

Outlook

February 2018



Serving the parishes of

**Bedingham Fritton Hardwick Hempnall
Morningthorpe Shelton Topcroft Woodton**

www.hempnallgroup.co.uk

Hempnall Group Services February 2018

Sunday 4th		Candlemas	Gold or White
Group Eucharist	10.00am	Bedingham Church	
Holy Communion	2.30pm	Holy Communion	
<i>Readings: Malachi 3:1-5, Hebrews 2:14-18, Luke 2:22-40</i>			
Sunday 11th		Sunday before Lent	Green
Eucharist (BCP)	8.00am	Morningthorpe Church	
Eucharist	9.30am	Woodton Church	
Eucharist	9.30am	Hempnall Church	
Eucharist	11.00am	Topcroft Church	
Matins	11.00am	Hardwick Church	
<i>Readings: 2 Kings 2:1-12, 2 Corinthians 4:3-6, Mark 9:2-9</i>			
Wednesday 14th		Ash Wednesday	Purple
Eucharist	7.00pm	Hempnall Church	
Sunday 18th		Lent 1	Purple
Eucharist	8.00am	Topcroft Church	
Eucharist	9.30am	Bedingham Church	
Morning Service	9.30am	Hempnall Church	
Eucharist	11.0am	Hardwick Church	
Lent Reflection	4.00pm	Hempnall Church	
<i>Readings: Genesis 9:8-17, 1 Peter 3:18-22, Luke 23:33-37</i>			
Sunday 25th		Lent 2	Purple
Group Eucharist	10.00am	Hempnall Church	
Lent Reflection	4.00pm	Hempnall Church	
<i>Readings: Genesis 17:1-7,15-16, Romans 4:13-25, Luke 23:39-43</i>			

Every Thursday at 8.00am there is Holy Communion
in Hempnall Church

Dear Friends,

Three thoughts for the year ahead:

Take time to **Notice**

There are days when we feel alive and want to laugh and sing. There are other days when our hearts feel dark and low. Try to make a habit of noticing goodness; I find it shines a light into the darkest place. This may help us see the blessing of each day, and so grow in gratitude. What goodness are you aware of at this moment?

Take time to **Ponder**


Our hearts are at the centre of our bodies, minds and spirits, a place where we can store our personal truths. Sometimes it takes a while for the truth to dawn upon us. Taking time to ponder helps us slowly make sense of them. What are you pondering in your hearts at the moment?

Take time to **Care**

Each of us is born into relationship with others, whether that be son or daughter, brother, sister, mother, father, friend or neighbour. These relationships carry the responsibility to care for the other. Life invites us to offer comfort and care to all those who are sent into our lives, those whose paths cross ours. Are there people in our lives who are invisible? How may we "see" them?

Noticing, pondering, and caring, what a difference we could make to our world.

With love



Events for your diary February

TOPCROFT SOCIAL CLUB QUIZ NIGHTS 7.30pm for 8.00pm.

February 3rd and 17th. £2.00 p.p. Max 6 per team - Friendly competition.

Please ring Christine on 01508 482268 for more details.

FOOD BANK – Thank you so much for your incredible generosity leading up to Christmas.

Our next collection dates will be on **Sunday 4th February** at Bedingham Church and Sunday 4th March at Morningthorpe Church, or any items can be left at Hempnall Rectory, Mon-Thurs 9am-1pm.

THE MILL CAFÉ- Hempnall

Monday 5th February and 5th March 2018

10.00am to 2.00pm. For more information contact:

Margaret Sparham (Wed and Thurs on 499766 or 499579 at other times) . Hempnall Mill Centre, Mill Road, Hempnall NR15 2LP www.hempnalltrust.org.uk



Hempnall Mill Centre – LUNCHEON CLUB

Wednesdays and Thursdays **for £5.00**

Morning tea or coffee served on arrival from 11am. A two course lunch served at 12 noon. Pick up travel can be arranged - for more information contact: Margaret Sparham (Wed and Thurs on 499766 or 499579 at other times).

WOODTON & BEDINGHAM MONDAY CLUB

Next meeting **Monday 5th February** at 2 p.m.

Everyone, ladies and gentlemen, would be most welcome whether you would like to come along to knit, sew, play board games, do puzzles or just come along for a cup of tea and a chat. If you are not able to knit or crochet but would like to try your hand then come along there will always be someone available to offer advice and help.

