

*The Benefice of Badwell & Walsham*

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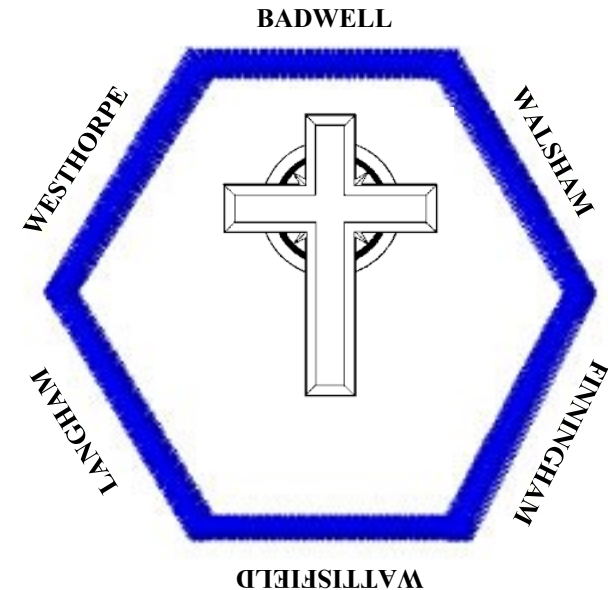
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*The Benefice of  
Badwell & Walsham*



*Hexagon*

*October – November 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](mailto:debbiewatson2916@gmail.com)

**COPY DEADLINE** Last date for items for inclusion in the next issue is  
Friday **3rd Nov 2023**

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FULL PAGE	single issue £30	3 issues £60	6 issues £120
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QUARTER PAGE	single issue £15	3 issues £30	6 issues £50

Contact Judith on 01359 258251 or [judithharlow@outlook.com](mailto: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](mailto:judithharlow@outlook.com)

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## Village Voices .... A letter from the clergy

### The Power of Friendship

In a recent survey, it was revealed that around a quarter of adults often feel lonely, which can significantly impact their well-being. But just as loneliness isn't part of God's plan for us, neither is complete independence. We're not meant to face life alone; we're made and created for connection.

Every one of us is designed to be in relationship - with both God and each other. This truth is mirrored in the instruction to love God wholeheartedly and to treat our neighbours as ourselves. We're not solitary beings; we're created to live in a community, much like the concept of the Holy Trinity: Father, Son and Holy Spirit.

The wonderful, graceful, V-formation of geese, which captures our hearts every time we see it, has a remarkable lesson to teach us about unity, support, and the beauty of working together in harmony. These birds fly together, maximizing their efficiency as they take turns leading and supporting one another. If one goose falters due to illness or exhaustion, two others remain to provide aid and companionship. Their collective success hinges on each member's well-being, echoing the idea that no one should be left behind.

Choosing our friendships wisely is an age-old wisdom captured in the Book of Proverbs. As parents we worry about the influence of friends on our children whether in digital space or in living, breathing 3D and we try to teach them the ability to think for themselves and to pause before acting on the say so of another. The biblical compiler of the Book of Proverbs offers invaluable guidance for us all: take your time, think critically, and don't be swayed by fleeting emotions or desires. It's an act of humility to seek advice and offer it.

But it's not always easy. Choosing friends, making peace with ourselves, and finding stillness in our restless minds may seem daunting. Yet, every small act of love, patience, and kindness is a choice for life. Each time we act with compassion it's another step towards peace, much like a river's flow.

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<cont

Despite their differing personalities and writing styles, the writers C S Lewis and J R Tolkien bonded over their love for storytelling, mythology, and their Christian faith. They often engaged in long, thought-provoking conversations that enriched their understanding of literature and theology.

Their friendship wasn't just confined to intellectual discussions. They provided emotional support for each other during personal struggles, offering a safe space for vulnerability and empathy. They truly embodied the idea of being there for one another through thick and thin.

Their friendship is a beautiful example of two individuals coming together, accepting each other's differences, and growing through their shared experiences. It demonstrates how friendships can be a source of inspiration, intellectual growth, and emotional support.

