

The Benefice of Badwell & Walsham

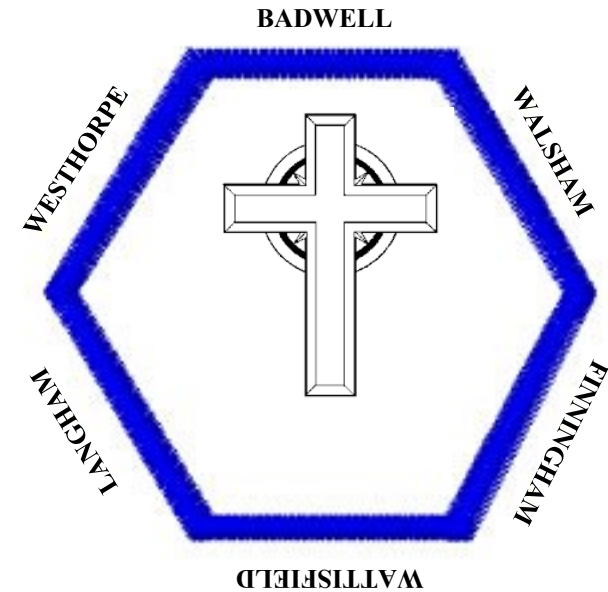
Rector: Rev'd Philip Merry 07526 271784
(philipmerry@hotmail.co.uk)

Benefice Readers: Ian Jackson 01449 781392

Benefice Elders: Marion Bell 01449 782072
Denise Merry 01359 258806

Benefice Safeguarding Officer:
Tracey Gorzelak 01359 258529

*The Benefice of
Badwell & Walsham*



*Hexagon
June – July 2023*

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

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QUARTER PAGE	single issue £15	3 issues £30	6 issues £50

Contact Judith on 01359 258251 or judithharlow@outlook.com

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CORONATION

By the time this is read the Coronation of King Charles III will have taken place, Bishop Martin sent this personal message which can go out to our church magazines.

The Coronation of King Charles III is a celebration of hope for the future.

The ceremony, rituals and pageant are declarations of intent for the future, and so expressions, very clear expressions, of hope. And with the Prince of Wales and Prince George, the Coronation takes place with two generations of heirs – so with a perspective even further into the future. I think it is important for us to recognise just how profound and significant this expression of hope is, and how important it is for us as a nation. For me it is profound and significant because of the way in which the monarchy shapes us and provides a thread of continuity and trust in our lives. I know not everyone agrees, but it is hard to dispute that our identity as a people is tied up with being a monarchy, indeed, a constitutional monarchy.

As I looked through the various artefacts that are used at the Coronation, I was struck by three values that are held in them and which seem to me to be particularly apposite for today.

The first was that of mercy. There are four swords used in the service, the Sword of State, dating from the Coronation of Charles II; the Sword of Temporal Justice; the Sword of Spiritual Justice and the Sword of Mercy, all dating from the Coronation of Charles I. The Sword of Mercy has a blunted tip, symbolising the sovereign's mercy. The same value is embodied in the Sovereign's Sceptre with Dove, known as the Rod of Equity and

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mercy, and symbolises the monarch's spiritual role. In our world today, mercy, compassion and kindness seem particularly valuable qualities for our King, not just to embody himself, but to encourage us all to demonstrate.

Secondly, the sacred ceremony of anointing holds amongst other profound values the commitment to service. King Charles and the Queen Consort will both be anointed with oil of chrism, oil pressed from olives from the Mount of Olives, and blessed by the Patriarch of Jerusalem and the Anglican Archbishop of Jerusalem.

Oil of chrism is also used in anointing those baptised, and those ordained to be Priests. It is an ancient mark of designating a person for a whole-hearted life of service. Once again, this is a quality we both see in the King, and know we all need in our world today.

Thirdly, the orb depicts the world, and a sense of the embrace of the whole world in its diversity and complexity. That recognition of a wide embrace, an inclusive view of the world, is reflected in the ecumenical consecration of the oil of chrism. It is also clear in the unprecedented gift of Pope Francis to the King of fragments of the true cross, now incorporated into the Cross of Wales that will precede the King's procession at the Coronation service. This wide embrace and inclusive perspective is further seen in the involvement of people from other faiths in the service.

