

# *Outlook*

**May 2015**



**Serving the parishes of  
Bedingham Fritton Hardwick Hempnall  
Morningthorpe Shelton Topcroft Woodton**

[www.hempnallgroup.co.uk](http://www.hempnallgroup.co.uk)

## Services for May

<b>Sunday 3rd</b>	<b>5<sup>th</sup> Sunday of Easter</b>		<b>White</b>
Eucharist (BCP)	8.00am	Fritton	
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Matins	11.00am	Shelton	
Eucharist	11.00am	Topcroft	
Holy Communion	2.30pm	The Hollies	
<i>Readings: Acts 8:26-end, John 15:1-8</i>			
<b>Sunday 10th</b>	<b>6<sup>th</sup> Sunday of Easter</b>		<b>White</b>
Group Service	10.00am	Morningthorpe	
<i>Readings: Acts 10:44-end, John 15:9-17</i>			
<b>Thursday 14<sup>th</sup></b>	<b>Ascension Day</b>		<b>White</b>
Eucharist	7.30pm	Hempnall	
<b>Sunday 17<sup>th</sup></b>	<b>7<sup>th</sup> Sunday of Easter</b>		<b>White</b>
Eucharist	8.00am	Topcroft	
Eucharist	9.30am	Bedingham	
Morning Service	9.30am	Hempnall	
Eucharist	11.00am	Fritton	
Eucharist	11.00am	Shelton	
<i>Readings: Acts 1:15-17, 21-end, John 17:6-19</i>			
<b>Sunday 24<sup>th</sup></b>	<b>Pentecost</b>		<b>Red</b>
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Eucharist	11.00am	Morningthorpe	
<i>Readings: Acts 2:1-21, John 15:26-27 &amp; 16:4b-15</i>			
<b>Sunday 31<sup>st</sup></b>	<b>Trinity Sunday</b>		<b>Gold/White</b>
Iona Group Service	10.00am	Topcroft	
<i>Readings: to be arranged</i>			

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

Dear Friends,

There are times in our lives when we face difficult decisions. Often it is not a matter of right or wrong, but making the best decision in the circumstances we find ourselves. Who do you go to for advice?

I heard recently of an elderly lady, living on her own, struggling to decide whether to stay in her home or go into residential care. For four months she agonised over what to do. It affected her health and she became depressed. Then someone she had not seen for a long time asked about the people that were important to her, who had supported her in her life. What would they say? There were five people in particular who came to mind, people she valued and trusted. All of these people were now sadly dead. She thought about them and what they might say to her. Over the coming months she came to the decision to stay in her home. Her health improved and depression lifted. Now as she enjoys life in her home, sure she has made the best decision, and moreover, she continues to feel supported by these companions.

Bishop Graham has written a book in which he identifies forty people whose lives he has found compelling. He says that each of these people, who he calls “companions”, although they have now died, they are very much alive in his life, continuing to inspire, guide and influence him. Some are family members, others historical figures, you might well be surprised to see who is on his list. Who would your five people be, or forty?

If we human beings are made in the image and likeness of God, then we should expect to see that nature reflected in our fellow men and women. And so God’s guiding influence comes to us, as it did to the woman I spoke of, and Bishop Graham.

With love,

A handwritten signature in black ink, appearing to be 'Wiz' with a flourish underneath.

*The Lent Factor by Graham James Bloomsbury ISBN 978-1-4081-8404-2*

## Events for your diary in May:

The cricket season is fast approaching and **Topcroft Cricket Club** is on the look out for new players. Junior training is held on a Monday evening at Topcroft Playing Field for Aged 4 to 7 year olds from 6.15pm to 7pm and 8 to 13 year olds from 6.30pm to 8pm from April 20th. Training for Seniors and those Aged 14 and upwards is held on Thursdays from 6.30pm to 8pm from April 9th. The Women's and Girls section train on a Friday evening from 6.30pm to 8pm from April 17th. Anyone interested in joining are welcome to turn up to training or to contact David Reeder on 01508 491608 for more information.