For further information please contact Janet Chadwick on 01508 483996 or Pam Mariner on 01508 483796

YOGA WITH JENNY on Tuesdays 7.30–8.45pm in The Loft, Hempnall Village Hall, - 30th January, 6th, 13th, 20th & 27th February. Banish the January and February blues! Come and enjoy a stretch and a relax for body and mind with Jenny, a practitioner of Hatha and Lyengar yoga locally for 25 years. Focusing on the body's alignment, we'll work to improve posture, help alleviate aches, pains, injuries/issues and encourage great ways to deal with the stresses and strains of life. Beginners welcome, those with experience also catered for. For more information contact Jenny: 01508 471883 / 07906 117212

[Email: jenny.knight4@btinternet.com](mailto:jenny.knight4@btinternet.com)

HEMPNALL WOMEN'S INSTITUTE

Our next meeting will be **AN OPEN MEETING on Wednesday 7th February at 7.30pm at Hempnall Mill Centre** when Joe Stirling and Phyllida Scrivens will be our speakers on **Kinder Transport**. Joe talks about his experience as a Kinder Transport child arriving in Norwich. **All are welcome to attend.** Refreshments will be served and if you wish to have information about our friendly group please contact Sue Eagle secretary 499559.



THE ARK

at Hempnall Church

Wednesday 14th February 2pm-3pm

for pre-school children, up to 4 years

Games, Snacks, Story, Crafts

come and join us for lots of fun!! **ALL WELCOME**

Contact: Jackie 01362 288195

We are on Facebook:
@THEARKHEMPNALL

WOODTON & BEDINGHAM LADIES TOGETHER

Next meeting **Wednesday 14th February** at 7.30 p.m. in Woodton Village Hall. The Speaker this month will be from SERV Norfolk Blood Bikes.

Visitors are always welcome.

For further information please contact Tricia Gunson on: 01508 482543.

ITALIAN VALENTINE'S SUPPER at Topcroft Pavilion

Friday February 16th, 7.00pm.

Enjoy an alternative Valentine's Night with a glass of bubbly and Italian Pasta. Tickets £12.50 Limited Numbers. Contact Step/Jenny 01508482209 by Monday 5th February to reserve places.



HEMPNALL PARISH COUNCIL MEETING- Tuesday 27th February 7.30pm at the Mill Centre during which housing development sites under the Greater Norwich Local Plan will be discussed.

WOODTON & BEDINGHAM CARPET BOWLS CLUB

The club meets every Wednesday at 7.30pm apart from the second Wednesday in the month when we meet at 2 p.m. We are a small friendly group and we would really like to recruit new members. The main aim of the group is to meet together for a little gentle exercise and to enjoy each other's company. We are not competitive and do not enter into any tournaments but we are always happy to take part in friendly games with other local clubs.

Why not come and along give it a try? For further information please contact our chairman Ralph Chadwick on 01508 483996.

Future Events For Your Diary

QUIZ NIGHT in aid of All Saints Church, Woodton

Saturday 10 March at 7 pm in Woodton Village Hall. Tickets £7.50 pp are available from Woodton Stores (tel: 01508 482742) or Daphne Littleboy (email daphnelittleboy@hotmail.com or tel: 01508 494318). Ticket includes: Quiz, prizes, hot dog (veg option available), cake, tea/coffee. Please bring your own alcoholic drinks.

HEMPNALL ART CLUB Meets Monday afternoon, Tuesday 10am -1pm & Tuesday 7pm -9pm. New members welcome.

The next **Tutored session** led by Mary Lowden will be on **Tuesday 13th March** 10 15am – 12.30. All enquiries to Graham Dunthorne 01508 550775.

SUNDAY WALKS 2018

This year we are planning to take in parts of **Boudicca's way**. The first walk will be on **Sunday 18th March**.



Meet at Caistor St Edmunds Roman Camp car park at 2.00pm.

For details please contact Daphne Littleboy on 01508 494318.

There will be further walks on: **15th April, 20th May and 24th June**

Information about these will appear in later editions of Outlook.

THE FRITTON AND MORNINGTHORPE ANNUAL LITTER PICK will take place on 2 days this year, **Saturday 24th March and Sunday 25th March.** We meet at the phone box in Fritton at 10am both days.

