

The Benefice of Badwell & Walsham

Rector : Rev'd Catriona Brinkley 07525920307

revcatrionabrinkley@outlook.com

Reverend Jill Walker jill.walker@me.com

Reverend Jay Price 07752 867388 jsgprice@aol.com

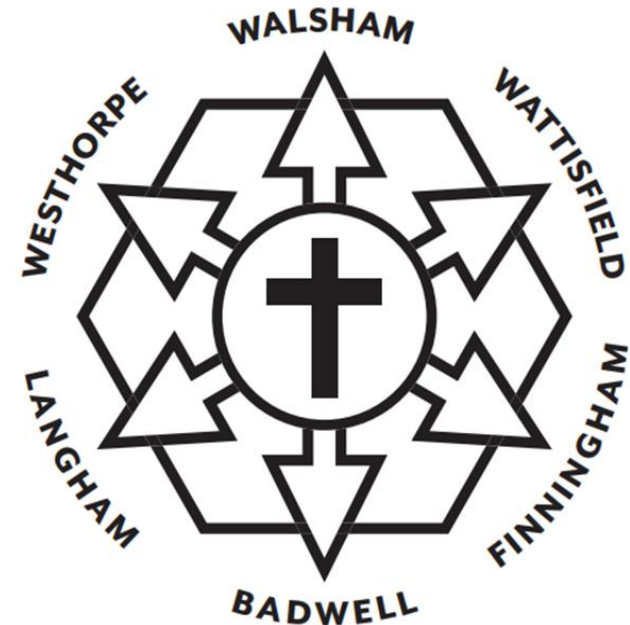
Benefice Reader: Ian Jackson 07971007147

Benefice Elder: Marion Bell 01449 782072

Benefice Elder and Safeguarding Officer:

Tracey Gorzelak 01359 258529

The Benefice of Badwell & Walsham



Hexagon

August - September 2025

**WALSHAM le WILLOWS
OPEN GARDENS WEEKEND**

‘The Original Open Gardens Event’

**Bank Holiday Sunday and Monday
24th and 25th of August 2025**

11.00am to 6.00pm

£8* per head for the two days with children under 16 FREE

A great day out with over 35 Gardens, an art show,
a flower festival, music in the Church and around the
village, a Village Market, Vintage Cars, Brass Bands,
Lovely Lunches, a big BBQ, very Scrummy Teas and lots
more besides.

Go on spoil yourselves it's the best value in the whole of the
eastern region.....

www.walsham-le-willows.org/annual-events/open-gardens/

*To enable us to claim GIFT AID the charge includes a
voluntary contribution of 10%. Visitors can elect to pay
the standard £7 entrance fee without the donation.

CONTACT John Stebbing 07831 325610
john@architectatwork.co.uk

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 debbielicata33@gmail.com

COPY DEADLINE Last date for items for inclusion in the next issue is Friday **5th Sep 2025**

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

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

SEASONS OF GRATITUDE

As summer unfolds, we're surrounded by the beauty and wonder of God's creation. The fields shimmer in the sun, trees are heavy with leaves, and birdsong fills the early mornings. It's a season that calls us to pause, to notice, and to give thanks.

In the first chapter of Genesis, we are told: "God saw all that he had made, and it was very good" (Genesis 1:31). These words remind us that the world around us is not only useful or beautiful but also very good, made with intention and care. As we enjoy the richness of summer, we are invited to see creation not just as a backdrop to our lives, but as a sacred gift that reveals something of God's nature.

Yet, alongside the joy of summer, many of us are finding it harder to adapt to the increasingly hot and dry weather. Gardens wilt, energy levels dip, and some of our usual routines become more difficult. These challenges are a reminder of the fragility of the natural world and our role in caring for it. As stewards of creation, we are called not only to enjoy the earth's abundance but to protect and preserve it for future generations. As the years go by this is becoming more prevalent as we see our seasons changing and the effects, we are seeing on our world due to extreme weather conditions.

August still offers us many opportunities for rest, celebration, and fellowship. Whether it's through parish events, local gatherings, or quiet moments of prayer, this is a season to deepen our connections with one another, with the world around us, and with God.

