

The Benefice of Badwell & Walsham

Rector : Rev'd Catriona Brinkley 07525920307

revcatrionabrinkley@outlook.com

Reverend Jill Walker jill.walker@me.com

Reverend Jay Price 07752 867388 jsgprice@aol.com

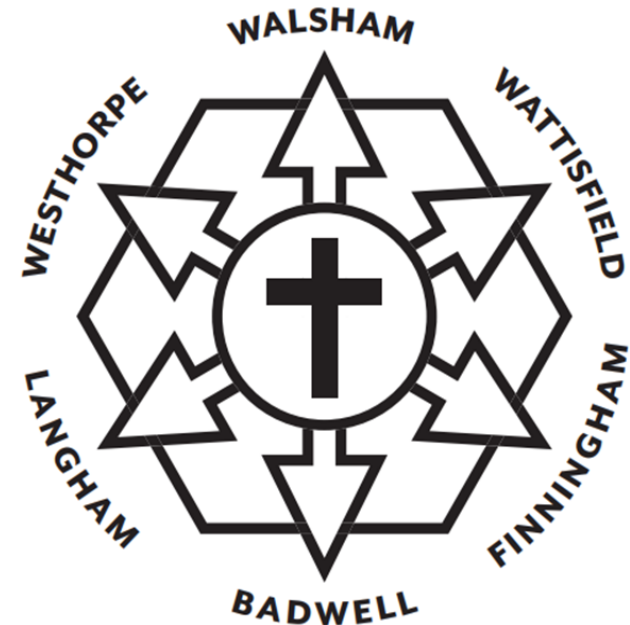
Benefice Reader: Ian Jackson 07971007147

Benefice Elder: Marion Bell 01449 782072

Benefice Elder and Safeguarding Officer:

Tracey Gorzelak 01359 258529

The Benefice of Badwell & Walsham



Hexagon

June - July 2025

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 debbielicata33@gmail.com

COPY DEADLINE Last date for items for inclusion in the next issue is Friday **4th July 2025**

The Hexagon is delivered to nearly 1800 households in the villages of Badwell Ash, Finningham, Langham, Wattisfield, Walsham le Willows and Westhorpe.

We have not raised our prices since 2015, but regretfully have had to make a small increase this year.

Advertising Rates

FULL PAGE	single issue £33	3 issues £66	6 issues £127
HALF PAGE	single issue £22	3 issues £44	6 issues £83
QUARTER PAGE	single issue £17	3 issues £34	6 issues £55

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 at judithharlow@outlook.com

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NEW WAYS TO JOIN TOGETHER

As we move into the long, light-filled days of summer, we often think of Spring as the time of fresh starts; buds on trees, lambs in the fields, and gardens coming to life. But in the Church calendar, it is Pentecost on June the 8th that truly marks a new beginning. It is the moment the Holy Spirit came upon the disciples, filling them with courage, vision, and purpose, and marking the birth of the Church. In that same spirit of renewal and inspiration, our Benefice is embracing a season of new beginnings all its own. We're excited to announce the launch of three new projects designed to deepen fellowship, nurture faith, and provide a warm welcome to our wider community.

Roots and Shoots – Our New Children's Group

We're planting something special for our younger members! 'Roots and Shoots' is a new group designed to help children grow in faith through stories, crafts, and shared time together. Just like young plants need care and attention, we hope this group will help our children put down strong spiritual roots and stretch joyfully toward the light of God's love.

Tea and Toast Drop-In - in The Priory Room

Sometimes, the simplest things can make the biggest difference. We're opening the doors of the Priory Room for a relaxed, welcoming drop-in session with just tea (or coffee), toast, and toys. So why not pop in after school drop off for a quick breakfast and a hot drink, everyone is welcome and there will be activities for the little ones.

Bible Study Group – Exploring the Word Together

After the success of our Lent Bible Group we're also starting a new Bible Study group, open to all, whether you're a seasoned reader of Scripture or just curious to know more. Together, we'll explore the stories, teachings, and messages of hope found in the Bible and how they speak into our daily lives. Everyone is welcome but if you'd like to know more, please get in touch.