These three values evident during the royal Coronation will sustain us into the future, and upon which we can build our own hopes for the future: mercy, service, and the wide embrace of all people in our shared world.

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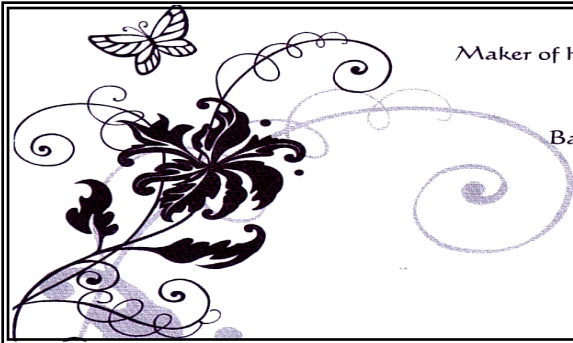


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FROM the REGISTERS

BAPTISMS

Kirsty Joyce Fraser	19/11/22	Walsham
Ettie Wren Katja Robinson	29/1/23	Walsham
Margo Carol Ross	30/4/23	Walsham

FUNERALS

Ronald James Claydon	13/4/23	Wattisfield	Burial
Gertrude Mabel Burden	22/4/23	Walsham	Burial of Ashes

CHARITABLE GIVING

The Lent lunches held across the Benefice collected £377.00 for Water Aid.

The Christian Aid coffee morning at The Rectory collected £300.00.

(Women's) World Day of Prayer held in Walsham Church raised £167.00 for women in Taiwan.

Grateful thanks to all those who contributed in whatever way.

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PHILIP MERRY IS RETIRING IN AUGUST

In the six and a half years that have passed since Philip and Denise arrived in this benefice, they have both contributed hugely to a wide range of village activities in all six parishes and supported parishioners way beyond the more limited church circles. They will be greatly missed by us all.

A farewell lunch party is being planned for them in The Priory Room after Philip's last service, which will be in Walsham church at **11am on Sunday 6th August.**

If you are planning to come to the lunch party; please either email Judith Harlow judithharlow@outlook.com or telephone Tracey Gorzelak 01359 258529 in advance (so that we can get some idea of numbers).

BRAIN TEASER ; FIND 30 BOOKS OF THE BIBLE

There are 30 books of the Bible in this paragraph. Can you find them? This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket, on a flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much, he passed it on to some friends...One friend from Illinois worked on this while fishing from his john boat. Another friend studied it while playing his banjo, Elaine Taylor, a columnist friend, was so intrigued by it she mentioned it in her weekly newspaper column. Another friend judges the job of solving this puzzle so involving, she brews a cup of tea to help her nerves. There will be some names that are really easy to spot. That's a fact. Some people, however will soon find themselves in a jam, especially since the book names are not necessarily capitalized. Truthfully, from answers we get, we are forced to admit it usually takes a minister or a scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in this paragraph. During a recent fund raising event, which featured this puzzle, the Alpha Delta Phi lemonade booth set a new record. The local paper, The Chronicle, surveyed over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Humana humbly puts it, "The books are alright here in plain view hidden from sight." Those able to find all of them will hear great lamentations from those who have to be shown. One revelation that may help is that books like Timothy and Samuel may occur without their numbers. Also, keep in mind that punctuation and spaces in the middle are normal. A chipper attitude will help you compete really well against those who claim to know the answers. Remember, there is no need for a mad exodus, there really are 30 books of the Bible lurking somewhere in this paragraph waiting to be found .God Bless