Looking ahead to September, our thoughts turn to the Harvest which is a deeply meaningful time in the life of the church. At our Harvest Services, we come together to give thanks for all that we have been given. We remember especially the farmers and agricultural workers who labour through the seasons, often in tough conditions, to provide food for our tables. Their work is a powerful reminder of persistence, care, and community.

cont>

Harvest is more than a celebration of crops, it's a time to reflect on the wider 'harvests' in our lives: moments of generosity, kindness, and grace. We are encouraged to ask how we can share what we have with others, especially those facing hardship, and how we can live more simply and thankfully in response to God's goodness. Everyone is always welcome at all of our services, information and times and included in this issue as usual.

May this summer and the coming Harvest season open our hearts in gratitude for the beauty of creation, for the strength of community, and for the God who sustains us through every season.

God bless, Revd Catriona

FROM THE REGISTERS

BAPTISMS

Harry Joseph Townshend 13/07/25 Finningham

WEDDINGS

Samantha Emily Smith and Thomas Andrew Morgan
07/06/25 Badwell Ash

FUNERALS

Richard Martineau (Interment of ashes) 17/07/25 Walsham-le-Willows

FIREWOOD

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All prices include VAT and delivery within Hexagon area.

Hazel bean poles, Pea sticks, Retaining Stakes, Chestnut post and rail, Charcoal. Hedge-laying and woodland work undertaken.

Richard Gould 07879 620116 richardgould1978@gmail.com

Are you suffering with anxiety, depression, OCD, PTSD/trauma, low self-esteem, grief, panic, phobias or any other emotional difficulties?

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Website: emdrandcbtserVICES.co.uk**



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WESTHORPE CAFÉ

SATURDAY 20th September 2025



**Westhorpe Village Hall
9am to 1pm**



Homemade Cakes and Drinks

WINE TASTING EVENING

DATE: Friday 24th October

EVENT STARTS: 7:30 PM

WHERE: Badwell Ash Village Hall, IP31 3DG

Complimentary sharing platter included with ticket.



**To book, contact Chloe:
badwellashvh@btinternet.com**

**TICKETS
£22.00 EACH**

WALSHAM LE WILLOWS SALE TRAIL

Unfortunately the weather was very wet for the Sale Trail held in Walsham on Sunday 6th July, which may have affected numbers going round the sale route. However the village hall was kept busy providing bacon butties and refreshments. Thank you to everyone who helped.

A total of £195 was raised which was divided between Walsham Memorial village hall and EACH (East Anglia's Children's Hospices).

Debbie Licata

WESTHORPE THANKS

To all friends of Westhorpe village.

John & Anne Gomer of Tudor Cottage, Church Road would like to thank their many friends for their kindnesses & friendship over the happy eleven years they have lived there. The village is certainly unique in its antiquity, buildings & historical connections. You will all be remembered by them both.

Thank you all. John and Anne Gomer



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bloomfield644@btinternet.com

WALSHAM - LE - WILLOWS MEMORIAL VILLAGE HALL

Walsham le Willows Memorial Village Hall is available for hire contact walshammemorialhall@gmail.com or tel 01359 258349. There are also a variety of activities happening at the hall:

Fitsteps Monday 9.30-10.30 am

Contact : Marie 07917 733655 / airstreamtattoo@gmail.com

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 9am -10am, 10.15am-11.15am

Contact: Lara at contact@larapepper.com

Coffee shop Thursday (weekly) 10.30am - 12.30pm

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.

**WALSHAM LE WILLOWS
HORTICULTURAL SHOW**

SATURDAY 9TH AUGUST 2025

WALSHAM MEMORIAL VILLAGE HALL

Show Open from 2 till 4 pm

Entrance Fee 50p Children Free





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THE BENEFICE OF BADWELL AND WALSHAM **BIBLE DISCUSSION GROUP**

St Bartholomew's Church Finningham

26th August - 2pm

23rd September - 6pm

Everyone is welcome to join us as we explore the bible and faith together in an informal group.
No need to book just come along!



SOUNDS FUN

Westhorpe Village Hall 7.30pm — 9.30pm



If you would like to

- Sing on your own, with others or just listen
- Play your musical instrument
- Recite, read or listen to poetry and short stories

Please come along and join us - whatever your age or ability we would like to see you.

Third Thursday of the month
£2 per session, BYO drinks.

Contact Graham Hammond: grahamhammond@outlook.com/07562 394580 or Alison Weston: alisonweston25@hotmail.com/07972 415205

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The Benefice of Badwell & Walsham

Roots and Shoots



Sunday 16th August & 20th September
St Mary's Church - Walsham-le-Willows
10am until 11am

Led by Tracey Gorzelak from the Ministry Team

Everyone is welcome to join us as we
explore faith through stories, songs
and creative activities.