These new beginnings remind us of the ever-renewing nature of our faith. As it says in Isaiah 43:19:

"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

cont>

We invite everyone, young and old, new faces and familiar friends to be part of what's beginning in our parish this summer. Whether you're joining us for the first time at one of our services or events or taking a moment out of your busy day to sit in the quiet of one of our churches we hope that you will feel welcome.

With every blessing for the summer months ahead,
God bless, Revd Catriona

FROM THE REGISTERS

FUNERALS

Rob Barber	26/03/25	Walsham-le-Willows	Burial
James Kenny	11/04/25	Walsham-le-Willows	Burial
Colin Alexander	24/04/25	Walsham-le-Willows	Burial
Hazel Thomas	07/05/25	Walsham-le-Willows	Burial of Ashes

FINNINGHAM FLOWER FESTIVAL

A big thank you to all our visitors during the Bank Holiday week end . In spite of variable weather and road closures we raised £4010. An amazing amount !

St Bartholomew's Roof is very grateful!

FIREWOOD

Seasoned Hardwood Logs £126 per cubic metre

Fresh-cut Hardwood Logs £105 per cubic metre

Min order 2 cubic m.

All prices include VAT and delivery within Hexagon area.

Hazel bean poles, Pea sticks, Retaining Stakes, Chestnut post and rail, Charcoal. Hedge-laying and woodland work undertaken.

Richard Gould 07879 620116 richardgould1978@gmail.com

Are you suffering with anxiety, depression, OCD, PTSD/trauma, low self-esteem, grief, panic, phobias or any other emotional difficulties?

I am a BABCP Accredited Cognitive Behavioural Psychotherapist and EMDR practitioner. 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) treatment. I offer short or long-term therapy. My aim is to help you to regain a sense of enjoyment and wellbeing in your life.

If you need help please contact me

for further details on: 07983648702

Website: emdrandcbtserives.co.uk



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WESTHORPE CAFÉ



SATURDAY 26th July 2025



Westhorpe Village Hall

9am to 1pm

Homemade Cakes and Drinks

VE DAY BELLRINGING

Throughout the length and breadth of the country church bells have been rung to commemorate VE Day. Walsham's bellringers were certainly kept busy and on the 8th May and subsequent days rang at Wattisfield, Walsham, Horham Thelnetham, Hinderclay, Westhorpe, Hunston and Badwell Ash.

On the 11 May our band of ringers rang at Horham at a service for those visiting Americans connected with the 95th Bomb Group. At the end of the war in 1945 Americans who had served at Horham were responsible for financing the restoration of the church bells. There is also a fine museum at the airfield site where buildings have been restored so that they look now as they would have done in World War II and contain records and equipment and machinery that show how the base operated.

As always we would be delighted to welcome those wishing to learn to ring. Our regular practice night is Friday, 7:30 at St Mary the Virgin Walsham.

Walsham Bellringers.



BETWEEN 9-10:30

**10TH JUNE
8TH JULY**

TEA AND TOAST TUESDAYS

IN THE PRIORY ROOM

NEXT TO ST MARY'S CHURCH ON THE CAUSEWAY

**Drop in for tea (or coffee),
toast and a chat.**

**Pop in after school drop-off.
There will be activities to keep
little ones busy.**

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Exciting News – New Children's Group Starting in the Benefice

Roots and Shoots

Calling all Parents, Grandparents and Carers

We are delighted to announce the launch of a brand-new children's group. This is an opportunity for children to explore faith, worship together and build lasting friendships in a fun, age-appropriate, safe and welcoming environment. Led by Tracey Gorzelak from the Ministry Team.

✿ What to Expect: Bible stories, songs, and creative activities

📅 When: Every 3rd Sunday of the month from 10:00am - 11:00am

📍 Where: St Mary's Church, Walsham le Willows

👤 Who it's for: All children in the local area. Our Benefice covers Badwell Ash, Finningham, Langham, Walsham, Wattisfield and Westhorpe so all are welcome. If children are younger than school age, we ask that an adult stays with them.