When Jesus asked, 'Who Do You Say That I am?' he wanted the disciples to come to see that in everything that he had said and did, building a meaningful connection involves seeing and understanding the essence of one another beyond surface appearances. It's about recognizing the inherent value and significance of each individual, just as he did with his disciples. Yes, he wanted the disciples to recognize his true identity as the messiah. But he also wanted them to recognize that he was their friend. Amen

### A Prayer for Friendship

We give thanks for our friends, for connection and laughter, for comfort and strength, for encouragement and unity, for forgiveness and grace, for celebration and joy. They are so many things to us, such a rich tapestry of blessings, woven through our lives. Thank you. Amen.

Revd Jay Price

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## BECCLES

By the time this is read Denise and I will have been in our new home roughly seven weeks, here in Beccles. We have been working hard to make it the home we wish for, and the weather has been extremely kind to us. We have fallen in well with the local community, and been attending the local church who are without a Rector!!

Beccles is rather delightful, situated just inside the Suffolk border with the beautiful River Waveney separating the town from Norfolk. Plenty of local amenities which are literally just a few minutes' walk from the house, probably too convenient!!

Although we have not had time to use them yet, buses to Norwich and the local coastal resorts are very frequent, and we have already had a trip from the train station to London for the day to meet one of our sons.

Denise and I send a very heartfelt 'thank you' to all who made our leaving the Benefice so memorable with kind words cards and presents along with a wonderful leaving lunch at the Priory Room; we were both very appreciative and genuinely touched.

Just to repeat what has been said by both of us on previous occasions; 'thank you' for all the love and friendship we received during our time in the Benefice.

Every Blessing to you all and all would find a very warm welcome at our new home.

Philip and Denise

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## FROM the REGISTERS

### BAPTISMS

Elsie Louise Stillman	16 Jul 23	Walsham
Levi Thomas Dunnett Soanes	22 Jul 23	Walsham
Leo Terence Dunnett Soanes	22 Jul 23	Walsham
Leon Thomas Dunnett	22 Jul 23	Walsham
Connor Ryan Dunnett	22 Jul 23	Walsham
Fiadh May Brand	29 Jul 23	Walsham

### WEDDINGS

Lee Simon Byatt / Lucy Jane Stevenson	11/8/23	Walsham
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### FUNERALS

Margaret Anne Barber	21/8/23	Burial	Walsham
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## Bardwell Tractor Run

An amazing array of spectacular tractors driven by men and women, many tractors with trailers at the back carrying cheering people came through ours and many other villages on Sunday 3rd September collecting monies for charities on their journey.

Thank you so much to Lee Maddox, his team and everyone for organising and completing the Tractor Run and donating proceeds to us. It's heart-warming to be on the receiving end of such generosity, especially at a time when people are really struggling to make ends meet for their own families, let alone think of others! Your donation of £2200 will go directly to helping women and children in our refuge, as well as those we support in other ways.

As I'm sure you are already aware, the number of enquiries to our service does not diminish, but it's great to know we have support and help from our local community.

Best wishes from each and everyone of us at Bury St Edmunds Women's Aid.

Jeannie Bloomfield. Patron.



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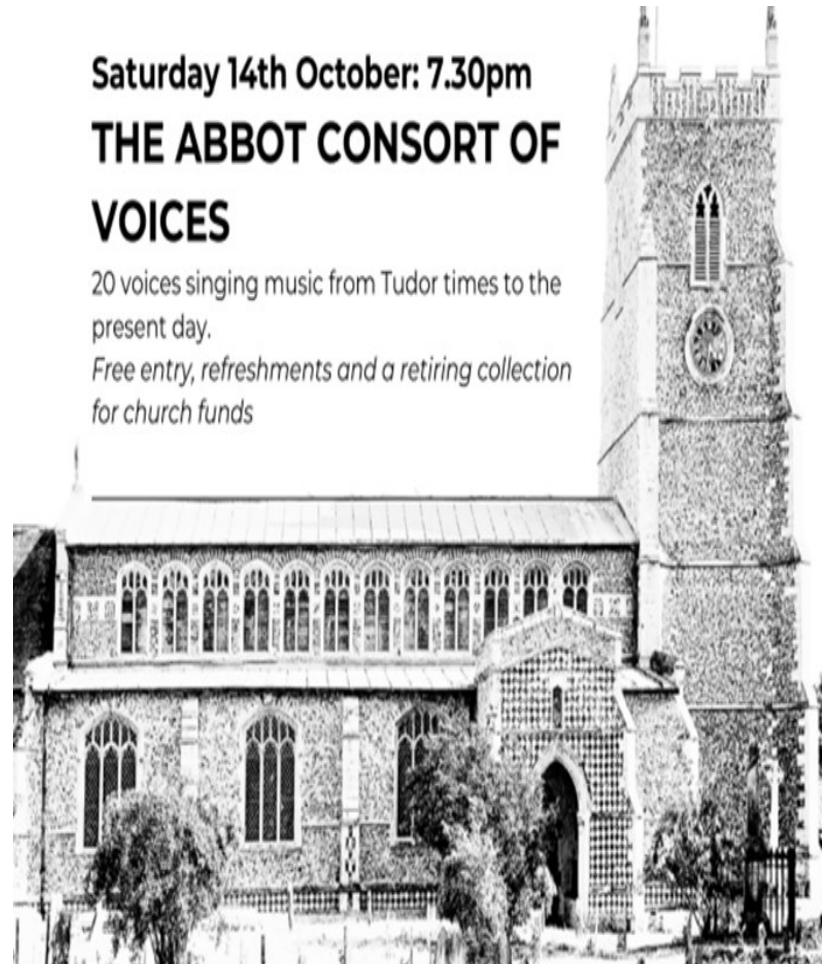