For more information please contact Revd Catriona
on 07525920307 or
revcatrionabrinkley@outlook.com

Walshamgym@gmail.com 07876620376



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CITIZENS ADVICE



My son and I are both struggling to find work at the moment. He's just finished university and looking for his first job, and I'm retired but need to top up my income. We've both been sending out applications for a while now, could unpaid work help us find something?

Whether you're trying to get into work for the first time or after time off, finding a job can be really challenging. It's always a good idea to think about what skills or experience you could be missing for the kind of work you want, especially when feeling stuck after weeks or months of sending out job applications.

If you can afford to take unpaid work, it can be a good way to plug gaps in your CV and get a taste for different types of jobs. These sorts of roles usually come in the form of volunteering, work experience, or internships.

If you receive welfare benefits, you should check the Citizens Advice website or speak to an adviser before taking unpaid work. And because the rules around unpaid internships are complicated, you should get advice on being paid less than the minimum wage before applying to this type of role.

Volunteer roles are often well-defined and can expose you to specific types of work, whether you're looking for experience in an office or something more practical, like supporting people in your local community. Charities, including Citizens Advice, usually have a range of opportunities available.

Being a volunteer doesn't just give you a chance to learn and improve skills that are transferable to paid work, it can also help you gain confidence and self-esteem in a professional setting and provide structure to your day or week.

This can set you up well for job applications and interviews by showing employers you've got transferable skills, relevant experience, and are ready to enter paid work. Just like any job advert, you can find plenty of volunteering opportunities online, so it's well worth seeing what's out there if you're interested.

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.

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.

Benefice Walking Group

Thursday 7th August

Meeting at Memorial Village Hall, Walsham-le-Willows

At 10am for 10.15am start.

Walk will be approximately 3 miles returning to the village hall.



(to coincide with the coffee morning)

All are welcome!



Including well-behaved dogs on leads.

For more information, please contact Revd Catriona

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MUSIC AT ST MARY'S WALSHAM LE WILLOWS

Thursday 25th September
12:30pm

Rococo

Long term friends return with a
feast of baroque

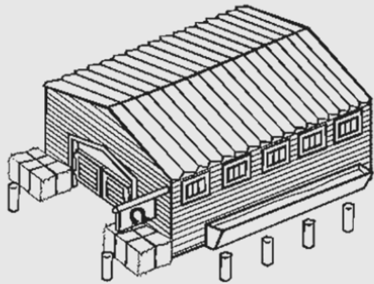
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The ROMANI GYPSIES

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All Day	£90.00	
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WESTHORPE VILLAGE HALL ACTIVITIES

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

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

ART CLUB Monday (fortnightly) 2:00-4:30pm.

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

LINE DANCING Monday (weekly) 12.45-1.45pm

Contact: alisonweston25@hotmail.com Tel: 07972 415205

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 780142 / 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

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

FITNESS 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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Walsham le Willows and District WI



June: Bowls Taster Session

June's WI meeting took place in lovely evening sunshine at the Bowls club. Some of the Bowls club regulars had agreed to introduce us to their sport. We divided into groups with an expert to guide us in each one. They patiently explained and demonstrated how to use the bowls and keep one foot on the mat. They gave us a simple outline of the rules and scoring. Then we all got playing. Some ladies showed some impressive skills (or maybe beginner's luck!) . This was followed by some brief WI business including the plans and menu ideas for next month's garden party. In true WI tradition, we then shared our tea and cakes with our bowls club friends.

July: Visit from two Owls and a Hawk, and Supper

Members enjoyed a visit from Clare of Birds and Beyond. She brought and showed us Twiglet, a Barn Owl; Peanut, a Tawny Owl; and Norman, a Harris Hawk. All of them live in Clare's house with her and her husband and cat and dog, plus various other birds of prey. They were very calm and relaxed sitting on their perches in the garden, waiting their turn to be shown off. We learnt about their feeding, training and why owls are silent fliers (their feathers are not waterproof, thus making them light and quiet).

Members were then given a chance to hold the Barn Owl, at 11oz it was incredibly light. A truly memorable experience.

Afterwards members had a Bring-and-Share supper in the garden, enjoying a beautifully warm evening.

