

Outlook

July/ August 2015



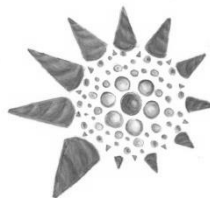
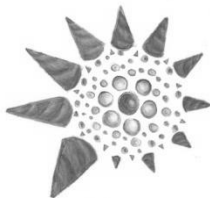
Serving the parishes of

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

www.hempnallgroup.co.uk

SERVICES FOR JULY

Sunday 5th		5th Sunday after Trinity	Green
Group Service celebrating Creation – Celtic Eucharist	10.00am	Bedingham	
Holy Communion	2.30pm	The Hollies	
<i>Readings: Ezekiel 2:1-5, Mark 6:1-13</i>			
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Sunday 12th		6th Sunday after Trinity	Green
Eucharist (BCP)	8.00am	Morningthorpe	
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Eucharist	11.00am	Topcroft	
Matins	11.00am	Shelton	
Teddy Bear's Picnic	3.00pm	Hempnall	
<i>Readings: Amos 7:7-15, Mark 6:14-29</i>			
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Sunday 19th		7th Sunday after Trinity	Green
Eucharist	8.00am	Topcroft	
Eucharist	9.30am	Bedingham	
Iona Communion Morning Service	9.30am	Hempnall	
Eucharist	11.00am	Shelton	
<i>Readings: Jeremiah 23:1-6, Mark 6:30-34, 53-end</i>			
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Sunday 26th		8th Sunday after Trinity	Green
Eucharist	9.30am	Woodton	
Eucharist	9.30am	Hempnall	
Morning Praise	11.00am	Topcroft	
Eucharist	11.00am	Fritton	
<i>Readings: 2 Kings 4:42-end, John 6:1-21</i>			



SERVICES FOR AUGUST

Sunday 2nd	Lammas tide	Green
Lammas Family Picnic and Open-Air Service	11.00am	The Cooper's field Adjacent to Fritton Church
<i>Readings: to be arranged</i>		
Sunday 9th	10th Sunday after Trinity	Green
Eucharist (BCP)	8.00am	Morningthorpe
Eucharist	9.30am	Woodton
Eucharist	9.30am	Hempnall
Eucharist	11.00am	Topcroft
Matins Patronal Festival	11.00am	Shelton
Holy Communion	2.30pm	The Hollies
<i>Readings: 1 Kings 19:4-8, John 6:51-58</i>		

Sunday 16th	11th Sunday after Trinity	Green
Eucharist	8.00am	Topcroft
Eucharist	9.30am	Bedingham
Morning Service	9.30am	Hempnall
Eucharist	11.00am	Shelton
<i>Readings: Proverbs 9:1-6, John 6:51-58</i>		

Sunday 23rd	12th Sunday after Trinity	Green
Eucharist	9.30am	Woodton
Eucharist	9.30am	Hempnall
Morning Praise	11.00am	Topcroft
Eucharist	11.00am	Fritton
<i>Readings: Joshua 24:1-2a, 14-18, John 6:56-69</i>		

Sunday 30th	13th Sunday after Trinity	Green
Eucharist from the Taize Community – praying for peace and reconciliation	10.00am	Topcroft
<i>Readings: to be arranged</i>		

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

The Flat
George's House
Woodton

Dear Friends,

Last month I lost my voice. Over the period of a day it gradually faded into a deep growl. By the time morning came, try as I might, nothing came when I tried to speak. What made it worse was that I was going to see my sister for the weekend. We only get together four times a year, and as you can imagine, there is a lot of catching up. The only thing to do was rest my voice and wait. Whispering I discovered is not an option because it puts an even greater strain on the vocal cords. It has been an interesting experience.

Firstly, it made me think about what was really important to say and to say it in as few words as possible. Sometimes we do waffle on, and at the end, have we really said anything? At other times we jump in with knee jerk reactions, opening our mouths to speak before engaging our brains. All of which can lead to a great deal of hurt which otherwise could be avoided if only we thought before speaking and said what we mean.

Secondly, I began to think of the many people in our world who have no voice, no one to speak up for them. Think of the people who live on the margins of society, those who struggle to survive, those who are abused and imprisoned by unjust regimes. It is important that we speak up for justice and peace, where we live and in our world. Because if we don't, who will? I don't always find it easy to speak if I really feel I have something to say. Other people are usually quicker off the mark and I haven't had time to work out exactly what I want to say. That usually happens when the moment has gone or I am on my way home in the car.