**Our introductory session will be Saturday 14th June 10 – 11am
Sunday 15th June is Father's Day so we appreciate you may have plans**

We will also be offering a Family Communion Service on the 1st Sunday of every month at 11:00am and would love to invite you and your child(ren) to join us.

If you have any questions or would like to register your child, please contact us.

Rev Catriona Brinkley and Tracey Gorzelak

Tel 07525 920307

revcatrionabrinkley@outlook.com



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Part P



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Saturday 14th June 2025

2.00 pm - 6.00 pm

Admission £5 | Children 12 & under free

In aid of St Mary's Church Langham

Three-acre Georgian Walled Garden & two acres
of further gardens and borders.
Plant Sale.
Ice creams, tea and cake on the lawn.
Suffolk Beer & Cider bar.
Live music: Blues, acoustic, soft pop.
Games for children.

See website for details and updates.

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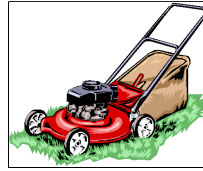
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**50TH ANNIVERSARY WOMENS AID
TEA PARTY FRIDAY 8TH AUGUST**

Please support our Tea Party celebrating Women's Aid
50th Anniversary to be held in Horringer Village Club
(more details in the next edition of the Hexagon)

IF ANYONE IS ABLE TO BAKE A CAKE AND OR GLUTEN FREE/
VEGAN CAKE OR PROVIDE A RAFFLE PRIZE THIS REALLY
WOULD BE MUCH APPRECIATED.

Required by 7th August please. Email Jeannie Bloomfield
bloomfield644@btinternet.com for collection if required.

THANK YOU FOR YOUR SUPPORT.
Jeannie Bloomfield Patron.
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THE BENEFICE OF BADWELL AND WALSHAM
BIBLE DISCUSSION GROUP

St Bartholomew's Church Finningham

24th June - 2pm

29th July - 6pm

Everyone is welcome to join us as we explore
the bible and faith together in an informal group.
No need to book just come along!



WALSHAM - LE - WILLOWS MEMORIAL VILLAGE HALL

Walsham le Willows Memorial Village Hall is available for hire contact
walshammemorialhall@gmail.com or tel 01359 258349. There are also a
variety of activities happening at the hall:

Fitsteps Monday 9.30-10.30 am

Contact : Marie 07917 733655 / airstreamtattoo@gmail.com

Community Lunch 12.45 pm (second Monday of each month)

Contact : Shirley White tel 01359 258532

Self Defence Class Tuesday 6.30pm

Contact: Andy at info@rbmdynamics.com

Pilates Wednesday 9am -10am, 10.15am-11.15am

Contact: Lara at contact@larapepper.com

Coffee shop Thursday (weekly) 10.30am - 12.30pm

Home-made cakes and savouries, teas, coffee and cold drinks. All welcome

Post Office Van Thursday (weekly) in the village hall car park

11am - 12 noon.

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MUSIC AT ST MARY'S WALSHAM LE WILLOWS

Sunday 22nd June 3:00pm Carol Kellman

Saturday 5th July 7:30pm Raedwald Brass

Thursday 10th July 12:30pm Neil Carson &
James Thomas

*Free entry, refreshments,
a retiring collection for
church funds*

All welcome



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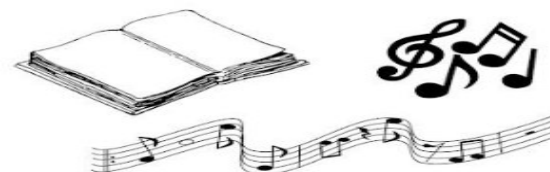
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SOUNDS FUN

Westthorpe Village Hall 7.30pm — 9.30pm



If you would like to

- Sing on your own, with others or just listen
- Play your musical instrument
- Recite, read or listen to poetry and short stories

Please come along and join us - whatever your age or ability we would like to see you.

Third Thursday of the month
£2 per session, BYO drinks.

