

The Benefice of Badwell & Walsham

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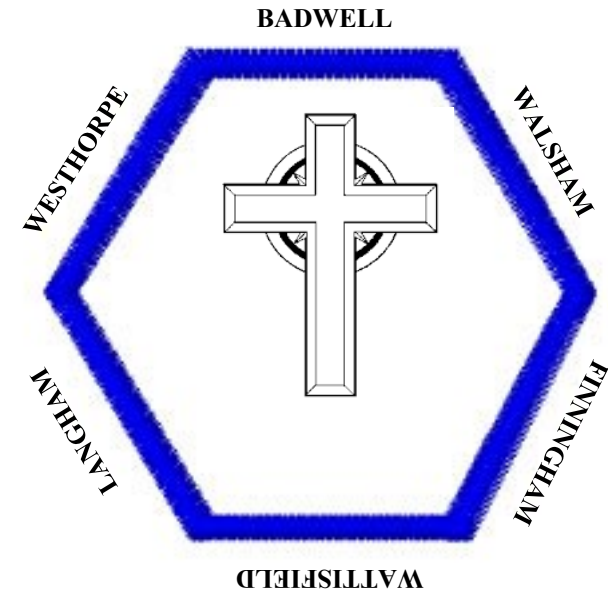
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*The Benefice of
Badwell & Walsham*



Hexagon

December 2023 – January 2024

HEXAGON

Please send your articles, jokes, fundraising event reports, puzzles, recipes and Church announcements for inclusion in this magazine to the Editor: Debbie on 01359 259686 or debbiewatson2916@gmail.com

COPY DEADLINE Last date for items for inclusion in the next issue is Friday **5th Jan 2024**

Advertise your fundraising or community event for free.

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FULL PAGE	single issue £30	3 issues £60	6 issues £120
HALF PAGE	single issue £20	3 issues £40	6 issues £80
QUARTER PAGE	single issue £15	3 issues £30	6 issues £50

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 - judithharlow@outlook.com

THANK YOU

Thank you to everyone who helps with the production of the Hexagon. From the people who submit items, those who print over 1780 copies, the collators and everyone who delivers a copy to every house in the benefice. The magazine would not exist without you.

We are always in need of volunteers especially collators on the last Thursday of the following months March, May, July, September, November & January.

Anyone who is able to assist with printing is also very welcome (training will be provided).

Please contact the Editor Debbie Licata 01359 259686



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A TERM IN A SCHOOL

We came back to school in September full of eager anticipation about what the new school year ahead brings. As well as the usual learning in class, friendship groups being formed, staff sickness, pupil sickness (colds and sickness bugs within the first week!) and trips, there is also the totally unexpected. The things that go wrong with premises – broken light when the parts are no longer available, flash flooding caused by an hour and a half's torrential rain in an afternoon and a key that breaks in the main front door leaving the alarm sounding and no way to get back in.....

All times when we need to remember 'this too shall pass'.

However, there is also the joyous things – the things that children say that make you smile so much. The reception child who asked, "can you pass me the pexagon?" when meaning hexagon.

The child who asks if I'm going to be seven on my next birthday (no, nowhere even close to being seven).

The child who thinks I sleep at night under my desk in school and looks at me with doubt when I tell them that I do indeed go home to sleep.

The children who are soaking wet from the water tray and when asked why reply with "we were playing at christenings"

As a school we are looking at our changing attitudes whilst we work on our growth mindset and not being able to do things.... yet. Each week we choose children from every class who have demonstrated a positive mindset and really applied themselves to their learning, no matter how hard they have found it.

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Then, each half term a selection of these children is invited to have afternoon tea with myself and I really look forward to that quality time talking to the children about their interests outside of school and their favourite Disney film.

This we hope continues to be an attitude that will follow all of us on our journey of learning, wherever we may be or however old we might be.

Whatever the challenges that come around during the school year, the delight of engaging with children make the more challenging days seem all the while worth it and I never tire of working with children.

As we move on into the 'Christmas Season', it's important to remember that although we may be really busy, try to stop and take a minute to see the magic of Christmas through the eyes of the child. And when it's all over, know that the shoots of Spring will soon arrive and the darkness of winter will also pass.