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Saturday 10th June 2023

2.00pm-6.00pm

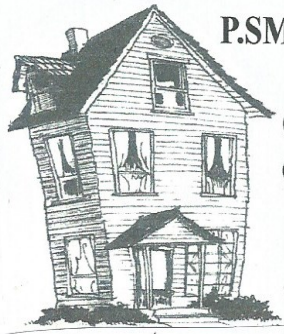
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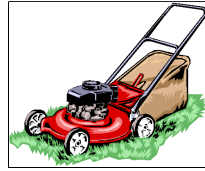
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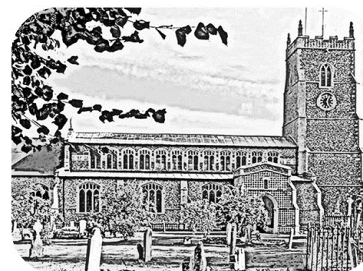
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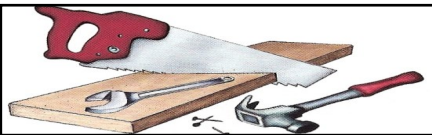
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**Walsham le Willows and District WI
May 2023**



Our Annual Meeting gave us a chance to review the past year and plan for the year ahead. As usual there was a mixture of both good and bad news. It is increasingly difficult to run charitable groups like the WI on subscriptions alone but we have managed to run a full programme of activities including crafts, sport, local history and just plain fun!

As Margaret Moore stepped down from her role as a very successful President, the meeting was tasked to find a new officer for that role. The good news is that this they did in the shape of Janet Brown, formally our WI Adviser but now a member of Walsham and District WI. Janet will bring a lot of experience to the role. With the coming year's programme already sketched in there is a lot to look forward to.

Business done, the meeting considered the 2023 Resolution 'Clean Water for people and Wildlife'. Brenda Dyer, WI Adviser, led the discussion, much of which centred on the wording. It is thought there may be changes by the time it is discussed at the NFWI Annual Meeting in Cardiff this month. Walsham WI voted strongly in favour of the resolution but also voted to give our delegate discretion should this happen in order that she may still vote.

A very much lighter tone was introduced to close our meeting, as members guessed who was behind the four facts recorded on a postcard. Secrets were divulged! Who walked alongside Mother Teresa, and who has won a 'Blue Peter Badge'? We learnt the answers to this and much more amid much laughter!

Jill Newell

PROGRAMME OF EVENTS

- June 14 - Women's Health 'Before, During and After the Menopause' - a talk 7.30pm
- July 12 - History and Tour of St Mary's Church - with Rev Philip Merry starts 7pm

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CITIZENS ADVICE



Citizens Advice Mid Suffolk are looking for volunteers to provide vital support in the community – can you help?

The charity supports people all over Mid Suffolk from their office in Stowmarket, providing free, confidential, independent and impartial advice. Demand for the charity's services has continued to increase, and the wonderful team of volunteers are paramount to the help Citizens Advice provide.

The team are seeking volunteers from all kinds of backgrounds to support local people with their problems. No experience is necessary as full training will be provided.

Citizens Advice volunteers come from all walks of life and choose to volunteer for a variety of reasons. Volunteers are often looking for ways to make use of their skills or to gain valuable experience and make use of the fantastic training. They also enjoy the opportunity to meet different people and be part of a friendly, welcoming team of existing volunteers. They find it rewarding to support local people and make a difference to their lives.

Current volunteers at Citizens Advice said:

“You gain skills and experience that stay with you for life. There is a great support system in place...it makes you feel like you are part of something great.”

“The most enjoyable part of volunteering is seeing the difference we make. You meet a person who might be nervous and not know what will happen to them - in some cases they will be quite distressed. At the end of the day they leave smiling and thanking you for all that you have done for them.”

“I volunteered to help others, but didn't realise how much I would get back! I love the feeling of satisfaction at the end of the day and the feeling you get from being part of a brilliant, friendly, professional and happy team.”

Interested in volunteering? Citizens Advice Mid Suffolk would love to hear from you! Go to midsuffolkcab.org.uk/volunteer or call 01449 676060 for an informal chat.