Next Meetings:

13th August 7.30pm Priory Room. 'How to help our Hedgehogs'

10th September 7.30pm Priory Room. Open meeting talk on the Women's Land Army in WWI. £5 for non-members

Coming up in the year we have:

Gin Tasting; Life of Leonard Cheshire; talk on Bell Ringing.

NEW MEMBERS ALWAYS WELCOME to come along and visit.

Ladies are able to attend 2 meetings free of charge before joining



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Thanks also to so many local people : Irene who sells bric-a-brac collected on our bus, Lucy from Hopton who fund raises via a Christmas Light display at her home, and to numerous personal donations by way of monthly voluntary contributions added to their fares, and, of course, R W Lister & Son of Rickinghall for their excellent service and sponsorship. The list is endless.

Many thanks also to our volunteer drivers who give their time for this worthy cause every week, (currently some 3000+ personal journeys per annum).

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As usual for bookings just ring Gordon on 01379 897109 (24/7 ansaphone).

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NOTES FROM THE GARDEN

Well when writing this before about June/July, I did not expect June to be so dry and hot. Plants and seeds really struggled to grow and to get established. My onions and shallots, roots failed to get into this dry soil, although now growing, 10% of the crop has died, and the rest are a lot smaller in size than it should be. Rainfall was very low and gardeners have had to water a lot more just to keep plants alive. This is showing that we gardeners will have to adapt our gardening practises. Things such as putting in more water retaining compost and manure in our pots, baskets and in the garden. To help with water retention add some more water tolerant plants.

At our allotment the polytunnel is up and running. It was hard and hot work digging, and then filling the beds with homemade compost. I am now amazed at how much difference a controlled protective micro-climate can make. My wife grew a lot of tomatoes, courgettes, cucumbers and peppers at home. Now we have planted them in the tunnel and they are growing strong and flowering, all within a few weeks. I am constantly tying them up, and with the tomatoes I am nipping out a lot of side shoots daily.

Outside of the tunnel the allotment plants have been struggling, potatoes look good but are in need of a good soaking from some rain. Sweetcorn, leeks and newly planted greens are established but need constant watering.

August it is time to harvest, dig up potatoes, dry onions and shallots so they can be stored. Keep picking beans, and harvest beetroot. Courgettes will need picking when ready to keep them producing more fruit, otherwise the plants will think they have done their job and stop.

In September it is time to start tidying up in the garden - I compost plants that have finished. Pull up cane supports used for climbing beans etc, use a large plastic flower pot with the bottom cut out, and attach to the side of the shed or the compost bin which can be used to store upright canes for the winter. Collect seed from your favourite plants before you get rid of them and store in paper envelopes with a label. Wash greenhouse glass and repair if necessary. Keep deadheading flowers and feed once a week to encourage growth as the daylight shortens.



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WESTHORPE VILLAGE HALL-WEDNESDAYS 12.15PM

TOTAL FITNESS (45 mins)

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Becky on 07734 414151 / beckycruickshank@btinternet.com

August is considered to be the start of autumn, and is of course the Walsham Le Willows open gardens weekend on the bank holiday Sunday and Monday. The money raised will go to good causes and the village charity's benefit also. We will be opening our garden to you all, we hope to see you and share gardens notes LIVE.

Till next time. Phillip Bennington

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Walking Netball Tuesday 10 – 11am & Thursday 6 - 7pm
 Senior Football (over 40's) Monday 8 – 9 pm
 Walking Football (over 65's) Tuesday & Thursday 1 - 2pm
 Senior Football (over 50's) Tuesday 2 - 3pm
 Otago (chair based exercise) Wednesdays 11.30 -12.30
 Pétanque Thursday 2pm
 Walking Football Thursdays 2-3pm
 Yoga Thursday 1.15- 2.15pm
 Cardio Tennis Friday 12 – 1pm



Social Events

Sunday night Bingo starts 7pm on
 10th and 24th August & 7th and 21st September
 All Welcome

Speed Quizzing Thursday 4th September 7.30pm start

Saturday 9th August CHARITY TRAILER GIG
 in aid of 3 year old Delilah Baker who is suffering
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Tickets are priced at £5 each or £8 on the gate . Available from
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For further information on events please contact Gordon Ross

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UK CARE SECTOR

Question – I have read that most hospitals have a PALS office, but what exactly do they do?