## Hempnall Art Club

**Annual Art Exhibition 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> May 2015 Hempnall Village Hall**

**Friday 1<sup>st</sup> May 7 – 9pm (by ticket)**

**Saturday 2<sup>nd</sup> & Sunday 3<sup>rd</sup> 10.30am until 4.00pm**

Entrance £1 per person including catalogue

Over 300 exhibits for sale by club members and invited local artists

Refreshments available

A donation from the profits will be given to a chosen local charity

Call Richard 499498 or Graham 01508 550775 for further details

Please come, browse and enjoy this interesting display. All welcome.

## HEMPNALL WOMEN'S INSTITUTE

The next meeting takes place on **Wednesday, 6 May**, at 7.30pm at the Mill Centre, when we will be discussing the **RESOLUTIONS for the NFWI**.

Afterwards there will be homemade refreshments and a raffle plus the chance for a chat amongst friends.

If you would like to know more about our group then please contact our Secretary, Sue Eagle (01508 499559)

**BORDERHOPPA OUTINGS:** (lunch extra)

**May: 2015**

**Thurs 7<sup>th</sup>** – Lunch at the Chip Inn, Long Stratton - £5 (chips extra)

**Mon 11<sup>th</sup>** – Cherry Lane Garden Centre, Fritton & Gorleston for shopping - £16



**Thurs 21<sup>st</sup>** – Waveney Stardust, Stalham - £25 (includes boat trip). Spaces limited

**Thurs 28<sup>th</sup>** – Highway Nurseries - £14

If you would like to make a booking please call 01379 854800

Email: [adminborderhoppa@btconnect.com](mailto:adminborderhoppa@btconnect.com)

or for more information visit our website: [www.borderhoppa.org](http://www.borderhoppa.org)



### **HARDWICK CAFE MORNING**

Due to Hardwick Village Hall being used as a voting venue on **7th May**, the Cafe **Morning will be held the following week on Thursday 14th May.**

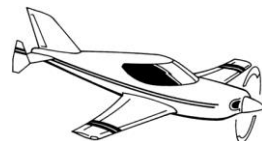
All welcome at the usual time of 10.30am to 12noon.

**HEMPNALL CINEMA CLUB.** We have managed to get the Stephen Hawking biography “**THE THEORY OF EVERYTHING**” for our film night on **Friday 8<sup>th</sup> May;** a moving and truly inspiring film which stars Best Actor Oscar winner Eddie Redmayne and Felicity Jones

Tickets are still only £5 including refreshments and will be on sale from Friday 24<sup>th</sup> April. As we are sure this will be another sell out, to avoid disappointment, be sure to get your tickets early from Ned Potts 01508 499741. “**THE SECOND BEST MARIGOLD HOTEL** “ will be our film for **Friday 11<sup>th</sup> September 2015.**

**On Saturday May 9th** there will be **AN EVENING WITH WING COMMANDER TOM NEIL** giving a talk on his life in the RAF as a fighter pilot. Tom has written many books including: Gun Button to Fire, In my Sights, Memoirs of a Hurricane Pilot, From the Cockpit Spitfire and many more. The evening will be held in Woodton village hall from 7-30 pm. There will be a buffet and a glass of wine after the talk and a chance to talk to Tom. Tickets are £10.00 available from 01508 518007/482313

The event is organised by Woodton Playing field. A donation will be given to Battle of Britain Memorial Trust.



**COFFEE MORNING AT HEMPNALL MILL CENTRE** on **Saturday 9th May**

10 am -12 noon There will be a Raffle, Tombola, Cakes, Greeting Card's and Refreshment's in aid of Luncheon Club.

Contact no: Margaret Sparham tel. 499579

ALL WELCOME

## **SHELTON WITH HARDWICK COMMUNITY SCHOOL GRAND JUMBLE SALE**

**on Saturday 9th May 2015 At Hempnall Mill Centre 2.30 pm - 4.00 pm**

Jumble, Bric-a-Brac, toys, tombola and refreshments **FREE ENTRY!**

Please do come along and support us. All proceeds will go towards providing the children of Shelton School with more outdoor play equipment.

