holiday for the last forty plus years Walsham has hosted its Open Gardens; the money raised is used to support worthy village organisations and St Mary's Church.

One of the things Open Gardens does, is to provide a large outdoor Christmas Tree in front of the church. The lighting of this tree has become an important annual event and in recent years a fete has developed inside the church on the same afternoon. This year there were craft stalls, children's activities, teddy tombola, gifts, a raffle, a bottle stall, and a bag tombola.

There were refreshments inside of tea or mulled wine and mince pies, and refreshments outside of beer and pizza. The bells rang out at the beginning, children of Walsham School sang beautifully followed by the Walsham Male Voice Choir. Despite the bitter cold everyone enjoyed the afternoon. The event raised £1007.


EPIPHANY SINGERS THANKS

The Epiphany Singers weekend would not happen without the help of many people in the village who provide accommodation, food and assistance with refreshments etc. This all involves a great deal of organisation to ensure that it runs smoothly.

Fiona Glover has had a major role in organizing this event since 2014, but has now decided to step down from this position. As well as sourcing all of the above Fiona has often had to provide solutions to changes that arose with very short notice.

David and Fiona have also hosted many of the singers for 23 years.

We would like to thank them for their years of supporting this unique event. Walsham is lucky to have such dedicated people.



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CHOOSING A NEW RECTOR

Philip Merry retired in August, and since then the various PCC's in the benefice have been working hard towards finding a new rector.

First a document has to be drawn up: describing our benefice, what the villages are like, what the churches are like, how many people live here and what this part of East Anglia can offer.

The document also has to describe what we are looking for in our new rector, and what we can offer to them.

There have been several meetings; and finally at the beginning of December, at a meeting of representatives of all six parishes plus the Bishop of Dunwich and several other people from the Diocese, our document was approved. It is 18 pages of text, photos, maps and a great deal of information.

The advert will now be published on the website of St Edmundsbury and Ipswich, and in The Church Times. A date has been pencilled in for interviews in March. Hopefully we shall have some good applicants. There are also several other vacancies in Suffolk at present.

WALSHAM BENEFICE LENT COURSE

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Venues to be confirmed

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 Jay Price, jsgprice@aol.com, 07752867388
 Revd Jill Walker, jill.walker@me.com

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How You Can Get Involved:

Host a Fundraising Event: Organise a charity run, walkathon, or community fair – the proceeds will go directly to supporting our cause.

Spread the Word: Engage with us on social media, share our posts, and help raise awareness about the vital work we do. Your voice matters!

Remember, every donation, big or small, brings us one step closer to creating a safer and more supportive community. Together, let's make 2024 a year of positive change!

If you're interested in getting involved or have creative ideas to share contact <https://burystedmundswomensaid.org.uk/> Thank you for being a crucial part of our mission.

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FEBRUARY 1st TIME TO TALK DAY Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives.

The more conversations we have, the better life is for everyone. Talking about mental health isn't always easy and sometimes it's even harder to say how you really feel. But a conversation has the power to change lives.

Time to Talk Day is the perfect opportunity to start a conversation about mental health, its run by MIND and Rethink Mental Illness .

<https://timetotalkday.co.uk/>

MARCH 7th WORLD BOOK DAY The event aims to transform lives through a love of books and shared reading. Its mission is to encourage reading for pleasure and provide every child and young person with the opportunity to own a book.

Each year a collection of special books priced at just £1 are published to encourage children of all ages to get reading and have a book of their own.

Children in primary schools across the UK are then given a £1 book voucher to buy one of the £1 books, or to put towards the cost of any other book. <https://www.worldbookday.com/about-us/>

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Sosa (Start of Something Amazing!) Monday 9.30-10.30 am
Contact : Sam on 07410. 978335 / samfitz@hotmail.co.uk

Community Lunch 12.45 pm (second Monday of each month)
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Self Defence Class Tuesday 6.30pm
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LENT LUNCH

There will be one Lent Lunch this year for the benefice; we hope that people from all six parishes will join in this annual event.

Wednesday 20th March

12.00 to 2.00pm



The Priory Room, Walsham le Willows.

A Simple lunch of a choice of home-made Soups with Rolls and Cheese will be served. We shall be raising funds for Water Aid.