Maxine McGarr
Headteacher, Walsham-le-Willows CEVC Primary School.

FROM the REGISTERS

WEDDINGS

Bradley James Duggan / Hannah Margaret Gorzelak 21/10/23
Walsham

FUNERALS

Valerie Anne Robinson 17/10/23 Burial Walsham


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CONSECRATION OF THE BROADWAY CEMETERY IN BADWELL ASH

On Thursday 12th October, Rt Revd Martin Seeley Bishop of the Diocese of St. Edmundsbury and Ipswich officiated at a Consecration Ceremony for a new churchyard extension off The Broadway at Badwell Ash to be known as The Broadway Cemetery.


The churchyard surrounding the church was officially closed for burials in 1990 although it had not been used for over 120 years. An extension to the churchyard, which was opened in the late 19th century in Richer Road, was also running out of grave space and by 2018, there was only capacity for ten more burials. At that time, the PCC decided that a new burial space would be needed for the village as the only alternative, once the Richer Road churchyard was full, would have been for villagers, who died in Badwell and who wanted to be buried, to have been interred in one of the adjoining village churchyards.

When a local landowner heard of this situation, they generously offered a plot of land off The Broadway to the church for a nominal sum for the new burial ground provided the PCC could obtain planning consent from the District Council. A planning application was submitted to Mid-Suffolk Council 4 years ago and eventually, after an initial refusal and many months of hard work and compliance with the many conditions imposed by the local authority, consent was obtained 3 years later. A new access and car park has now been constructed and finally, the new Broadway Churchyard Extension was ready for The Bishop to consecrate.

The ceremony, which, according to The Bishop happens very rarely, was held on Thursday 12th October with an enthusiastic group of 30 villagers present and once concluded, everyone went to The White Horse Inn in the village who had generously provided refreshments.

It is now hoped that the new burial ground will last for many years to come.

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 By revealing certain signs

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 Disturb the balance in the air
 A message will reveal itself
 For you to act upon with care

Then the forces will surround you
 To help you if you ask
 And smooth a path for you to walk
 Unhindered in your task

For your loved ones will be watching
 Each day when you awake
 To assist you in your struggles
 And the errors you might make

Pay attention to their presence
 And listen with both ears
 For the whisper that will call to you
 And the advice that you will hear

Have courage in your footsteps
 And use their wisdom without fear
 To settle all your worries
 From life's troubles that are near

For you travel not alone in time
 On the journey that you take
 As their spirits stand-by to guide you
 On the choices you now make

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So, do not say the word 'goodbye'
To loved ones when you part
As they will tap you on the shoulder
To cause a tremor in your heart

And when that movement stirs your soul
Get up and march ahead
As they are looking down on you
To see where you might tread

For through your senses a light will shine
To show you where to turn
As the departed gently teach you
On the lessons you must learn

M A Kelly

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Food donations can continue to be placed in our benefice churches and these will then be collected and delivered to Stowmarket.

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CHRISTMAS QUIZ

1. What country do Amaryllis bulbs originate from?
2. What Christmas decoration might you find growing in an apple tree?
3. The British Isles has one herd of Reindeer. Where can they be found?
4. Traditionally white Chess pieces are made from the wood from which type of tree?
5. Each year Bergen sends a Christmas tree to the people of Newcastle and the people of Oslo send a Christmas tree to London, in thanks for what?
6. What are Poinsettia flowers said to resemble?
7. What C can be added to Oranges to make a pleasant smelling Christmas decoration?
8. The tradition of burning a Yule Log, stretches back to when Pagans celebrated the Winter Solstice. In England, the log would usually be Oak, what type of log is traditionally used in Scotland?
9. For the UK to have an official White Christmas, according to the Met Office how much snow has to fall?
10. Prince Albert, Queen Victoria's German husband made the tradition of having a Christmas tree indoors popular. In 1841 he put a tree up in which royal residence?
11. Christmas Bush is a plant with small green leaves and cream coloured flowers, that turn a deep red in the run up to Christmas. In which country is it often used as a decoration?
12. Norfolk Bronze is a type of what?
13. The Sandringham Estate, where the Queen spends Christmas, has a 20,000 acre estate. What product is it most famous for producing?
14. How many Christmas Cards were recycled by the Woodland Trust scheme in January 2008, was it; a. 12.8 million b. 34.7 million c. 49.3 million d. 73.6 million.