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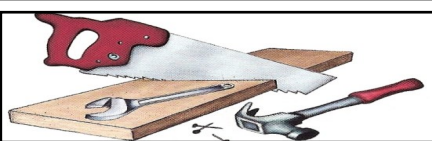
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As we are approaching darker mornings and nights please ensure that your property including outbuildings are firmly locked and secure.

For those out and about in the dark please make sure your clothing can be seen by other road users, wear bright colours. For dog walkers make sure you and your pet can be seen.

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Barbara McElroy remembers her  
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Priory Room, Walsham-le-Willows.

Members Free Visitors £5.00 Refreshments

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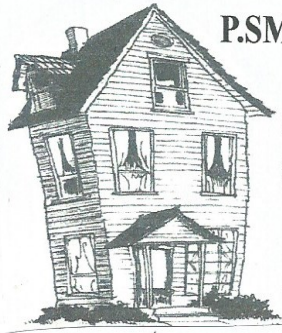
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**Walsham le Willows and District WI  
September 2023**



Patrick Barker ...a local farmer.

Patrick's obvious enthusiasm for the development of a way to farm commercially whilst respecting the land and preserving it for future productivity, had us all spell bound. His talk was filled with a myriad of facts and figures from his encyclopaedic knowledge of everything, from moths to beetles and birds. (We marvelled at a survey revealing seventeen different kinds of hover fly!) We learned that Lodge Farm is a member of LEAF (linking environment and farming ) and also NFFN (nature friendly farming network). Patrick and cousin Brian, one a farmer/conservationist and the other a conservationist/farmer have together established green corridors and wild flower margins for wild life movement, (enjoyed by grey partridge). They have restored many ponds (helping crested newts) and reduced machinery and installed energy saving solar power. All while running a commercially successful farm where some of the grain may well have ended up in your breakfast cereal, thanks to Shredded Wheat and other well-known brands.

Our photo competition was won by a picture of a ferocious looking stag beetle!

Next Month: October 11th: All are Welcome at our' Open Meeting 'where we hear from Lucy Lewis an ex Bomb Disposal Officer.

Jill Newell

**PROGRAMME OF EVENTS  
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October 11 - Lighting a fuse a talk by Lucy Lewis ex Bomb Disposal Officer **£5 for non members**

November 8 - Sing along with Alison Weston

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## HAUGHLEY HOOFERS

Haughley Hoofers are a group of local North West Clog Dancers performing traditional dances from North West England, the Isle of Man and the Outer Hebrides. Formed in the early 1980s we have performed at a variety of local events and festivals, both here and abroad.

Practice sessions again in Haughley Village Hall on Sunday evenings 7.30-9 pm from 17<sup>th</sup> 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).

For more information ring Sue on 01449 766747 or Gill on 01449 673518  
See Haughley-Hoofers on Facebook



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For many people, buying a car is a major purchase and whether it's new or second-hand, the process can seem daunting and complicated.

First of all, where are you going to buy the car? If you're buying from a trader, choose a trustworthy one with an established name with a good reputation. Ideally, they will be part of a trade association or follow the industry's code of practice.

If you're buying via an auction, this is much riskier as you'll have fewer legal protections like the right to returns or refunds so carefully read the terms and conditions before you bid.