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**Walsham le Willows and District WI
January 2024**



A bag full of coloured ping pong balls, a packet of straws, a jar of small change and a box of Maltesers! All essential equipment for Walsham and District WI in party mode it seems! In celebration of the 53rd anniversary of their reforming in 1970 members tucked into a fulsome buffet meal after which surprisingly there was still some pavlova left standing!

Business was kept to a minimum but there was news of the launch of the WI Hub, an on-line educational facility replacing 'Denman at Home'. The Hub will deliver the first courses on 29th January. This service will be largely free to members using monies from the sale of Denman College.

Next month's meeting will showcase First Aid with the St John's Ambulance. All part of the rich variety planned for the new WI 2024 programme. New members always welcome.

Jill Newell

**PROGRAMME OF EVENTS
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February 14 - First Aid Awareness
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March 17 - Female Fashion 1750—1850
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HEXAGON MAGAZINE

We are seeking someone to take over as the 'Advertising Organiser' for the Hexagon. This would involve collating adverts from the various companies/organisations for inclusion in the Hexagon. Liaising with the advertisers with regards to size and cost of the adverts and in conjunction with the editor ensuring they are the correctly printed in the magazine.

For further information please email Judith Harlow at judithharlow@outlook.com



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CITIZENS ADVICE



I've built up a bit of debt and I am panicking. Even though I cut back, Christmas was expensive, my rent has gone up and my paycheque just doesn't stretch as far as it used to. I'm doing everything I can but it's not enough - what can I do?

First of all it's important to know you're not alone in finding things difficult and, crucially, there's support available.

You say you've built up a bit of debt. The first step is to collect all the information you have about your debts. This might include contracts, bills and statements.

Next, make a list of your debts and write down the details of each. This could include whom you owe the money to (this person/company is your 'creditor'); when you first missed a payment; and how much you now owe. You'll also need to make a note of your account or reference number and what steps the creditor has taken to get the money back, eg. sending you letters.

It might feel overwhelming when you see all of your debts written down - but try not to worry, the important thing is that you're sorting them out.

If you're behind on household bills, prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has the most serious consequences. You should speak to the person or company you owe money to, to see if there are any manageable steps you can take to start reducing your debt.

Once you've got these debts under control, you should look at any other debts like credit card or store card debts, payday loans or missed Buy Now Pay Later payments. While you're looking at the money going out, do remember to consider money that could be coming in. It's always worth checking if there are any benefits that you're eligible for, including support with your energy costs and living costs.

There's a benefits calculator, advice on how to reduce living costs and information on other ways to increase your income on the National Citizens Advice website at citizensadvice.org.uk



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<cont

There's also emergency support that you may be able to access locally, such as a food bank, local welfare support or fuel vouchers. We know that times are incredibly tough but please remember, you don't have to face this alone.

Citizens Advice Mid Suffolk can provide in depth advice on this issue and much more, including debt, finances, employment, benefits and family/relationships. You can contact them by phone on 01449 676060, visit in person at Milton House, 5 Milton Road South, Stowmarket IP14 1EZ or use the contact form at midsuffolkcab.org.uk/contact-us. Opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.



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THE CLOCK

As another day begins to dawn
A piercing sound I hear
It is the clock beside my bed
That screams at me so near

And as I place my hand upon it
To block its constant cry
The noise is stopped at once – hooray!
So I lay down and sigh

But as I snuggle deep within
The comfort of my bed
The motion of the clock I hear
'Get up, you're not yet dead'

Tick tock, tick tock
The rhythm of the clock
As the time of day is racing by
I shout out loud 'please stop'


But the clock it does not listen
It covers up its ears
So once again I raise my voice
'Be quiet, I'm sleeping here'

Then the clock becomes defiant
As time is on its side
And as its hands turn round and round
I slide down the bed to hide

But even in the darkness
Trapped and all alone
The calling of the clock surrounds me
In the bedroom of my home

cont>

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And so we start to argue
As it tries to get its way
'Get out of bed you lazy thing
Get dressed and start your day'

This clock it does annoy me
But what is it I can do?
Then suddenly a thought pops up
I'll drop it down the loo!