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15. According to the RSPB, the Robin is resident in the British Isles all year round, and does not migrate. Which summer migrant might pass for a Robin if it was to paint it's chest red? It is slightly larger, hides out in thickets and sings a good tune.

16. Which type of Palm tree found in the Middle East produces a fruit often ate over the Christmas period?

17. Norway Spruce , Fraser Fir, Nordmann Fir, and Scots Pine are all sold as Christmas Trees. Which type is the most popular in the UK?

18. What type of bedding plant has a winter version that can survive the cold months?

19. What is placed in front of the Temperate Glasshouse at Kew Gardens over Christmas?

20. Bedford Fillbasket, Cromwell and Wellington are all types of what?

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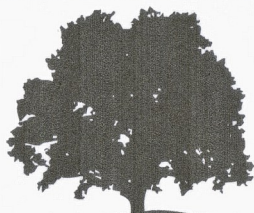
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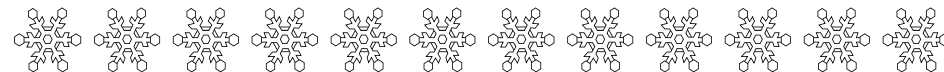
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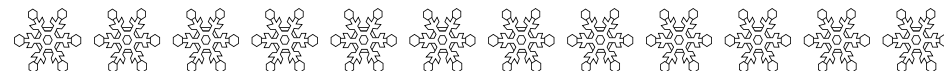
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**Walsham le Willows and District WI
November 2023**



Not just Jerusalem though that was a start. Under Alison Weston's animated instructions we ran through a wide repertoire ranging from a romantic Elvis pop song to schoolyard skipping rhymes and in two part harmony we blended 'Skip to my Lou' with 'Bobby Shaftoe'. Who even knew we could! So it was a different, but most enjoyable, meeting. Music being good for the soul, it seems we should invite Alison and her key board back again and help her with her declared ambition to get the world to sing.

President Janet Brown announced that four resolutions were to be considered for debate this year with all members choosing a choice. One resolution concerns the availability of NHS dental care another the availability of public housing and a third calls for restrictions on the advertising of gambling. The fourth high lights the need for sentencing outcomes to be tailored around women with low risk of re-offending and family responsibilities.

There were updates from the coffee and chat group and from the walking group who will be meeting before our next monthly meeting on December 13 at which we will enjoy a Christmas craft work shop.

Jill Newell

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December 13 - A Christmas Workshop

January 10 - Birthday Party 7pm for 7.15pm

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Practice sessions again in Haughley Village Hall on Sunday evenings 7.30-9 pm from 17th September 2023.

If you would like to come and have a go, we would be delighted to see you.

Musicians are welcome too (portable acoustic instruments).

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I am a single parent with two kids and I'm really worried about how I'll afford to pay my energy bills when I have to start putting the heating and lights on more now winter is here. At the moment I just about have enough money to cover my bills but there is nothing left over. The thought of getting into debt keeps me awake at night but the idea of my children being cold and possibly unwell as a result is just unbearable. What can I do?

You are not alone - a record number of people came to Citizens Advice with energy debt in the first four months of 2023 (32,400) - a 112% increase on the same period in 2020 (15,200).

There are things you can do to feel in control when it comes to your energy bills. These tips won't cover all the extra costs, but they can make a difference:

- **Check your thermostat:** A room temperature between 18°C and 21°C is ideal for most people. Try turning your thermostat down by one degree within this range – it could save you around £115 a year. If a medical condition means you need a warmer home, ask your GP what room temperature you should aim for.
- **Keep the heat in:** Check your home for any gaps in the doors, windows and floors. Blocking any holes where you could get a draught could save you around £30 a year. It is important to allow for some ventilation as without it mould and damp can form.
- **Turn off anything you're not using:** Turning your appliances, like TVs and washing machines, off instead of leaving them on standby could save around £60 a year. Turning off lights when you're not using them – even if it's just off for a few seconds - could save around £25 a year.
- **Consider using LED lightbulbs,** which cost less to run.

cont>



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● Watch your water usage: Cutting your shower time by just one minute can make a difference. If everyone in a four-person household with a water meter did this, they could save around £75 a year.