If you buy from a private seller, there's a few extra steps to take. For instance, try to inspect the car at their home address so if something goes wrong later, you have a record of that.

Make sure the car's details are correct by using the DVLA's free online vehicle information checker. You'll need the registration number, MOT test number, mileage and make/model of the car to do this check. Also, check the car's MOT history for free on [gov.uk/get-vehicle-information-from-dvla](http://gov.uk/get-vehicle-information-from-dvla).

Keep a copy of both these results (take a screenshot or download the information) as well as the original advert or description of the car. You might also consider getting a private history check to see if the car's been reported stolen, still has money owing on it, or has been in a serious crash. This will cost about £20.

Inspecting the car is crucial before buying. Ideally, do this during the day when it's not raining (scratches are harder to see on a wet car) and take it for a test drive for at least 15 minutes and on different types of road, if possible. Check you have the appropriate insurance for a test drive (either your own or the seller's policy might cover you).

cont>






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Don't be afraid to haggle on the price, and only pay what you can afford. Make sure you get the original (not a photocopy) of the log book and valid MOT test certificate. Never buy a car without the log book.

Often, despite doing all these checks, you might find something wrong with the car after you've bought it. You may have a legal right to a repair, the cost of a repair or some money back but it's on a case-by-case basis. If something has gone wrong with your car and you need help, you can call the Citizens Advice consumer helpline on 0808 2231133 .

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 [midsuffolkeab.org.uk/contact-us](http://midsuffolkeab.org.uk/contact-us). Our opening hours are Monday-Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30pm.

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

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Walking Netball Tuesday 10 – 11am & Thursday 6 - 7pm  
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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 Oct/Nov

Sunday night Bingo starts 7pm on **8th & 22nd Oct, 5th & 19th Nov**

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, PTSD disturbing/traumatic memories, or other emotional or difficulties.**

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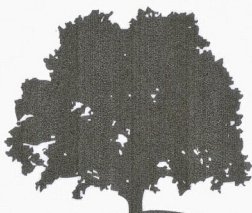
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## APPLE, CHEESE AND POTATO PIE

### Ingredients

30g salted butter, 1 tbsp vegetable oil,  
2 large onions halved and finely sliced, ½ a bunch of thyme  
30g plain flour, 500ml vegetable stock  
1tbsp wholegrain mustard, 1 tbsp white wine vinegar  
450g potatoes cut into 2-3cm chunks  
3 apples peeled cored and chopped into 1-2cm chunks  
150g mature cheddar grated

### For the pastry

300g plain flour, plus extra for dusting  
70g cheddar, grated  
150g cold butter cut into cubes  
1 egg beaten



### Method

Make pastry. Tip the flour, cheese and a pinch of salt into a large bowl and mix. Add butter and rub in until the mixture resembles breadcrumbs. Mix in 4-5 tbsp cold water, bring together into a dough. Wrap and chill for 30 mins.

Make the filling, melt the butter in a saucepan add oil and cook onions for 10-15 mins until caramelised. Add the thyme leaves and fry for 1 min. Tip in the flour and combine, then gradually stir in the stock adding small amounts to prevent lumps forming. Simmer for 10 mins stirring occasionally. Stir in the mustard and vinegar towards the end of the cooking time.

Meanwhile boil the potatoes for 4-5 mins until just cooked and still holding their shape. Drain well and stir into the sauce. Add the apples, cheddar and some seasoning, mix well. Pour the filling into a 28cm baking dish.

Heat the oven to 200c/180c fan/gas 6. Roll out the pastry on a surface lightly dusted with flour to the thickness of a £1 coin. Cut into strips approximately 1cm wide. Lay half the strips across the dish horizontally leaving gaps in between, then weave in remaining strips vertically one by one to form a lattice effect. Brush with beaten egg.

Bake for 30 mins, until the pastry is golden brown. Leave to cool for 10 min before serving.

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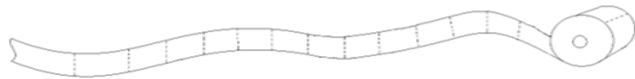
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Contact: Juliet Wright. Tel: 07503 212670 [jujuyoga39@gmail.com](mailto:jujuyoga39@gmail.com)

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

Contact: Paul Weston. Tel: 07860 376592. [paulwestonarchitect@gmail.com](mailto:paulwestonarchitect@gmail.com)

**LINE DANCING** Monday (weekly) 1.45-2.45pm

Contact Rosie Macro Tel: 07748 563926 [rosemary.macro@yahoo.co.uk](mailto:rosemary.macro@yahoo.co.uk)

**CARPET BOWLS** Monday 7.30-9.00pm

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John Gladders 01449 780365 [dijongladders@gmail.com](mailto: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](mailto:alisonweston25@hotmail.com) Tel: 07972 415205.