Contact Graham Hammond: grahamhammond@outlook.com/07562 394580 or Alison Weston: alisonweston25@hotmail.com/07972 415205

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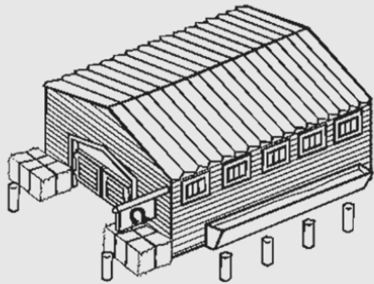
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Please visit our website www.gislinghamplaygroup.com
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WALSHAM *History Group*
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*By Fiona Rose, lecturer
for The Arts Society*

WEDNESDAY 18TH JUNE AT 7.30PM

Priory Room, Walsham-le-Willows

Members Free Visitors £5.00 Refreshments

Walshamgym@gmail.com



07876620376

Walsham Community Gym

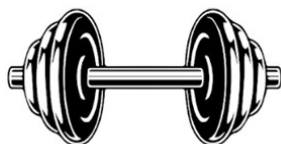
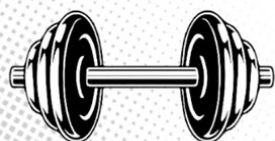
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CITIZENS ADVICE



I'm worried about my debt and rising bills, and I want to know what support is available. Do you have any advice on managing rising costs and what to do if I fall into debt?

Rising bills and debt can be overwhelming, but there is support available to help manage the financial strain. Start by checking if you're eligible for benefits. Many people miss out on support they're entitled to, such as help for low-income households, those who are sick or disabled, carers, or individuals of State Pension age with a low income. Understanding the benefits available to you can provide immediate relief.

You may also qualify for reductions in certain bills. For example, if you're on benefits or a low income, you could receive a reduction in your Council Tax. Specific groups, like students or people living with a carer, may also qualify for discounts. If you have children, you might be eligible for free school meals, transport, or support with school uniform costs.

Your local council may offer additional financial support through schemes like the Household Support Fund, which can help with energy, water bills, food, and other essentials. Reach out to your local authority to find out what assistance is available.

To manage expenses, consider switching to a cheaper broadband deal, getting a water meter, or exploring discounted travel options. Using a budget tool, such as MoneyHelper, can help you track your income and expenses more effectively.

If you're struggling with debt, prioritise paying 'priority debts' like rent, mortgage payments, Council Tax, and energy bills. Missing these can have serious consequences. After that, focus on credit cards, payday loans, or other debts. Contact the companies you owe money to; they may offer repayment plans.

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.

Westhorpe Family Bingo Night



**Friday 20th June 2025
7:00pm start**

Licenced Bar

**Adult £5, Children Free
Go to Westhorpe website for ticket details:
westhorpe.onesuffolk.net**

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GAMES ON THE GREEN

FINNINGHAM SUNDAY 22 JUNE

Please join us for an afternoon of games, starting at 2.30. There will be a variety of games for all ages, the main event being a knock-out rounders tournament. We are hoping to see entries from our neighbouring villages, and there is a trophy for the winning team. To enter a team of 8 contact Ian Armstrong, phone 01449 780215 or email ianbacton@aol.com - or you can just turn up! Teams can be formed on the day. If you would just prefer to watch we look forward to seeing you. Feel free to bring a picnic and drinks, perhaps a chair. An ice cream van will visit at around 4 o'clock.

A tug-of-war competition will round off the afternoon.

It's free! (But donations to Friends of Finningham are always welcomed).



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Evenings (up to 11.00pm)	£35.00	£25.00
All Day	£90.00	
Hourly	£10.00	

WESTHORPE VILLAGE HALL ACTIVITIES

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

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

ART CLUB Monday (fortnightly) 2:00-4:30pm.

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

LINE DANCING Monday (weekly) 12.45-1.45pm

Contact: alisonweston25@hotmail.com Tel: 07972 415205

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 780142 / 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

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Friends of Finningham Fundraising Walk in aid of Church Roof Repairs

When walking through the churchyard I am sure lots of you will have noticed that the church roof is in need for some long-overdue repairs some of which are already underway. The church is the only building that we have in the village to use for events, apart from the Village Green. Whether or not you are a churchgoer you may or may not be aware that the church is not just used for services but also coffee mornings, a place to meet up with friends for a social evening, concerts, Parish Council meetings, Friends of Finningham meetings to name but a few. So it would be such a shame to see it fall into disrepair.