But if you or I don't speak up for someone or a group of people when needed and the occasion presents itself, then maybe no one else ever will and the moment is lost.

So enjoy the voice you have and may we all use them wisely.

With love Liz

Events for your diary in July & August:

Please note corrected phone number

SHELTON WITH HARDWICK COMMUNITY SCHOOL SUMMER FETE AND CAR BOOT At Shelton School, Low Road, Shelton, Norwich, NR15 2SD
Sunday 28th June 2015 12 noon - 3 pm

Fun for all the family!

BBQ, Bouncy Castle, Refreshments, Cakes, Tombola, Puffing Billy Road Train, Sideshows and Attractions Police Car and Fire Engine (depending on commitments!) and Tractor on display.

Please come and support us! Car Boot pitches only
£5 Please call Emma Wood on **01508 498454**



HEMPNALL WOMEN'S INSTITUTE

The next meeting takes place on **Wednesday, 1st July**, at 7.30pm at the Mill Centre, when our speaker will be Mark Reynolds on "**Marco – my life in cartoons**"
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

THE "TOPCROFT BIG WEEKEND"

3rd 4th and 5th July at the Topcroft Pavilion and Sportsfield
Beer festival and live Music . **Contact** 01508 482722

THE ANGLIAN SINGERS

Saturday 4th July - St Margaret's Church, Hempnall 7.00pm Tickets £7
includes a glass of wine, strawberries and cream.

Programme includes:

Selection of Beatles songs, Traditional Folk Songs

Spirituals, Sacred Music – excerpts from choral works

In aid of St Margaret's Church, Hempnall and 'Home from Home Charity' in South Africa - A house set up in memory of Robert Key enabling five children to live with a foster mother.

Contact Claire Key 01508 499342 or

Ned Potts 01508 499741 for tickets and details

FOOD BANK COLLECTION

Thank you to everyone who has supported the Food Bank, the items donated are very much appreciated. We are hoping for a **BUMPER** collection at the Group Service on **5th July** at Bedingham Church as there will be no collection during August. You are welcome to drop any items off at Hempnall Rectory, Mon-Thurs, 9am-1pm.

COME AND JOIN US AT HEMPSTALL MILL CAFÉ on 6th July

Tea, Coffee & cakes and light Lunches from 10am – 2pm

Future dates 3rd August & 7th September

Hempnall Mill Centre, Mill Road, Hempnall. NR15 2LP

Mill Café Tel: 01508 499766 (for enquiries on café days only)

Bacon Rolls available from 10am -11am - Eat in or takeaway!



WOODTON & BEDINGHAM LADIES TOGETHER

Our next meeting will be on **Wednesday 8th July** at 7.30 p.m. in Woodton Village Hall

The talk this month will be by Jonathan Crickmore from Fen Farm, Bungay who will be talking about the farm and the butter and cheese they produce.

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

OUR LITTLE FRIENDS 1940'S HANGAR DANCE
with the JONATHAN WYATT BIG BAND

Saturday 11th July gates open at 6.30pm



Bar, BBQ & Hog Roast on site.

Dance Tickets £13.50 in advance

or £15 at the gate. For all enquiries and tickets please
contact 01379 870004 or email

hardwickwarbirds@yahoo.co.uk



You are invited to a

TEDDY BEAR'S PICNIC

*Bring your Teddy Bear and get your brothers
& sisters, mums & dads, Grandparents and
Godparents to bring theirs*



SUNDAY 12TH JULY

At St Margaret's Church, Hempnall, 3.00pm-5.00pm

STORY, GAMES & REFRESHMENTS

BRING YOUR OWN TEDDY OR TOY

RSVP: 01508 498157 or e-mail: hempnallgroup.office@btinternet.com

TOPCROFT PARISH COUNCIL MEETING at Topcroft Pavilion

13th July 2015 at 7.30pm.

Topcroft Parish Council is considering putting together an oil buying scheme, if there is enough interest in the village. If you or you have a neighbour who may be interested – please email: topcroftpc@gmail.com or telephone the Clerk on 01379 855486.

FRIENDS OF BEDINGHAM CHURCH.

Last year we all had a fun and friendly evening at School Road, Bedingham and raised about £770. towards the upkeep of our church. Please join us again on **July 17th** at Bryan and Margaret's garden for another evening of games, tombola, raffles, bowling, etc and above all great village friendship. Don't forget, Friday July 17th at 7pm onwards, there will be refreshments also a sausage B.B.Q. Hope to see you there. We have ordered nice weather.