**PILATES** Wednesday 12.15-1.15pm

Contact: Becky Tel: 07734 414151 [beckycruickshank@btinternet.com](mailto:beckycruickshank@btinternet.com)

**FRENCH CLASSES** Thursday 2.30-4.00pm

Contact: Karen Patrick, [karenlanguages@gmail.com](mailto:karenlanguages@gmail.com) 07952 908125

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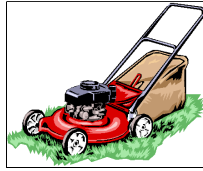
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## Beginners Guitar Ricky Wilkinson MBE [ricky5844@aol.com](mailto:ricky5844@aol.com)

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 12<sup>th</sup> 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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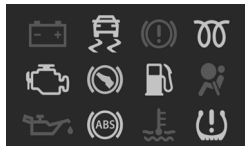
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## Wattisfield URC Services

Date	Time	Service details
*October 1 <sup>st</sup>	11am	Harvest Thanksgiving followed by a soup lunch – see below
8 <sup>th</sup>	11am	Holy Communion
15 <sup>th</sup>	11am	Morning worship
22 <sup>nd</sup>	10.45am	Morning worship at Diss URC (No service at Wattisfield)
29 <sup>th</sup>	11am	Morning worship
November 5 <sup>th</sup>	11am	Holy Communion
12 <sup>th</sup>	10.50am	United service for Remembrance Sunday at St Margaret's Church
19 <sup>th</sup>	11am	Morning worship
26 <sup>th</sup>	11am	Morning worship
December 3 <sup>rd</sup>	11am	Holy Communion

\*Our Family Harvest Thanksgiving service will be followed by a soup lunch in aid of RABI – the Royal Agricultural Benevolent Institution – a charity supporting the farming community. The fresh produce on display will be available for a donation, and any unwanted non-perishable goods will be collected and sent to the Stowmarket Food Bank.

Anyone wishing to come, please contact Jo (07808 487844) or Mary (01379 898233)

The PUDDLE-DUCK CAFÉ is open on the 1st & 3rd  
Saturdays of the month from 10.30am-12.30pm  
CrafTea Time & ScrabbleTea Time: 2-4pm on 2<sup>nd</sup> & 4<sup>th</sup> Weds  
of the month  
(1-3pm from November onwards)

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

## *Benefice Services Oct – Nov 2023*

### **1<sup>st</sup> October**

11.00am	Family Communion	Walsham
11.00am	Harvest	Finningham

### **8<sup>th</sup> October**

8.00am	Holy Communion	Walsham
9.30am	Holy Communion	Westhorpe

### **15<sup>th</sup> October**

11.00am	Family Communion	Finningham
11.00am	Songs of Praise	Walsham

### **22<sup>nd</sup> October**

8.00am	Holy Communion	Walsham
11.00am	Holy Communion	Wattisfield
3.00pm	Evensong	Westhorpe

### **29<sup>th</sup> October**

9.30am	Holy Communion	Badwell Ash
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### **5<sup>th</sup> November**

9.30am	Morning Prayer	Finningham
11.00am	Family Communion	Walsham

## *Benefice Services Nov – Dec 2023*

### **12<sup>th</sup> November**

8.00am	Holy Communion	Walsham
10.20am	Remembrance	Badwell Ash
10.50am	Remembrance	Finningham
10.50am	Remembrance	Walsham
10.50am	Remembrance	Wattisfield
10.50am	Remembrance	Westhorpe

### **19<sup>th</sup> November**

9.30am	Family Communion	Badwell Ash
11.00am	Songs of Praise	Walsham

### **26<sup>th</sup> November**

8.00am	Holy Communion	Walsham
3.00pm	Evensong	Westhorpe

### **3<sup>rd</sup> December**

11.00am	Holy Communion	Walsham
11.00am	Morning Prayer	Finningham





## 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

FREE TASTER CLASS. Classes will be mixed ability, and exercises can be adapted as needed. Please contact me on the details below to secure a place, or to register your interest.