The cost of repairing the church roof will be in the region of £20,000. The Parochial Church Council are actively looking to see if they can obtain a grant towards the cost of this work. But there will be a shortfall. Monies raised from the flower festival will also go towards this work.

The Friends of Finningham have decided to hold a fundraising walk on **Sunday 6th July** to raise money towards the roof repairs. The walk will begin at 10am at Street Forge Workshops. Should anyone wish to have lunch afterwards it is up to individuals to book with one of the local pubs. There are 3 options as to where you can leave the walk: at 4, 5, or 6 miles.

The cost of the walk is £5 per adult, children and well behaved dogs free. We appreciate that some people may not be able to do the walk but would still like to donate. Donations and entry forms can be put through my door at Kimberley, Gislingham Road, Finningham. Donations can also be made direct to this bank account: PCC Finningham Fabric Fund (Walk) Account no. 00361821, Sort code 30 98 23

Mary Webb
Chairman Friends of Finningham



I/we would like to take part in the fundraising walk. We understand that this is entirely at our own risk.
I enclose £ _____. There will be ____ adults and ____ children in our party.

Signed on behalf of the group _____

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NOTES FROM THE GARDEN

Hello again, well what a busy April /May we have had, after the preparation the next two months will be just as busy but in late June, early July, we shall be some rewards for all our hard effort and work.

In June it's time to plant out veg and flower plants, as the nights are warming up. Courgette, cucumber, sweetcorn and established. Plant sweetcorn in blocks together, as this will assist with pollination by wind action, beetroot chard grown in the greenhouse earlier can also be planted out. Runner beans can be planted at the base of their supports, dwarf beans in rows, checking that when they pop up that they are protected from pests and birds.

Keep mounding up potatoes and regularly hoe between rows of onions, broad beans and other plants even if no weeds are present, as this will keep on top of things.

In the flower garden, keep deadheading roses as this will prolong the flowering season. Plant out bedding plants and fill up hanging baskets and containers as well, regularly watering and feeding them. Dahlias, delphinium's and other tall plants should be supported by a cane or a stick and tied to protect from winds breaking off flower stems.

If you have space in your garden, plant a tropical bed, choose a sunny sheltered spot and incorporate plenty of compost and well-rotted manure as these are hungry growers. We have such a corner, (you may have seen it on our garden open day) planted with bananas called Musa Basjoo, Cannas and an Olive tree. Some of the bananas are over 8ft tall, with huge wide leaves, giving a great structural shape to the garden, they normally survive the most winters, which I will write about when the time comes.

In July it's time to dig up first and second early potatoes to use as and when required as these don't store very well, leave maincrop till later. Whilst harvesting spring onions, lettuce, runner beans and carrots, sow them again as you will ensure you a supply all summer long. Kale, winter greens and leeks can be sown ready for winter use. Also make a space in a tub or pot in your greenhouse to plant seasonal potatoes from seed catalogue's for new potatoes at Christmas. On that note, happy harvesting, keep watering and weeding.

Till next time. Phillip Bennington



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Walsham le Willows and District WI



April: Floristry demonstration by Jean Minter

April's meeting was eagerly anticipated by both expert flower arrangers who had attended Jean's classes and complete beginners. Jean showed us how to create two contrasting arrangements and gave us lots of tips and ideas along the way. Her first creation was a beautiful parallel 'woodland' arrangement. She placed foliage including viburnum, hazel and field maple gleaned from her garden and hedgerows in small groups. Then she added daffodils, red campion and forget-me-nots to represent a spring woodland glade.

The second arrangement was a bright and bold 'daffodil tower.' Jean showed how to put together the four - tier display using a twig to make holes for the precisely counted blooms. A lovely arrangement for an Easter celebration at home or in church.

The demonstration was followed by some brief WI business including an introduction to some of our future programme. Then we tackled a flower quiz as we enjoyed our usual tea and biscuits.