FAMILY FUN AFTERNOON- HAVE A FIELD DAY

Woodton Playing Field Association is holding its annual "Have a Field Day" on **Sunday 19th July from 1pm-4pm**

There will be a football match against a Halesworth team as one of the attractions.

Childrens races, Cycle races, Wellie Throwing, refreshments, BBQ, Raffle, Toy Tombola, Cake Stall and more. Car boot and any other stalls are welcome. Free Entry. Enquiries to 01508 518007/482313



Proceeds to Woodton Playing Field.

HEMPNALL PRIMARY SCHOOL SUMMER FETE at the School

Pit Hempnall Primary School

Sunday 19th July 2015 12noon - 3:30pm

BBQ, Bar, Bouncy Castle, Puffing Billy Road

Train, Guess how many balloons in the Tractor, Tug of War, Traditional Games, Tombola, Raffle



You are invited to a Borderhoppa COFFEE MORNING at Hempnall Village Hall Wednesday 22nd July 10.30am – 12.30pm

Join us for tea, coffee, cake and a raffle. Find out how Borderhoppa, your local community transport service, can help you. **Everyone welcome!** Contact: Carole Tilston 01379 384087



EASY WALKS:

Dates:	Village	Walk Leader	Contact Details
26 Jul	Topcroft	Margaret & David Ferre	01508 482562
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.

2 Aug Fritton Pat Parsons 01508 498106

Please note this walk commences at 1.30pm, following on from the Family Picnic, for the walk meet at Church Farm (home of Pat Parsons).

THE PHOENIX MALE VOICE CHOIR (the only Male Voice choir based in Norwich) will be giving a **SUMMER CONCERT on Saturday 25th July** at 7.30pm in the Witard Road Baptist Church (off Plumstead Rd East) Norwich NR7 9XD

Tickets £7.50 Raffle & Refreshments

The Choir, (previously the Millennium Choir), gave a Concert in Bedingham Church in the past

Wacton Village Garage and Carboot Sale

Saturday 25th and Sunday 26th July 9am to 4pm

There will be all sorts of old and new items for sale in Wacton as many of us are having a "de-clutter" . Sue Beare



**Family Picnic Sunday 2nd August,
The Cooper's field** (adjacent to Fritton Church) **11.00am**

Come and join us for an Open Air

**SERVICE OF CELEBRATION OF LAMMASTIDE
and FAMILY PICNIC**

Bring and Share lunch followed by ramble around Fritton, commencing at 1.30pm, meeting at C' Farm (home of Pat Parsons)



**A COFFEE MORNING WITH CAKE STALL,
BRING AND BUY and Raffle** will be held on

Thursday 13 August from 10.30 am to 12 noon at Kingston House, The Street, Woodton (home of Daphne Littleboy). All Welcome. Proceeds for the new heating system for All Saints Church, Woodton.

GARDEN PARTY:

You are invited to the home of Peter and Joan Shreeve Tumble Down Barn Chapel Hill Woodton for a Strawberry Tea with games in the garden on

Sunday 16th August from 2pm Bowls, Croquet, Golf and friendship.
Come and join the party.
Tickets from Tony Read and Peter 01508 482313/482772
Proceeds to Woodton Playing Field.

Woodton Church needs your help- Can you spare an hour or so on **Saturday 15 August** from 10 am to help rub down internal walls at Woodton Church in preparation for limewashing? Equipment will be provided. Please come along if you can. Refreshments will be provided. Contact Daphne Littleboy 01508 482479

REDEDICATION OF BEDINGHAM WAR MEMORIAL

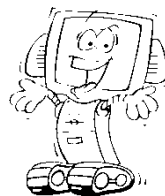
On **Sunday 16th August** at 9.30am at St Andrews Church, Bedingham there will be a rededication of the recently refurbished War Memorial. It would be wonderful if all those who had contributed to this were able to attend and anyone else who would like to mark this occasion. Refreshments will be served after the service. Everyone is welcome!

Future events for your diary:

PILATES EXERCISE CLASSES AT HEMPSTALL VILLAGE HALL

Pilates classes are still going strong after 9 years! There are 7 classes + a beginners class and an improvers class. All take place on either Mondays or Tuesdays and begin again in **September 14th & 15th**. Please contact Carin on 01603 503718 or Jo 01508 530261 or visit the website www.nuttsaboutpilates.co.uk for further details.