Answer – PALS, stands for Patient Advice and Liaison Service. It is an English NHS Service which provides and offers confidential advice, support and information on health-related matters. It is a point of contact for patients, their relatives and carers. They also are there if a person has any concerns about the service being received in hospital, have a complaint, or would like to give a compliment about service received. Usually the PALS team have an appointment system and appointments can be booked by ringing your local hospital.

Question – I am a Blue Badge holder, do I have to pay toll charges on UK roads, such as if I go through the Dartford Tunnel?

Answer – If you hold a Blue Badge you may be exempt from some toll charges. Visit the website below where you can read where the exemptions are including details in regards to the London Congestion Charge. www.bluebadgecompany.co.uk

Question – I hear and read almost daily about a new scam, and I do not know if the information itself is a scam or they are a genuine notification. Is there somewhere I can visit online for authentic notifications?

Answer – Which the consumer organisation has a **Scam Alerts free service** which you can trust. It is designed to help people stay informed about the latest scams and avoid falling victim to fraud. Visit - www.which.co.uk and sign up for the scam alert emails. The website also has other information such as how to spot potential scams, different types, etc.

Question – Are continence products for personal use free of VAT in the UK?

Answer – Yes, continence products for personal use can be VAT-exempt in the UK for individuals who are disabled or have a long-term illness. This means that eligible individuals can purchase these products without paying the standard 20% VAT. However, it is not easy to see where this is mentioned on some online websites where many people now purchase them. It is also worth asking other retailers, such as chemists and supermarkets, if they are marked as VAT free and if not, can you have the reduction as they are for personal use.



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Wattisfield URC Services

Date	Time	Service details
August 3 rd	11am	Holy Communion
10 th	11am	Morning worship
17 th	11am	Morning worship
24 th	10.45am	Visit to Diss URC –no service at Wattisfield
31 st	11am	Morning worship
September 7 th	11am	Holy Communion
14 th	10.30am	Visit to Southgate Church, Bury St Edmunds <i>no service at Wattisfield</i>
21 st	11am	Morning worship
28 th	11am	Morning worship
October 5 th	11am	Harvest Thanksgiving

Our Harvest Thanksgiving service on Sunday 5th October will be followed by a soup and roll lunch to raise money for the Royal Agricultural Benevolent Institution. The fresh produce from the harvest display will be distributed for donations during the lunch. The non-perishables, if not taken on the day, will be sent to the Walsham food bank.

The PUDDLE DUCK CAFÉ is open on the 3rd Saturday
of the month from 10.30am-12.30pm
WEDNESDAY AUGUST 28TH 11AM – 3PM AT THE CHAPEL
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at the PUDDLE DUCK CAFÉ
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Do join us for a reflective Taizé service of music & prayer at
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3-4pm on Sunday 14th September. Refreshments afterwards.

Please contact Mrs Jo Patel our Local Leader (07808 487844) for more information
about any of our services or activities

Benefice Services August - September

3rd August

8.00am	BCP Holy Communion	Walsham-le-Willows
11.00am	Holy Communion	Walsham-le-Willows

10th August

8.00am	BCP Holy Communion	Walsham-le-Willows
9.30am	Holy Communion	Westhorpe
11.00am	Holy Communion	Finningham
11.00am	Songs of Praise	Walsham-le-Willows

17th August

8.00am	BCP Holy Communion	Walsham-le-Willows
9.30am	Holy Communion	Badwell Ash
10.00am	Roots and Shoots	Walsham-le-Willows

24th August

9.30am	Holy Communion	Langham
11.00am	Holy Communion	Wattisfield
6.00pm	Evensong	Westhorpe

31st August

9.30am	Benefice Communion	Badwell Ash
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7th September

8.00am	BCP Holy Communion	Walsham-le-Willows
11.00am	Holy Communion	Walsham-le-Willows

Benefice Services September - October

14th September

8.00am	BCP Holy Communion	Walsham-le-Willows
9.30am	Harvest Service	Westhorpe
11.00am	Harvest Service	Finningham
11.00am	Songs of Praise	Walsham-le-Willows

21st September

8.00am	BCP Holy Communion	Walsham-le-Willows
9.30am	Harvest Service	Badwell Ash
10.00am	Roots and Shoots	Walsham-le-Willows

28th September

9.30am	Harvest Service	Langham
11.00am	Harvest Service	Wattisfield
6pm	Evensong	Westhorpe

5th October

8.00am	BCP Holy Communion	Walsham-le-Willows
11.00am	Harvest Service	Walsham-le-Willows