May: Annual Meeting and Beetle Drive

Reports for the year were presented; the committee were re-elected *en bloc* and Karen Quinn was unanimously re-elected as President. The members also voted to support this year's National WI initiative to support more widespread availability of, and training for, defibrillators.

Once the business was over, members enjoyed a beetle drive.

Next Meetings:

Tuesday 10th June 7.00pm. At the Bowls Club for a taster session.

9th July 7.30pm A garden party, with a bring and share supper with a visit from Birds and Beyond

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Walking Football (over 65's) Tuesday & Thursday 1 - 2pm
Senior Football (over 50's) Tuesday 2 - 3pm
Otago (chair based exercise) Wednesdays 11.30 -12.30
Pétanque Thursday 2pm
Walking Football Thursdays 2-3pm
Yoga Thursday 1.15- 2.15pm
Cardio Tennis Friday 12 – 1pm



Social Events

Sunday night Bingo starts 7pm on
8th & 22nd June, 6th & 20th July
All Welcome

Speed Quizzing Sunday 1st June 6.45 for 7pm start
Friday Night Music 6th June with Jacen Bruce 7.30pm start.
Beer festival with guest Beer, Cider and Gin.
Friday 20th June And Saturday 21st June
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Carol Kellman 22nd June

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Raedwald Brass 5th July

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Neil Carlson and James Thomas 10th July

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22 ⁿ _d	10.45am	Visit to Diss URC <i>No service at Wattisfield</i>
29 ^t _h	11am	Morning worship
July 6th	11am	Holy Communion
13 ^t _h		Visit to Wrentham Chapel <i>No service at Wattisfield</i>
20 ^t _h	11am	Morning worship
27 ^t _h	11am	Morning worship
August 3rd	11am	Holy Communion

Please contact Mrs Jo Patel our Local Leader (01359 251789)
for more information

The PUDDLE DUCK CAFÉ is open on the 3rd Saturday of
the month at 10.30am-12.30pm,
CrafTea Time & Scrabble Time: 2-4pm on 2nd & 4th Wednesdays

SINGING & SANDWICHES!



Join us at Wattisfield Chapel on Saturday 9th August
for a morning of singing & sandwiches.

Arrive from 10am for tea and coffee.

The singing will be led by a teacher between 10.30 and 12.30 followed
by a sandwich lunch or bring your own packed lunch.

£5 for singing/£10 for sing & lunch

Contact Mary 01379 898233 or Jo 07808 487844 to book your place.

Benefice Services June - July

1st June

8.00am	BCP Holy Communion	Walsham-le-Willows
11.00am	Holy Communion	Walsham-le-Willows

8th June

8.00am	BCP Holy Communion	Walsham-le-Willows
9.30am	Holy Communion	Westhorpe
11.00am	Holy Communion	Finningham
11.00am	Songs of Praise	Walsham-le-Willows

14th June

10.00am	Roots and Shoots Group	Walsham-le-Willows
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15th June

8.00am	BCP Holy Communion	Walsham-le-Willows
9.30am	Holy Communion	Badwell Ash

22nd June

11.00am	Holy Communion	Wattisfield
6.00pm	Evensong	Westhorpe

29th June

10.00am	Benefice Holy Communion	Langham
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6th July

8.00am	BCP Holy Communion	Walsham-le-Willows
11.00am	Family Service	Walsham-le-Willows

Benefice Services July - August

13th July

8.00am	BCP Holy Communion	Walsham-le-Willows
9.30am	Holy Communion	Westhorpe
11.00am	Holy Communion	Finningham
11.00am	Songs of Praise	Walsham-le-Willows

20th July

8.00am	BCP Holy Communion	Walsham-le-Willows
10.00am	Roots and Shoots Group	Walsham-le-Willows
11.00am	Holy Communion	Badwell Ash

27th July

9.30am	Holy Communion	Langham
11.00am	Holy Communion	Wattisfield
6.00pm	Evensong	Westhorpe

3rd August

8.00am	BCP Holy Communion	Walsham-le-Willows
11.00am	Holy Communion	Walsham-le-Willows

Walk in Faith