If you're struggling to afford your energy bills, you don't have to deal with it alone. Get in touch with Citizens Advice Mid Suffolk and you can get free advice on the help available to you.

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

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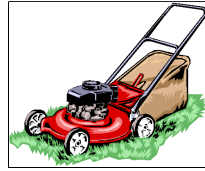
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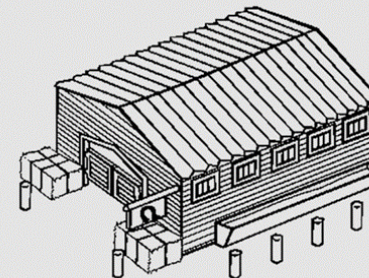
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The bus is also available for visiting friends and relatives, in fact pretty well anything you need. Door to door service, any help a pleasure. Wheelchairs no problem.

Please telephone Gordon on 01379 897 109 (24/7 ansaphone).

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For more information email Debbie - office@aspiroent.co.uk.



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Regular Weekly Activities

Walking Netball Tuesday 10 – 11 am & Thursday 6 - 7pm
Senior Football (over 40's) Monday 8 – 9 pm
Senior Football (over 50's) Tuesday 2 - 3pm
Otago (chair based exercise) Wednesdays 11.30 -12.30
Indoor bowls Wednesdays 2.30 – 4.30pm (Oct-Apr)
Pétanque Thursday 2pm,
Walking Football Thursdays 2-3pm
Yoga Thursday 1.15- 2.15pm
Cardio Tennis Friday 12 – 1pm



Social Events December

Sunday night Bingo starts 7pm on **3rd & 17th Dec (Christmas Bingo)**

January dates tbc

New Years Eve 31st Dec - 4pm to late Music with Jo Manning 5-8pm

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For further information and to check for any at/time changes for events please visit our website <https://walshamsportsclub.co.uk> or contact Jan 07874898825.

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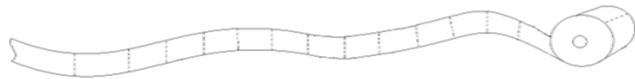
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3. Cairngorms, Scottish Highlands
4. Holly
5. Help from Britain during WW2
6. The Star of Bethlehem
7. Cloves
8. Birch
9. One single snowflake within the 24 hour period
10. Windsor
11. Australia
12. Turkey
13. Apple Juice
14. d
15. The Nightingale
16. Dates
17. Nordmann Fir
18. Pansies
19. Ice rink
20. Brussel Sprouts.

From our garden and nature info site <https://www.gardenandgreen.co.uk>

WESTHORPE VILLAGE HALL ACTIVITIES

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

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

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

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

LINE DANCING Monday (weekly) 1.45-2.45pm

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

CARPET BOWLS Monday 7.30-9.00pm

Contact: Jeff Moore Tel: 07850 716968 jeffmoore297@hotmail.com
John Gladders 01449 780365 dijongladders@gmail.com

CRAFT CLUB Tuesday (fortnightly) 10:00am-12:00

Contact: Lynda Cotgrove. Tel: 01449 789142 / Rosemary Mees. Tel: 01449 780394

SINGING FOR PLEASURE Wednesday (three weekly) 10:00am-12:00

Contact: alisonweston25@hotmail.com Tel: 07972 415205.

PILATES Wednesday 12.15-1.15pm

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

GENTLE 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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In Folk Guitar children learn songs to sing accompanied by a variety of plucks and strums on guitar to enable them to perform solo or in a group. My Phoenix group performed all the music for Langham Church Carol Service last Christmas on 12th December 2021.

If you know a child who would like to learn to play guitar and sing so they can perform, please email me for further details. I can give private lessons in your home or if there are 6 or more wishing to learn I can use Westhorpe village hall at a suitable time after school which would be much cheaper than individual private lessons. I am DBS checked to teach guitar and run the Phoenix group. Parents are always welcome to stay and watch.