Then its petty voice can't wake me
In the early morning light
And work will be a distant dream
As I roll over and say 'goodnight'!

M A Kelly

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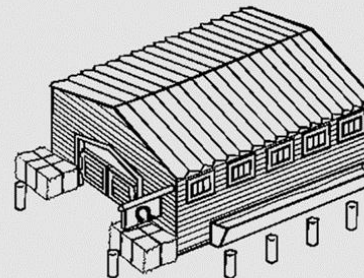
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Walking Football (over 65's) Tuesday 1 - 2 pm
Senior Football (over 50's) Tuesday 2 - 3 pm
Otago (chair based exercise) Wednesdays 11.30 -12.30
Indoor bowls Wednesdays 2.30 – 4.30 pm (Oct-Apr)
Pétanque Thursday 2 pm,
Walking Football Thursdays 2-3 pm
Yoga Thursday 1.15- 2.15 pm
Cardio Tennis Friday 12 – 1 pm



Social Events

Sunday night Bingo starts 7 pm on **4th & 18th Feb** (March dates tbc)

Irish Night

Saturday 9th March

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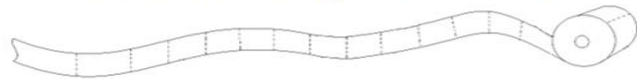
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ART CLUB Monday (fortnightly) 2:00-4:00pm.

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

LINE DANCING Monday (weekly) 12.45-1.45pm

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

CARPET BOWLS Monday 7.30-9.00pm

Contact: Jeff Moore Tel: 07850 716968 jeffmoore297@hotmail.com

John Gladders 01449 780365 dijongladders@gmail.com

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.

PILATES Wednesday 12.15-1.15pm

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GENTLE FITNESS Friday 10.00 - 10.45am

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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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Wattisfield URC Services

Date	Time	Service details
February 4 th	11am	Holy Communion
11 th	11am	Morning worship
18 th	11am	Morning worship
25 th	10.45am	Visit to Diss URC – no service at Wattisfield
March 3 rd	11am	Rev'd Pat Atkinson from the Vidiyal Trust Holy Communion
10 th	11am	Mothering Sunday – family craft/flower service led by Jo. Refreshments to follow
17 th	11am	Songs of Praise
24 th	11am	Morning worship – Andy Malcolm from the Fisherman's Mission
31 st	11am	EASTER DAY - family service led by Jo with crafts and an Easter Egg hunt. Hot cross buns afterwards!
April 7 th	11am	Holy Communion

Please contact Mrs Jo Patel our Local Leader (07808 487844)
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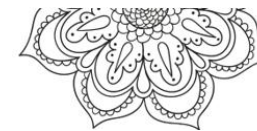
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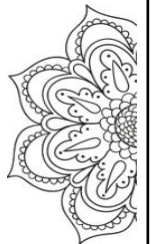
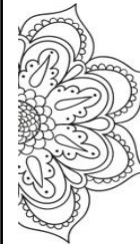
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Benefice Services February - March 2024

4th February

8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Morning Service	Finningham

11th February

8.00am	Holy Communion	Walsham
11.00am	Songs of Praise	Walsham

18th February

8.00am	Holy Communion	Walsham
11.00am	Benefice Communion	Finningham
11.00am	Morning Prayer	Wattisfield
3.00pm	Evensong	Westhorpe

25th February

9.30am	Holy Communion	Badwell Ash
11.00am	Holy Communion	Walsham

3rd March

8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Morning Service	Finningham

10th March

08.00am	Holy Communion	Walsham
11.00am	Songs of Praise	Walsham

Benefice Services March - April 2024

14th March

10.00am	Benefice Service	Walsham
	Imposition of the Ashes	

17th March

8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Finningham
3.00pm	Evensong	Westhorpe

24th March

8.00am	Holy Communion	Walsham
9.30am	Benefice Communion *	Badwell
11.00am	Holy Communion	Wattisfield

31st March

8.00am	Holy Communion	Walsham
9.30am	Benefice Communion	Westhorpe

7th April

8.00am	Holy Communion	Walsham
11.00am	Songs of Praise	Walsham
11.00am	Holy Communion	Langham

* The Bishop will be attending the Benefice Service at Badwell Ash on 24th March.