Offers of Jumble etc. greatly appreciated.

Please contact Emma Wood on 01508 498454



## **CHRISTIAN AID WEEK 10<sup>th</sup> – 16<sup>th</sup> MAY**

**Afraid, alone, in pain**

**Be the answer to Loko's prayer this Christian Aid Week.**

Loko's choice in life is simple: 'If I can't collect firewood, my children will die.' Four times a week, in a remote corner of Ethiopia, Loko makes a back-breaking eight-hour trip to gather wood. It's a task she dreads, but she steels herself to do it because if she doesn't her children will starve. She prays to God as she walks. 'I ask him to change my life and lead us out of this,' she says. Just £5 could give Loko a loan to start her own business buying and selling tea and coffee, freeing her from her desperate task and allowing her to spend more time caring for her family.

This Christian Aid Week, you can help transform the lives of women like Loko. **From 10-16 May**, churches the length and breadth of Britain and Ireland will come together to pray, campaign and raise money to improve the lives of people like Loko. Every year, 100,000 volunteers demonstrate God's love for the poor by taking part in house-to-house collections for Christian Aid. This fantastic witness is a chance to take the mission of the church into your community.

The Hempnall Group will be playing its part and delivering and collecting the red Christian Aid envelopes. Please be as generous as you are able.

## **FOOD BANK**

We have received a Certificate of Appreciation from the Waveney Food Bank stating that in the last 3 months the Group has collected 20.4kgs of food which will feed 2 people for 3 days. Thank you so much for your continued support. The next collections are at Morningthorpe Church **on 10<sup>th</sup> May** and at Topcroft Church on **7<sup>th</sup> June**, or at the Rectory Office Monday to Thursday mornings. (See list page 7)

### **Waveney Foodbank Shopping List:**

We have recently received this list as a reminder from the Food Bank, they have a large supply of pasta and soup at the moment:

Milk (UHT or powdered), Sugar (500g), Long life fruit Juice, Pasta sauces, Sponge pudding (tin), Tinned Tomatoes, Breakfast Cereals, Tinned Rice Pudding, Tea Bags, Jar of Instant Coffee, instant Mash Potato, 500gms Rice, Tinned Meat/Fish, Tinned Fruit, Jar of Jam, Packets of Biscuits, Snacks.

**WOODTON METHODIST CHAPEL, - closure** With falling numbers it has been regretfully decided that the Chapel will close. There will be a service on **May 10th at 3pm** lead by Rev David Gibson. All welcome.

### **COME AND JOIN US AT HEMPSTALL MILL CAFÉ on 11<sup>th</sup> May**

Tea, Coffee & cakes and light Lunches from 10am – 2pm  
**Future dates 1<sup>st</sup> June** Hempnall Mill Centre, Mill Road, Hempnall. NR15 2LP Mill Café Tel: 01508 499766 (for enquiries on café days only)



### **TOPCROFT PARISH COUNCIL MEETINGS**

**held at Topcroft Pavilion on: Monday 11<sup>th</sup> May 2015 - 7:30pm**

Annual Parish Meeting and Annual Parish Council Meeting

Monday 13<sup>th</sup> July 2015 - 7:30pm ***All Parishioners of Topcroft welcome!***

### **WOODTON & BEDINGHAM LADIES TOGETHER**

Our next meeting is on **Wednesday 13<sup>th</sup> May** at 7.30 p.m. in Woodton Village Hall. The talk this month will be by the Community Health Team entitled 'Staying healthy, enjoying life'.

Visitors or prospective new members will be very welcome.

There is always a raffle and refreshments and a chance for a chat.

For further information please contact our Chairman Mrs Sue Willmer on: 01508 482683.

### **HARDWICK & SHELTON VILLAGE HALL DINNER**

A dinner featuring a wide range of home-cooked foods will be held at the Village Hall on **Saturday 16<sup>th</sup> May.**

Tickets available from Christopher Perry-Yates at the Post Office in the Village Hall on Saturday mornings or on our website [www.thisishardwick.co.uk](http://www.thisishardwick.co.uk) or telephone (01508) 532249.