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Every Thursday at Westhorpe Village Hall, Church Road, Westhorpe IP14 4SY

<https://www.littlerainbowsbabysensory.co.uk/bookings/>

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6.00pm

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Lunch Club 11.45am to 12.45pm
Afternoon 12.45pm to 3.45pm

*“The well-qualified staff have a good knowledge of how children learn. They carefully organise the indoor and outdoor learning environment so that children enjoy free access to a wide range of toys and resources”
Ofsted December 2015*

Please visit our website www.gislinghamplaygroup.com or phone us on 01379 788934

Wednesday Friendship Group
at Wyverstone Village Hall

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SATURDAY 8 JULY 23

2-4pm

Entrance 30p
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contact

Angela 01449 781325, Chris 01449 782162,
Heather 07494 788554, or Julia 01449 780195

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Music in St Mary's Walsham

June 2023

Friday 2nd June: 12.15 – 1.00pm

Rococos – Baroque music

Alastair Cuninghame (flute, recorder and keyboard), Jackie (recorder and keyboard), Rosy Payne (violin) and Patrick Crooke (violoncello da spalla - a small cello played on shoulder). We play on copies of 17-18th century instruments, which give a different sound to modern ones, and play in the style of the period. Our programme would consist of music by Marc-Antoine Charpentier, Georg Phillip Telemann and Antonio Vivaldi.

Free entry, refreshments and a retiring collection for church funds

July 2023

Saturday 15th July: 7.00pm (in Finningham Church)

Shingle Street – Folk Band.

For ticket enquiries ring Philip Merry 01359 258806

August 2023

*Open Gardens Sunday 27th and Monday 28th August
Ivan Alderton will play during the day, piano/organ. Mary Kidd will play the organ. Anne Chorley and Adriene Ellis will play harp and flute during lunchtime period on Monday 28th August.*

September 2023

Thursday 28th September: 12.15-1.00pm

Anglia Baroque

October 2023

Saturday 14th October: 7.30pm

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or
telephone Irene Gumm 01359 251221 for collection.

BADWELL ASH VILLAGE QUIZ

An enjoyable evening was held on Friday 17. March and £293.39 was raised, to be divided equally between St Mary's Church and SARS. Many thanks for the donation of the hall rental fee, raffle prizes and to everybody who attended.

(The organisers are already planning the next quiz and have promised to make the questions a bit easier next time!)



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WALSHAM LE WILLOWS SPORTS CLUB

Walsham Sports Club in Summer Road is a thriving local community facility offering sporting/exercise opportunities to everyone.

Regular Weekly Activities

Walking Netball Tuesday 10 – 11am & 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 -12.30pm
Indoor bowls Wednesdays 2.30 -4.30pm
Walking Football Thursdays 2-3pm
Yoga Thursday 1.15- 2.15pm
Cardio Tennis Friday 12 – 1pm



Social Events April / May2023

Sunday night Bingo 7pm start 11 & 25 June, 9th & 23rd July
(subject to change)

Friday Night is Music Night starting at 6.30pm

Gemma B: 23 June & 28 July

Jo Manning: 2 June & 7 July

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.

If you suffer with anxiety, depression or PTSD / disturbing traumatic memories or other emotional difficulties?

I am a BABCP accredited Cognitive Behavioural Psychotherapist. I work both in private practice and for the NHS offering evidence based treatments such as CBT (cognitive behavioural therapy) and/or EMDR (Eye Movement Desensitisation and Reprocessing) therapy. I offer short or long term therapy. My aim is to help you to regain a sense of enjoyment and wellbeing in your life.

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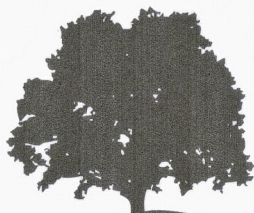
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Cotton Village Hall	Mondays	7.20 p.m.
Gislingham Village Hall	Wednesdays	9:15 a.m.
Gislingham Village Hall	Wednesdays	10:15 a.m.
Westhorpe Village Hall	Wednesdays	12:15 p.m.

TOTAL FITNESS (45 mins):

Gislingham Village Hall	Thursdays	6:15 p.m.
Gislingham Village Hall	Thursdays	7:15 p.m.

GENTLE FITNESS (45 mins)

Westhorpe Village Hall	Fridays	10:00 a.m.
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Come and give them a try!