Equipment will be provided, i.e. gloves, bin liners, pickers. If there are lots of us we can get the job done more quickly and hopefully in one day. Please help to keep our villages clean and tidy. Look forward to seeing you there. If you have any queries ring Carol on 531629.



LONDON MARATHON



I will be running the London Marathon on **22nd April** to raise money for Cancer Research in memory of my dad, Conal Mahony.

I'm no natural runner, it doesn't come easy but I've run several 10k races & 2 half marathons. Marathon distance has never appealed to me so I'm finding the training and the actual race a massive challenge, not least because I hadn't run between losing my dad and the New Year.

All donations, no matter how big or small will be very gratefully received. You can sponsor me online at www.virginmoneygiving.com and search for Cat Mahony or a donation can be popped through my door at 15 Roland Drive, Hempnall.

I am so grateful for all the support we have received since losing my dad and I know your continued support will help me through this next challenge. Thank you, Catherine Mahony Parfitt

TOPCROFT OPEN GARDENS - Sunday 27 May and Monday 28 May. Please save the date if hoping to visit but also as important if you are considering opening for the first time. New gardens always welcome, small or large. Please contact me for further details on 07850709297 or email daphnebeckett@gmail.com



LENT 2018

WATER AID – Our Lent Charity 2018 – jars of change!



The Hempnall Group supports **Water Aid** as its Charity for Lent this year. If you would like to fill a jam jar with your loose change, that would be very much appreciated.

In Thatta District, Pakistan, only half of the schools have toilets. Just a quarter have running water and taps for students to wash their hands. The lack of taps and toilets is

affecting the attendance of children, especially girls.

With your help during Lent, WaterAid can bring clean water and better hygiene standards to children. Your support will help to ensure that they have the opportunity to learn, unlocking their potential.

You could restore the dignity and the hope of a better, brighter future.

*Please could you return any filled jam jars to your Church or Hempnall office by **Sunday 6th May**.*

ASH WEDNESDAY SERVICE 14th February, 7.00pm at Hempnall Church.

LENT REFLECTIONS: Our Lent Reflections will be held at 4.00pm on **Sundays: 18th February, 25th February, 4th March, 11th March and 18th March** at Hempnall Church.

LENT TALKS at Hempnall Mill Centre, Tuesday evenings 27th Feb, 6th Mar, 13th Mar and 20th Mar. Doors open at 7pm to start 7.30pm. Lent offers more than “giving up.” It is also a time to think about ourselves, as we reflect on the challenges, doubts and demands of life. As part of this journey our 4 talks surround Jesus’ last words to us from the cross. Our 2 speakers, Revd. Judith Wilson and Canon Revd. Andy Bryant, will help us to reflect on forgiveness, self-offering, doubts about afterlife and feelings of abandonment. Refreshments follow the talk and we are aiming to close around 9pm. All welcome Contact: Jackie 01362 288195

LENT LUNCHES IN AID OF CHRISTIAN AID

Lent lunches will be held in our villages, 1.00pm-2.00pm. If possible please could you let the contact know if you would like to attend, for catering purposes – or turn up.



Monday 26th February

Hempnall Lent Lunch
at Ashness, Bungay Road, Hempnall
Contact: Yvonne Davy 499405

Wednesday 7th March

Woodton Lent Lunch
at East View, Hempnall Road, Woodton
Contact: Janice Butler 482451

Tuesday 13th March

Topcroft Lent Lunch
at Woodlands, Barford Road, Topcroft
Contact: Jackie Leggett 482267

Details of Morningthorpe Lent Lunch will be in next month's Outlook.

WOMEN'S WORLD DAY OF PRAYER



On **Friday 2nd March** we are having our Women's World Day of Prayer Service at 2.00pm, with lunch before at 1.00pm, at Hempnall Church. Our service is part of a global wave of prayer, across 170 countries, and here in the UK 6,000 services will take place. This year the service comes from Suriname, a country which lies in north eastern part of South America. The theme of the service is 'All God's Creation is Very Good.' We will be praying for conservation of wildlife, through awareness of pollution, misuse and abuse, as well

as situations in Suriname and the UK. Do come and join us, we always have a great time. All are welcome, men, women and children.

For any further information please phone Maggie Kingston on 498157.