## TOPCROFT OPEN GARDENS



**SCARECROWS.** Would you like to join in the fun and make a scarecrow? We are hoping for a good display of village scarecrows. These will be put on show through the street for the Open Gardens on Sunday 24th and **Monday 25th May**. Straw will be available for scarecrows from Jackie at Woodlands. If you would like to know more please contact Jackie 482 267 or Charlotte 482 707

**CAKE STALL & COFFEE MORNING** Saturday 30th May 10am-12noon at St Margaret's Church, Hempnall  
If you would like to donate a cake it would be very much appreciated. Please phone Claire 499342

**AN EVENING OF MUSIC AND SONG BY THE GISSING CHOIR WITH RECITALS BY SUSAN SPENCER**  
In St Andrews Church Bedingham on Saturday 30th May at 7-30 pm.

There will be refreshments including a glass of wine.  
Enquiries and tickets £10.00 available from Jane Bond 01508



## QUIET HALF-DAY at Diss Rectory

Do you feel like having some time for yourself to just to relax and reflect? Then why not come along to Diss Rectory on Thursday 28<sup>th</sup> May, 9.30am-2.00pm. Bring and share lunch.

Everyone welcome!





## EASY WALKS IN MAY AND JUNE

<b>Dates:</b>	<b>Village</b>	<b>Walk Leader</b>	<b>Contact Details</b>
31 May	Hempnall	Ron Cooper	01508 499428
7 June	Morningthorpe	Brian and June Cutting	01508 499600
28 June	Woodton	Daphne Littleboy	01508 482479

### **Future dates for your diary – other easy walks:**

26 July	Topcroft	Margaret & David Ferre	01508 482562
2 August	Fritton	Pat Parsons	01508 498106
6 Sept	Shelton	Josephine Murgatroyd	01508 530453

All walks will start at the appropriate church at 3.00pm, will take approximately one and a half hours and will finish with tea. Further information from the walks' leaders.

## **Future events for your diary:**

### **DEPWADE DEANERY SYNOLD WALK – SUNDAY 7<sup>TH</sup> JUNE**

The Depwade Deanery Synod, is 'doing different' this summer, We thought we would try a walk, tea and service starting at Saxlingham Church at 4.00pm, Tea at 5.00pm and Evensong Service at 6.00pm with combined choirs. This will be instead of a more formal Synod which would have taken place on 9<sup>th</sup> June. Do come and join us and please note this is for anyone and not necessarily Synod members. This is a chance for us to get together socially and enjoy the beautiful South Norfolk countryside.

### **OPEN DAY DITCHINGHAM HALL, Ditchingham, Bungay, NR35 2JX**

#### **Sunday 7th June Open 2 - 5pm**

A beautiful garden surrounding a Queen Anne house set in magnificent parkland with lake and woodland for visitors to walk round. There is a walled kitchen garden, a cedar walk, many herbaceous borders, abundant roses and a parterre. An arboretum has been recently planted. Home made teas available and plants from a local nursery for sale.

Adults £4 in aid of St. John Ambulance in Norfolk and children free.

Please no dogs.

### **JILL'S GRILLS**

#### **Eat in or take away**

Bacon butties will be on sale together with coffee and a RAFFLE



at The Chequers, Mill Road, Hempnall on **FRIDAY 12<sup>TH</sup> JUNE from 9am-11.30am**. Orders can be given in advance by phoning Jill Turner on 499344. Proceeds to St Margaret's Church, Hempnall. For further details please phone Claire Key 499342

**TOPCROFT COUNTRY DAY** – to be opened by **Susie Fowler-Watt**  
**More Scarecrows**. We are hoping to have lots of scarecrows for the Country Day **Sunday 14th June**. If you enjoyed making one for the Open Gardens and feel like putting it on display again, or making another, please join in the fun. There will be another Cake Competition this year. Last year we had a wonderful selection of cakes. If you would like to bake something for sale it would be very much appreciated.