For more information contact Becky on
07734 414151/beckycruickshank@btinternet.com

EARLY SUMMER ON THE ALLOTMENTS

The rain has arrived after a dry early spring and the grass paths are growing fast. The heavy soil makes it difficult to dig when wet and the new idea of not digging at all to protect the wildlife of the soil, as well as carbon capture is appealing. I laid cardboard over the soil surface – adding a layer of manure or compost where I could to way it down. Then I planted through the cardboard the young broad bean plants I had grown in pots in early spring. These are now they are in full flower.

This method works well for all plants you can plant out as small plants. So kale, leeks, lettuce can be planted out this way in spring.

The heavy rain has been good for water butts – the 1000 litre IBC behind my polytunnel is now full and will help supply water throughout the summer.

Frosts can occur until the end of May, but the greenhouse is full of tender vegetables plants waiting to be planted out. Soon pumpkins, courgettes, French beans and sweetcorn will be joining the spring vegetables. If there are still cold nights in early June sometimes tender plants will look yellow with the cold – covering them a layer of fleece to keep them warm can help.

Protecting plants is essential on the allotments - the pigeons and other birds love the young tender leaves as much as we do. Hoops with netting is enough to keep them safe. Butterflies will need a finer mesh to keep them away from cabbage plants.

If the summer is dry like last year then a heavy mulch of organic matter will help keep water in the soil and available for plants. Always apply mulch when the soil is wet.

Feeding plants can be necessary and boost the harvest. You can make your own plant fertilisers from plants – gather young nettle leaves, borage or comfrey - fill a bucket and weigh down with a brick.

Cont>

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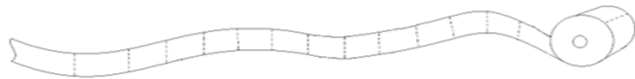
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After 10 days the leaves will create a dark brown smelly liquid. This can be saved into a bottle then used like commercial liquid feed by adding a small amount into a watering can and watering your plants to provide a rich nitrogen and potassium feed.

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

FRENCH CLASSES Thursday 2.30-4.00pm

Contact: Karen Patrick, karenlanguages@gmail.com 07952 908125

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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Wednesday 19th July 2023 at 7.30pm
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Beginners Guitar
Ricky Wilkinson MBE ricky5844@aol.com

Learning Folk Guitar for children year 2 and up.



Hi. My name is Ricky Wilkinson and I live in Westhorpe. Until lockdown I was teaching guitar in Guildhall Feoffment Primary School in Bury St Edmunds. I also run Phoenix Children's Folk Group based in Bury St Edmunds. Members learn to play and sing plugged in to our sound system for charities, festivals and various concerts.

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

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



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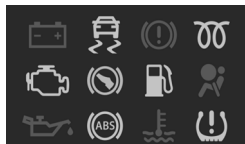
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Wattisfield URC Services

Date	Time	Service details
June 4 th	11am	Holy Communion
11 th	11am	Morning worship
18 th	11am	Morning worship
25 th	10.45am	Visit to Diss URC – no service at Wattisfield
July 2 nd	11am	Holy Communion
9 th	10.30am	Visit to Thetford URC – no service at Wattisfield
16 th	11am	Morning worship
23 rd	11am	Morning worship
30 th	11am	Morning worship
August 6 th	11am	Holy Communion

Please contact Mrs Jo Patel our Local Leader (07808 48784)
for more information

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

There will be no Puddle-Duck café on June 17th due to
staff holidays!