FREE TASTER COURSE “A GUIDE TO USING A COMPUTER – no need to be afraid!” on Thursday 10th SEPTEMBER drop in anytime **between 2pm – 6pm**
At Hempnall Village Hall in the Loft computer suite.
All welcome – just turn up- no pre booking required.
Refreshments will be served. 01508 499405



COMPUTER CLASSES AT HEMPSTALL VILLAGE HALL

A new season begins on Tuesday 15th & Thursday 17th September

The Tuesday classes are from 3pm – 5pm and Thursdays from 4pm -6pm
Newcomers welcome! All levels from beginners to those wanting to update or revise skills from Excel to PowerPoint to Mail Merge to digital photography. Why not come and give it a try?

Refreshments also available.

For further details or to sign up phone Yvonne Davy
01508499405



QUIZ AND POSH MASH at Woodton Village

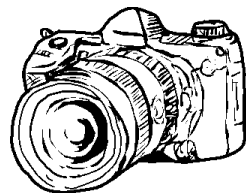
Hall on Saturday 19 September from 7 pm. Tickets £10 including Cottage Pie with veg, tea/coffee and cake. Please bring your own alcoholic or soft drinks and glasses. Contact for tickets: 01508 483838 or email sipatey@gmail.com. In aid of All Saints Church new heating system.



TOPCROFT PHOTO COMPETITION: This year's competition will be held on **Saturday 26th 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 50 pence 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.

Entries should be taken to Topcroft Church on Saturday 19th September from 10am-11am or from 2pm-3pm.

Judging will take place in the morning of the 26th September and the church will be open for viewing from 2pm. Roger Preston, our judge this

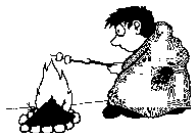
year, has kindly agreed to comment on the entries.

Any enquiries to David and Margaret Ferre – Tel. 01508 482562

Thank you....

SIZZLING BACON ON A SIZZLING MORNING AT JILL'S GRILLS raised a record total of £300 for St Margaret's Church, Hempnall.

A big thank you to cooks David, Keith and Jean and everyone else who helped in any way to make this event such a success.



CHRISTIAN AID WEEK HOUSE TO HOUSE COLLECTION A BIG THANK YOU

To all who gave so generously and to the collectors who worked so hard to get the envelopes delivered and collected again. The result is a marvellous **£2,182 09** paid into the bank and sent to Christian Aid so far.

If you still have an uncollected envelope please drop it off at the Rectory, The Street Hempnall or phone 01508 499405 and collection will be arranged.

The Trustees of Woodton Playing Field would like to thank Martin and the cast and crew of the Ferral Circus from South Norfolk who attended the Playing Field for a week giving lessons of skills to the children of Woodton/Ellingham and Brooke schools. This was very popular especially the evening/afternoon performances open to the surrounding residents.

Topcroft Open Gardens - On behalf of the PCC I should like to sincerely thank the 14 gardeners who kindly shared their gardens with our visitors, to everyone who so kindly donated cakes, displayed notices, helped with erecting marquees, car parking, to the scarecrow displays and to all who supported this event. Approximately £3000 has been raised to help towards the everyday running of St. Margarets. A big thank you to all who were part of this event.

The Hempnall Cake Stall

Thank you to everyone who made the Cake and Book stall at Hempnall Church on Saturday 30th May, such a success. We raised the amazing amount of £522.82 - £282.41 (which includes a £26 donation) for the Nepal Earthquake Appeal and £266.41 for St Margaret's Church, Hempnall. Thank you to all who made cakes, brought books and who helped on the day. It was really enjoyed by everyone.



Topcroft Country Day

A most enjoyable day was had at the Country Day on Sunday 14th June. Susie Fowler - Watt kindly opened the day and spent quite some time looking round. She enjoyed driving the mini steam engine, and was very impressed with the Sportsfield. Over 100 Classic cars were on display. Music throughout the day, with the Loddon Brass Band performing in the afternoon.

An interesting variety of stalls, face painting and various games, something for everyone. There were some great entries in the cake competition, and as always, difficult to judge!

The Dog Agility was well supported. Homemade food was available all day. Bacon rolls proving very popular.

All members of the committee worked tirelessly. They wish to thank everyone who contributed in any way, with their time, those who gave prizes and those who helped assemble tents.

The sum raised for the improvements to the Pavilion was £4000.

Many people have rebooked again for next year! Thanks everyone.