**FLOWER FESTIVAL AT St. MARGARET'S CHURCH HEMPSTALL**  
**Saturday 19th & Sunday 20<sup>th</sup> June (more details next month)**  
If you are interested in helping please contact Claire 499342



**WOODTON PRIMARY SCHOOL FETE on Saturday 27th June**. There will be plenty of fun for all the family to include bouncy castle, fun races, raffle, tombola, plenty of stalls, refreshments and ice creams.

**CONCERT WITH THE ANGLIAN SINGERS** - Choir will perform at Hempnall Church on **4th July 2015 at 7pm**



You are invited to a  
**TEDDY BEAR'S PICNIC**

*Bring your brothers & sisters, Mums & Dads,  
Grandparents and Godparents*

**SUNDAY 12TH JULY**  
*At St Margaret's Church, Hempnall, 3.00pm-5.00pm*

**GAMES & REFRESHMENTS**

**BRING YOUR OWN TEDDY OR TOY**

**RSVP: 01508 498157 or e-mail: [hempnallgroup.office@btinternet.com](mailto:hempnallgroup.office@btinternet.com)**

**TOPCROFT PHOTO COMPETITION:** This year's competition will be held on **Saturday 26<sup>th</sup> September 2015** at Topcroft Church, to raise funds for the church kitchen extension:



**Categories** this year will be:

1. **A Coastal Scene**
2. **A Favourite Animal or Bird :**
3. **Wings and Wheels:**
4. **Childhood Fun:**

You may enter up to four photographs per category. Entry fee 50pence per photograph. Photographs should be no larger than 12" x 8" (A4) and be in a simple mount. No professional photographers please. Entries must not have been offered for sale or have won other competitions. Details relating to entry will be in the July/August edition of Outlook. (Enquiries to David and Margaret Ferre – Tel. 01508 482562).

## Thank you....

**A big 'Thank You'** to everyone who made cakes and supported us at the home-made cake stall at Bungay Buttercross on 4 April. £200 was raised for the Woodton Church new heating fund. – Gillian and Daphne

**A DEFIBRILLATOR HAS BEEN FITTED AT HEMPSTALL VILLAGE HALL –see next month's Outlook for more details.**

**The 49 Club Winners** for the last 4 weeks are

No. 30 B Fennel. No. 48. J Jarvis. No. 43. J Bond. No. 19. R Hebdon.

## **SMASH! But seriously.....**

There have been 6 road traffic accidents in the last 18 months on the bends between Kilbourn's and Cunningham's garages. All involved people who know and drive the road regularly. So far the damage has been limited to walls, fences and gardens, but if it continues it is only a matter of time before someone is seriously injured or worse. Please, **think and drive carefully and adjust your speed if the road is wet or slippery.**



Having responded to **SNDC CAMPAIGN FOR LITTER COLLECTION I**

volunteered myself to collect litter in my immediate area. SNDC provided me with grabber, gloves, high visibility jacket and bags. On my first outing taking in a small piece of Lundy Green, and Alburgh Road from the Horseshoes to



specialty and there are unfilled GP vacancies across Norfolk. We, however, are proud that we have recruited a fabulous new GP who will be starting this month following Dr Bamber's retirement.

Dr Stef Moenks is a highly skilled GP who has worked across East Anglia. Born in Peru and of German nationality she has varied medical interests including musculoskeletal medicine, Occupational Health and is trained in acupuncture. She lives locally with her husband and two young sons. She is held in high regard by her previous colleagues and will be a fantastic addition to our team. We very much look forward to working with her. *Dr Lara Douglass*

### **"Happy Birthday to"**

#### **Children**

- \* Archie Wood who will be 10 on the 26th
- \* Logan Paul Harvey who will be 9 on the 27th

#### **Teenage**

- \* Isla Broom who will be 16 on the 10th
- \* Jacey Hymas who will be 17 on the 17th
- \* Beth Todd who will be 13 on the 18th
- \* Mark Adcock Hallam who will be 16 on the 28th
- \* Harvey Ronan Burlingham who will be 16 on the 30th