TOPCROFT FLOWER FESTIVAL

The theme for the Flower Festival is ' **Favourite Songs**'.

Saturday 14th and Sunday 15th July 2018. If you would like to do an arrangement, this gives you plenty of time to get your thinking caps on. For more information give Jackie a ring on 482 267.

PIES 'N PICS QUIZ

We have a new fundraising Quiz, a bit of fun for the family!

Raising funds for All Saints' Church, Woodton. £1/copy. Closing date 31st March 2018. £10 prize for the winner. Copies can be obtained by calling Jackie 01362 288195 or Jane Rectory Office 498157.

Thank you

Jackie Mahony and family thank everyone who sent cards and greetings to us this Christmastide. We do appreciate the thoughtfulness of you all, the first Christmas without Conal.

SHOE BOXES

Thank you all for your tremendous achievements. This year we sent 203 shoe boxes to needy children around the world.

The range of gifts inside the boxes never ceases to amaze me .The couple who came to collect the boxes said that collections were generally lower this year, but not ours! A special thanks to the children at Woodton and Hemplall schools who all took in items and made up boxes in school.

I have not yet had an update with the stories of individual children but will hopefully be able to add them into next month's issue.

We will be doing shoe boxes again this year so if you haven't yet got involved or you want to find out more please go to www.operationChristmaschild.co.uk.

Thank you Claire Noakes (on behalf of the Outreach Group)



A big 'thank you' to everyone who attended and helped at Woodton Church Christmas Fair on 9 December. £331.45 was raised for Church funds.

Hempnall Carol Singing raised £300, £150 was donated to The Nook Appeal and £150 to Age UK. Thanks to Liz Allen and all who provided refreshments. Also thanks to all who gave so generously and of course those who turned out to sing!

Hempnall Christingle Service – £229.46 was collected during our Christingle Services, which has been donated to The Children's Society. Thank you to all who took part, those who helped in any way, and those who came along on Christmas Eve, to make it such an enjoyable service.

Shelton and Hardwick Carol Singers raised £63.63 for the Children's Society. Many thanks to all that took part particularly those with musical instruments and special thanks must be given to Marilyn and Alan for their food and drink after the singing - the hot punch went down a treat on a cold frosty afternoon.

The Topcroft group of carol singers met at Woodlands on the 14th December, by kind invitation of Jackie Leggett, and were joined by Tom Catchpole driving the tractor and trailer kindly lent by the Tidnams. They set off in good spirits, but then, sadly a member of the group was taken ill and the evening had to be cancelled (she is now fully recovered). However, with donations from the group itself, and kind contributions from people who had been waiting to be sung to, it was still possible to send £100 to the Children's Society. It was disappointing not to be able to wish everyone a Happy Christmas, but the would-be carollers do instead wish everybody a very Happy New Year.

THE FRIENDS OF BEDINGHAM CHURCH would like to thank everybody for their continuing support for the church fundraising to keep our church open. The 59 club lottery has a few vacant numbers if anyone would like to join. It's one pound per week with a weekly prize of £25 for the person who holds the number for the bonus ball on a Saturday evening. Contact 482421 to join.

BEDINGHAM VILLAGE TOTE – Latest Winners

No 11 N Taylor. No 8 J Watts. No 52 M Thomas. No 19. R Hebdon. No 14. A Smith. No 41. Jo at Lodge Farm. No 34. P Nicolson.

WOODTON VILLAGE HALL TOTE WINNERS

January winners: S Webb, Mr A Gunson, Mrs J Wickstead

Membership to the Tote is £12 per year. We are always looking for new members and if you are interested in joining the Tote please contact Pam Mariner on 01508 483796.

The draw takes place every month and there are 3 prizes of £20, £10 and £5. All money raised goes toward the upkeep of the Village Hall.

HEMPNALL VILLAGE HALL TOTE WINNERS for November & December 2017

November £40 L. Stone £30 V. Ransome £20 D. Smith £15 S. Griffiths £10 P. Arnold

December - THE FINAL DRAW

£75 C. Stevenson £50 R. Moss £40 E. Wood £30 J. Botwright
£25 C. Allison £20 B. Youngs

Thank you all who have supported us over the past 38 years!

VACANCY FOR TRUSTEE

The Hempnall Trust is a long standing village charity.

It runs the Mill Centre for Day and provides individual grants for village residents relating to 'need, hardship or distress'.