HEMPNALL VILLAGE HALL TOTE WINNERS May 2015

£40 C. Wright £30 A. Oakley £20 D. Scott
£15 E. Allen £10 E. Peck

BEDINGHAM 49 CLUB WINNERS over the last 5 weeks. the winners are.
No 17 T Gunson. No 25. D Brinded No 24. R Day. No 6. L Searle.
No 17. T Gunson.

HEMPNALL MILL CENTRE VOLUNTEERS



We're looking for new volunteers to join our existing group at The Hempnall Mill Centre. Volunteers are needed to help in the kitchen preparing lunches Tuesday to Friday each week. Some of our volunteers work regular shifts and others occasional hours we are very flexible.

If you're interested or would like further information please contact.

Jean Griffiths (Chair) 01508 499421 jeangriffiths1950@gmail.com

OR Jackie Jackson (Secretary) 01508 499061

THE VIDIAL TRUST – REVD PAT ATKINSON

Revd Michael Kingston, his wife Maggie and five others joined Pat in India for the 25th Anniversary of the Vidiyal Trust. Their first two days were spent visiting the projects and visiting the slum.

Pat says: Our overall aim is for as much, if not full, self-sufficiency on the projects. In Mavelikara we have made a decision to move from residential care to home sponsorship for our care home children, who continue under our care financially but will be living at home. Jacob who has been with us 25 years visits each child now living at home on a weekly basis, monitoring their financial needs and checking on their welfare. All the children come to the main centre regularly. We also continue to run our tuition centre because there is an undoubted need. Children attend daily with qualified teachers for 2 hours in the morning and 1 hour in the afternoon, we give a cooked breakfast, afternoon tea and snacks. We are planning to put 2 huts in to the slum to provide a home for families currently in bonded labour.

Thanks to generous support we are able to start in a small way some work with families in bonded labour. This has been on my mind for some time. An example of the sort of situations that can happen was a family I knew several years ago. The wife had TB, her husband cared for her and their children aged 5yrs and 9yrs and worked as a rag picker. He borrowed money for her medication and eventually, owing over £100 the money lender sent the family to work in a brick factory to pay back the debt. All of them worked 12hrs a day and paid back less than £5 a week after food and interest charged on the loan. They expected to stay in the factory for 2yrs. We paid off that debt.

In 2012 the World Health Organisation, UNICEF and Save the Children published a multi- dimensional report saying that 15 million children in India work in bonded labour. They are part of whole families.

We have also started a Tailoring Unit for some of the mothers and girls who have dropped out of school, they will have 6 months of tuition, which will enable income generation.

Regional Cancer Centre

Last year we started another small initiative with the centre, helping children from the Tamil Nadu who walked miles for the only free cancer treatment available. Actually the treatment is not free: it is covered by sponsorship from churches in the Trivandrum area. (Cancer treatment is free for people living in the state) Our friends at the hospital were worried about the distances being walked by children, mainly suffering from leukaemia sometimes taking 2 or more days to reach hospital, then walking home after chemotherapy. One of the children being helped is 9 years old with leukaemia. He now has his bus fares paid to and from home, and nutritional supplements as needed.

Over 25yrs many thousands of lives have been helped and changed by you, our supporters. Without you none of it would have been possible.

NEED HELP WITH TRANSPORT?

Don't have a regular bus service where you live?

Borderhoppa are here to help.

We can pick you up from your home and take you shopping, to work or to visit a friend or relative, for appointments at doctors, dentists, hairdressers, vets etc. and take you home again. Maybe you would like to join in with a local community group or go to an event but can't get there and back. Borderhoppa is here to help you make all of your journeys with ease.

We operate 9 mini buses, 6 of which have wheel chair lifts and offer a friendly door to door service with very helpful drivers. We cover 60 parishes across South Norfolk and North Suffolk from as far as Horham in the south to Newton Flotman in the north, Metfield in the east to Blo Norton in the west. We serve

the market towns of Harleston, Diss and Long Stratton but can take you anywhere of your choice within our coverage area.

Membership is £10 for 12 months or £6 for 6 months and journeys are priced depending on the distance you need to travel.

Membership forms can be downloaded from our website or requested by calling the office. Once you have become a member you can use both our dial-a-ride service and join us on outings that are priced individually.

Fares for the dial-a-ride service are:

0-5 mile - £2 single or £3.50 return

5-10 miles - £2.50 single or £4.50 return

10 - 15+ miles - £3 single or £5.50 return

Unfortunately due to our operating permit we are no longer able to accept concessionary bus passes on our dial-a-ride service.