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

Benefice Services Jun-July 2023

4th June	Trinity Sunday	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Songs of Praise	Walsham
11th June	Barnabas the Apostle	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Finningham
11.00am	Holy Communion	Langham
18th June	2nd Sunday after Trinity	
9.30am	Family Communion	Badwell Ash
11.00am	Holy Communion	Walsham
3.00pm	Evensong	Westhorpe
25th June	3rd Sunday after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Finningham
11.00am	Holy Communion	Wattisfield
2nd July	4th Sunday after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe
11.00am	Songs of Praise	Walsham

Benefice Services July-Aug 2023

9th July	5th Sunday after Trinity	
8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Finningham
16th July	6th Sunday after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Langham
11.00am	Holy Communion	Walsham
23rd July	7th Sunday after Trinity	
8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Badwell Ash
11.00am	Holy Communion	Wattisfield
3.00pm	Evensong	Westhorpe
30th July	8th Sunday after Trinity	
8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Finningham
6th August	Transfiguration of Our Lord	
11.00am	Holy Communion	Walsham



Pilates



Badwell Ash Village Hall:

Mondays 12noon – 1pm

Thursdays 3 – 4pm

Walsham Le Willows:

Wednesdays 9 - 10am

Wednesdays 10:15 - 11:15am

Fridays 2 – 3pm

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BOMBAY POTATOES



Ingredients

Thumb sized piece of ginger (grated)
6 large vine tomatoes (halved, deseeded and chopped)
800g new potatoes (halved) 2 garlic cloves
3 tbsp sunflower oil 1 large onion (thinly sliced)
2 green chillies (halved, deseeded and thinly sliced)
1 tsp black mustard seeds 2 tsp ground coriander
½ tsp turmeric 1 tsp ground cumin
2 tsp garam masala

Method

1. Put the ginger, garlic and four tomatoes into a food processor and blitz until smooth. Set aside.
2. Put the potatoes in a large saucepan, cover with cold water and simmer over a medium heat. Cook for 8-10 mins until tender. Drain and leave to steam dry.
3. Heat the oil in a large non stick pan over a medium heat, add the onions and a large pinch of salt and fry for 15 mins. Add the chillies, mustard seeds, ground coriander, turmeric, cumin and garam masala and fry for another 2 mins. Tip in the tomato mixture and bring to a gentle simmer. Carefully stir in the potatoes and remaining tomatoes. Simmer for a few minutes until warmed through.

SWEET POTATO AND PEANUT CURRY



Ingredients

1 tbsp coconut oil 1 onion
2 garlic cloves Thumb size piece of ginger
3 tbsp Thai red curry paste 1 tbsp smooth peanut butter
500g sweet potato 400ml can coconut milk
200ml water 200g bag spinach
1 lime

Method

1. Melt coconut oil in a saucepan over a medium heat and soften chopped onion for 5 mins. Add grated garlic cloves and grated ginger, cook for 1 min.
2. Stir in Thai red curry paste, smooth peanut butter and sweet potato (peeled and cut into chunks) add coconut milk and water.
3. Bring to the boil, turn down to simmer uncovered for 25-30 mins until the sweet potato is soft.
4. Stir through spinach and the lime juice, season well. Serve with cooked rice. Serves 4.



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Readings for June

Sunday 4th

Isaiah 40: 12-17, 27-end
Psalm 8
2 Corinthians 13: 11-end
Matthew 28: 16-end

Sunday 11th

Job 29: 11-16
Psalm 112
Acts 11: 19-end
John 15: 12-17

Sunday 18th

Exodus 19: 2-8
Psalm 100
Romans 5: 1-8
Matthew 9: 35- 10: 8

Sunday 25th

Jeremiah 20: 7-13
Psalm 69: 8-11, 18-20
Romans 6: 1-11
Matthew 10: 24-39

Readings for July

Sunday 2nd

Jeremiah 28: 5-9
Psalm 89: 1-4, 15-18
Romans 6: 12-end
Matthew 10: 40-end

Sunday 9th

Zechariah 9: 9-12
Psalm 145: 8-15
Romans 7: 15-25
Matthew 11: 16-19, 25-end

Sunday 16th

Isaiah 55: 10-13
Psalm 65
Romans 8: 1-11
Matthew 13: 1-9, 18-23

Sunday 23rd

Isaiah 44: 6-8
Psalm 86: 11-end
Romans 8: 12-25
Matthew 13: 24-30, 36-43

Sunday 30th

I Kings 3: 5-12
Psalm 119: 129-136
Romans 8: 26-end
Matthew 13: 31-33, 44-52