The Trust currently has a vacancy for a Trustee, involving attending monthly meetings and helping with the general work of the Trust.

Trustees also serve on the Property Charity, which meets less frequently.

The Trust is concerned to make sure that the Trustee body reflects a wide range of ages and village interests.

If interested, please contact in the first instance Jackie Jackson (Secretary)

jackson.jc@binternet.com



Need help with transport? Borderhoppa buses are available to people of all ages who are unable to use ordinary bus services either because of mobility difficulties or because there isn't a bus service for them to use. Our door-to-door dial a ride service can take you shopping, to medical appointments (excluding hospitals), to visit a friend or relative or attend a local club.

Our regular member's outings are very popular. We have trips to the seaside, garden centres, shopping trips, boat trips and pub lunches.

If you would like to find out more about the great service we provide please call us on 01379 854800 or visit our website www.borderhoppa@btconnect.com

To book Hempnall Mill Centre please tel/fax Jackie Jackson 01508 499061 e-mail info@hempnallmillcentre.co.uk website: www.hempnallmillcentre.co.uk

Did you know? You can now find information on **The Hempnall Trust** – www.hempnalltrust.org



Children

- * Daisy Lili-May Reeder Rodger who will be 11 on the 5th

Teenage

- * Benjamin James who will be 18 on the 5th
- * Thomas Potter who will be 13 on the 22nd
- * Georgia Ireson who will be 18 on the 24th

From the Registers

Baptism

14th January 2018 Fleur Elizabeth Adeyemi at Hempnall Church



Wedding

2nd December Stuart Cox and Fleur Trudgill at Woodton Church



Funeral

7th December Joyce Sewell (aged 91) at Earlham Crematorium
21st December Maude Stevens (aged 98) at Hempnall Church

Burial of Ashes

5th December Beryl Smith (aged 85) at Bedingham Church

CHURCH DIARY – February 2018

Thurs 1 st	12noon	Hardwick PCC Meeting	Fidelis
Tues 6 th	2.30pm	Get Together at Basil and Pat Walpole's	Chapel Hill, Woodton
	7.00pm	Bedingham PCC Meeting	The Flat
Thurs 8 th	2.30pm	Learning & Growing Meeting	The Flat
	7.00pm	Hempnall PCC Meeting	Hempnall Church
	7.30pm	Topcroft PCC Meeting	Woodlands
Thurs 15 th	7.00pm	Woodton PCC Meeting	Woodton Village Hall
Thurs 22 nd	2.00pm	Team Council Meeting	Brick Kiln Cottage Morningthorpe
Mon 26 th	1.00pm-2.00pm	Hempnall Lent Lunch	Ashness Bungay Road
Tues 27 th	7.00 for 7.30pm	Lent Talk with Andy Bryant	Hempnall Mill Centre
Wed 28 th	7.00pm	Fritton PCC AGM	Old Rectory, Fritton

Every Tuesday at 5.00pm Evening Prayer at The Flat Woodton
 Every Wednesday at 5.00pm Evening Prayer at Hempnall Rectory
 Every Thursday at 8.00am Eucharist at Hempnall Church

CLERGY: Team Rector Michael Kingston 01508 498157
 Team Vicar Liz Billett 01508 482366
 Reader Jackie Cook 01362 288195
 Group Office (Mon-Thurs 9.00am-1.00pm) 01508 498157



ALL PHONE NUMBERS BEGIN WITH 01508 UNLESS STATED OTHERWISE

ALINE TURNER ACA - bookkeeping, accounts, tax returns, payroll Call 550403 or 07785 528069

ARCHITECTURAL SERVICES Call Mark Woods for advice and free quotation 498805

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HEMPNALL HOME CARE SERVICES: personal care and support in your home Contact Karen 07538 936249

HEMPNALL LAWNMOWER CENTRE Brick Kiln Lane Morningthorpe www.mowdirect.co.uk 473700

HEMPNALL PARISH COUNCIL website address: www.hempnallpc.org

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WINDOW WONDERLAND: window cleaning services contact Sam Raynes 482679 or 07975579292

**Copy for the March issue of Outlook should be
delivered/posted to:**

**Group Office, The Rectory, The Street, Hempnall, NR15 2AD
before 15th February**

or e-mail: hempnallgroup.office@btinternet.com