Your trip can be arranged by a single phone call to 01379 854800. Our office is open 8.30am to 5pm Monday to Friday. To book we require a minimum of 24 hours' notice. You can book up to 5 working days or 7 days before you wish to travel.

On Mondays and some Thursdays throughout the year we run members outings to the seaside, gardens, shopping trips, boat trips, pub lunches etc. and we also hire our mini buses with a driver to local not for profit community groups.

If you would like to make a booking or would like more information then please call 01379 854800 or visit our website: www.borderhoppa.org

P.S.I think that some of you might find this of help or you might know of someone who would like to use this service as not everyone has transport of their own and it is very affordable and might allow someone who might otherwise be housebound to get out or even visit their GP or hospital.

From the Registers



Baptisms

24th May

Hayden Knott

Hempnall Church

6th June

Analaise-Ann York

Topcroft

20th June

Jack Aitken

Bedingham

Weddings

13th June Robert Webb & Sarah Branson Hempnall Church

Funerals

24th May Patricia Levack (86) Fritton Church
27th May Neville Day (78) Hempnall Church
19th June Malcolm Gibbs (89) Hempnall Church

Burial of Ashes

15th April Florence Andrews (76) Woodton Church



Birthdays July

Children

Amy Caird who will be 11 on the 4th
Megan Lea Reeder-Rodger who will be 6 on the 9th
Annabelle Summer Amelia Florance who will be 7 on the 11th
Elizabeth Gray who will be 7 on the 14th
Rosie Clitheroe who will be 12 on the 14th
Molly Denny who will be 8 on the 23rd
Madeline Burrough who will be 12 on the 29th
Lily Denny who will be 4 on the 30th
Archie Christopher Land who will be 5 on the 31st

Teenage

Amelia Joy Cunningham who will be 13 on the 13th
Oliver Clitheroe who will be 17 on the 15th
Charlotte 'Lottie' McCrostie who will be 18 on the 15th
Jordan Hacon who will be 18 on the 18th



Tilly Cooper who will be 16 on the 22nd
 Quinton Ford who will be 15 on the 27th



August
Children

Octavia Wood who will be 6 on the 19th
 Cameron John Keeler who will be 6 on the 18th
 Isabelle Potter who will be 8 on the 26th

Teenage

Ross Maskell who will be 14 on the 17th
 Sam Eke who will be 16 on the 28th

CHURCH DIARY
July 2015

Thurs 2 nd	2.30pm	Learning & Growing Meeting	The Flat
Fri 3 rd	1.30pm	Burial of Jane Radcliffe	Hardwick Church
Sat 4 th	7.00pm	Anglian Singers Choir	Hempnall Church
Tues 7 th	9.00am	Chapter Meeting Quiet Morning	Quiet Waters
Sun 12 th	3.00pm	Teddy Bear's Picnic	Hempnall Church
Fri 17 th	7.00pm	Coffee Evening with BBQ	Bryan & Margaret Jarvis' School Rd Bedingham
Thurs 23 rd	2.30pm	Hymn Choosing	Kath Wilby's 3 Highfields Woodton
Sun 26 th	3.00pm	Topcroft Church Walk	Meet at Topcroft Church
Thurs 30 th	7.30pm	Quiet Prayer	Hempnall Church

Every Tuesday at 5.00pm Evening Prayer at Llanedos (Bill Clutten's)
 Every Wednesday at 5.00pm **Evening Prayer at Shelton Church**
 Every Thursday at 8.00am there is Holy Communion in Hempnall Church

August 2015

Sun 2 nd	2.00pm	Fritton Church Walk	Meet at Fritton Church
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Thurs 27 th	7.30pm	Quiet Prayer	Hempnall Church
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Every Tuesday at 5.00pm Evening Prayer at Llanedos (Bill Clutten's)
 Every Wednesday at 5.00pm **Evening Prayer at Bedingham Church**
 Every Thursday at 8.00am there is Holy Communion in 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

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

ARKSCAPE LANDSCAPE & GARDENING SERVICES Free quotes no job too small
 470482

BANNER ROOFING SERVICES LTD Quality felt and fibreglass flat roofing 07766604054 or
 498444

BEAUTY THERAPIST treatment room in Hempnall or in your own home Barley Moyes
 498855/07789722533

BED & BREAKFAST at George's House, Woodton www.rossmag.com/georges/ Call Juliet
 482214

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