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Wattisfield URC Services

Date	Time	Service details
December 3 rd	11am	Holy Communion
10 th	11am	Morning worship taken by members & friends
17 th	11am	Christmas family service, making Christingles & singing carols. Refreshments afterwards
24 th	10.45am	United service at Diss URC – <i>no service at Wattisfield</i>
25 th	10-10.45am	Christmas Day family service
31 st		<i>No service</i>
January 7 th		Morning worship
14 th	11am	Morning worship
21 st	11am	Holy Communion – Service of Reaffirmation
28 th	11am	Morning worship
February 4 th	11am	Holy Communion

Please contact Mrs Jo Patel our Local Leader (07808 487844) for more information

The PUDDLE-DUCK CAFÉ is open on the 1st & 3rd Saturdays of the month from 10.30am-12.30pm

CrafTea Time & ScrabbleTea Time: 1-3pm on 2nd & 4th Weds of the month

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Pilates



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Mondays 12noon – 1pm

Walsham Le Willows:
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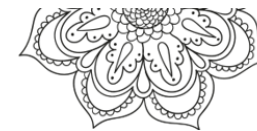
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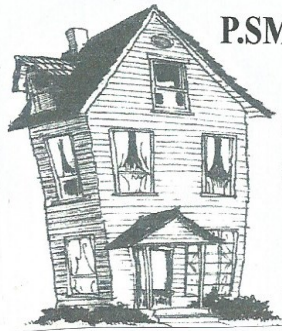
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Readings for December

Sunday 3rd December

Isaiah 64: 1-9
Psalm 80: 1-8, 18-20
I Corinthians 1: 3-9
Mark 13: 24-end

Sunday 10th December

Isaiah 40: 1-11
Psalm 85: 1-2, 8-end
2 Peter 3: 8-15
Mark 1: 1-8

Sunday 17th December

Isaiah 61: 1-4, 8-end
Psalm 126
I Thessalonians 5: 16-24
John 1: 6-8, 19-28

Sunday 24th December

2 Samuel 7: 1-11, 16
Psalm 89: 1-4, 19-26
Romans 16: 25-end
Luke 1: 26-38

Christmas Day

Isaiah 52: 7-10
Psalm 98
Hebrews 1: 1-4
John 1: 1-14

Sunday 31st December

Isaiah 61: 10-62: 3
Psalm 148
Galatians 4: 4-7
Luke 2: 15-21

Readings for January

Sunday 7th January

Isaiah 60: 1-6
Psalm 72
Ephesians 3: 1-12
Matthew 2: 1-12

Sunday 14th January

I Samuel 3: 1-10
Psalm 139: 1-5, 12-18
Revelation 5: 1-10
John 1: 43-end

Sunday 21st January

Genesis 14: 17-20
Psalm 128
Revelation 19: 6-10
John 2: 1-11

Sunday 28th January

Deuteronomy 18: 15-20
Psalm 111
Revelation 12: 1-5
Mark 1: 21-28



Benefice Services Dec 2023

3rd December

11.00am	Holy Communion	Walsham
11.00am	Stir Up Sunday Service	Finningham

10th December

8.00am	Holy Communion	Walsham
9.30am	Family Communion	Westhorpe
2.30pm	Carol Service	Langham

17th December

8.00am	Holy Communion	Walsham
3.00pm	Carols & Christingle Service	Finningham
6.00pm	Carol Service	Walsham

19th December

7.00pm	Carol Service	Wattisfield
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21st December

6.00pm	Carol Service	Westhorpe
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24th December

3.30pm	Crib Service	Walsham
5.00pm	Carol Service	Badwell Ash

Benefice Services Dec 2023 – Jan 2024

25th December

8.00am	Holy Communion	Badwell Ash
9.30am	Family Communion	Finningham
11.00am	Family Communion	Walsham

31st December

8.00am	Holy Communion	Walsham
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7th January

11.00am	Holy Communion	Walsham
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14th January

8.00am	Holy Communion	Walsham
9.30am	Family Communion	Westhorpe

21st January

9.30am	Family Communion	Badwell Ash
11.00am	Holy Communion	Finningham

28th January

11.00am	Holy Communion	Walsham
3.00pm	Evensong	Westhorpe