I also offer **Sports Massage** and **Nutritional Therapy**.

**Contact:** Lara Pepper

**Tel:** 07974 142 240

**Email:** [contact@larapepper.com](mailto:contact@larapepper.com)

**Website:** [www.larapepper.com](http://www.larapepper.com)

## West Suffolk Counselling

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

### PROFESSIONAL COUNSELLING SERVICE

Confidential counselling service to help with relationship problems, anxiety, depression, day to day difficulties or any personal issue you may be facing.

Registered member of the United Kingdom Council for Psychotherapy

Walsham-Le-Willows  
Bury St Edmunds  
IP31 3BD

Phone: 07792 635057  
Email: [westsuffolkcounselling@gmail.com](mailto:westsuffolkcounselling@gmail.com)



## Elite Fencing & Landscaping

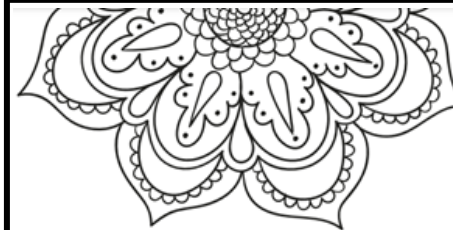
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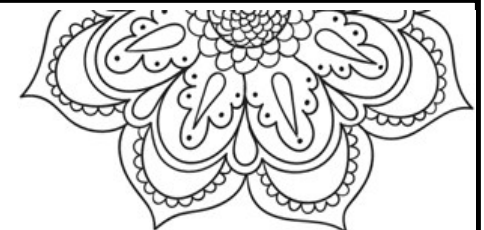


Holistic Therapy  
By Bernadette Pickering

Reiki, Reflexology &  
Indian Head Massage

To book contact Bernadette on 07500966074  
Email: [pickering192@btinternet.com](mailto:pickering192@btinternet.com)

Indian head massage will be available from  
August 2023



Holistic Therapy

Reiki is an alternative complementary therapy encouraging both emotional & physical healing. Assisting in relaxation and overall calmness of both the body and the mind. Reflexology is the application of gentle pressure to the feet, similar to acupuncture. It works on the energy pathways promoting relaxation, relieving stress, tension & assist with overall well being.

Indian head massage is a massage therapy in which your back, arms & neck are massaged with various techniques to relieve tension, fatigue, insomnia & headaches.

Based from my private studio in Badwell Ash, Suffolk. Home visits maybe available, please enquire.

60 Minute treatment £50  
45 Minute treatment £45  
30 Minute treatment £35

Email: [pickering192@btinternet.com](mailto:pickering192@btinternet.com)



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No order too small

### Readings for October

#### **Sunday 1<sup>st</sup> October**

Ezekiel 18:1-4, 25-end  
Psalm 25:1-8  
Philippians 2:1-13  
Matthew 21:23-32

#### **Sunday 8<sup>th</sup> October**

Isaiah 5: 1-7  
Psalm 80: 9-17  
Philippians 3: 4-14  
Matthew 21: 33-end

#### **Sunday 15<sup>th</sup> October**

Isaiah 25:1-9  
Psalm 23  
Philippians 4: 1-9  
Matthew 22:1-14

#### **Sunday 22<sup>nd</sup> October**

Isaiah 45: 1-7  
Psalm 96: 1-9  
I Thessalonians 1: 1-10  
Matthew 22: 15-22

#### **Sunday 29<sup>th</sup> October**

Leviticus 19: 1-2, 15-18  
Psalm 1  
I Thessalonians 2: 1-8  
Matthew 22: 34-end

### Readings for November

#### **Sunday 5<sup>th</sup> November**

Revelation 7: 9-end  
Psalm 34: 1-10  
I John 3: 1-3  
Matthew 5: 1-12

#### **Sunday 12<sup>th</sup> November**

Wisdom 6: 12-16  
Psalm 70  
I Thessalonians 4: 13-end  
Matthew 25: 1-13

#### **Sunday 19<sup>th</sup> November**

Zephaniah 1: 7, 12-end  
Psalm 90: 1-8, 12  
I Thessalonians 5: 1-11  
Matthew 25: 14-30

#### **Sunday 26<sup>th</sup> November**

Ezekiel 34: 11-16, 20-24  
Psalm 95: 1-7  
Ephesians 1: 15-end  
Matthew 25: 31-end