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### **From the Registers**

#### **Blessing/Thanksgiving**

22<sup>nd</sup> March     Betty Brown

Hempnall Church

#### **Weddings**

4<sup>th</sup> April     Ian Todd & Nemesia Wymark

Topcroft Church

11<sup>th</sup> April     Alasdair Birrell & Rachel Duncan

Topcroft Church



# CHURCH DIARY

May 2015

Tues 5 <sup>th</sup>	9.00am	Chapter Meeting	Hempnall Rectory
	2.30pm	Wholeness Team Meeting	Hempnall Rectory
	7.30pm	Young People & Family Team meeting	Hempnall Rectory
Thurs 7 <sup>th</sup>	11.30am	Holy Communion	Hempnall Mill Centre
	7.00pm for 7.30pm	Archdeacon's Central Visitations (formal enrolment for churchwardens)	Long Stratton Church
Sun 10 <sup>th</sup> - Fri 15 <sup>th</sup>		Church holiday retreat to Holland House	
Sun 24 <sup>th</sup> & Mon 25 <sup>th</sup>	10.00am- 4.30pm	Open Gardens	Topcroft
Tues 26 <sup>th</sup>	7.30pm	Woodton PCC	Kingston House
Thurs 28 <sup>th</sup>	9.30am- 2.00pm	Quiet Day	Diss Rectory
	7.30pm	Quiet Prayer	Hempnall Church
Sat 30 <sup>th</sup>	10.00am- 12noon	Cake Stall	Hempnall Church
	7.30pm	Choral Evening with Gissing Choir	Bedingham Church
Sun 31 <sup>st</sup>	3.00pm	Hempnall Church Walk	Meet at Hempnall Church

Every Tuesday at 5.00pm Evening Prayer at Llanedos (Bill Cluttens)

Every Wednesday at 5.00pm Evening Prayer at Hempnall Rectory

(except 13<sup>th</sup> May)

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

(except 14<sup>th</sup> May)

**Please note the church office will be closed from  
Sunday 10<sup>th</sup> May to Friday 15<sup>th</sup> May**

<b>CLERGY:</b> 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

ANDRE SANTANDER All plumbing, repairs, tiling and bathrooms 499283 or 07775 575796

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FEET – Have your feet treated at home – nails cut, corns and dry skin removal etc. Nicky 07719727581

FLORIST, Tyler Lilley Flowers, weddings, sympathy, events [tylerlilleyflowers.co.uk](http://tylerlilleyflowers.co.uk) 531282

GREENDALE GARDENING SERVICES Grass & Hedge Cutting, Fencing Andy 07802702602 / 531168

HEMPNALL LAWNMOWER CENTRE Brick Kiln Lane Morningthorpe [www.mowdirect.co.uk](http://www.mowdirect.co.uk) 473700

HEMPNALL PARISH COUNCIL website address: [www.hempnallpc.org](http://www.hempnallpc.org)

INDEPENDENT FINANCIAL ADVISER: Contact Philip Edwards on 499496 or 07917296773

JOHN GODDARD Gardening, driving & Agricultural work, Reliable & Experienced 07875121788 or 531055

LLOYD JOHNSON FINANCIAL CONSULTANT, Mortgages, Investments, Protection 483972 / 07780 330768

LOCAL HANDYMAN AVAILABLE only £10 per hour Call Mike 07534694673 or 499821

MUSIC TUITION in Topcroft: Piano Keyboard Guitar Bass Drums Vocals Theory. Deive Montaigne 483787

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OSTEOPATH Yvonne Ayliffe - for treatment of Back, Nerves and Joints 01953 789629 /07770 652839

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WHERRY VETERINARY GROUP Surgeries at Hempnall and Bungay 01986 892771  
WINDOW WONDERLAND: window cleaning services contact Sam Raynes 482679 or 07975579292  
[www.mouse-computing.co.uk](http://www.mouse-computing.co.uk) For all your computer problems & advice Mike 07813026580

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

Group Office, The Rectory, The Street, Hempnall, NR15 2AD  
before **15<sup>th</sup> May**

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