

The Sexton's Wheel

Issue 247

The magazine for Long Stratton & Wacton



August 2024

Long Stratton Village Hall - Booking Information



The hall can be booked as follows:

Via our facebook page, search Long Stratton Village Hall

Via our website www.longstrattonvillagehall.org.uk

Email us at longstrattonvillagehall@outlook.com

Call Kirsty Dye on 07986942804 and leave a message

Hire rates from as little as £7.50 per hour.



Wacton Village Hall - Booking Information

Attractive and welcoming community space available for hire: hall or meeting room

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Email: bookings@wactonvillagehall.co.uk, or Tel: **Maz Richardson 07932269693**

Licenced bar available through Wacton Social Club. Contact taylor169@btinternet.com

Church Contacts

St Mary's Steve Dugdale - (01508) 530717

St Michael's Rosemary Bennett - (01508) 530296

All Saints' Angie Baldwin (01508) 536639

Congregational Church June Braddock (01508) 470701

Church Parish Office

Due to a change in circumstances the Parish Office will no longer open.

If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team, please contact the team vicar: Revd. John Madinda on 01953 789240.

Long Stratton Town Council, The Pavilion, Manor Road, Long Stratton

Usual office hours are Monday, Tuesday, Thursday and Friday between 10am and 2pm and by appointment on Wednesday.

Tel: Clerk Becky Buck 01508 530524 E-mail: clerk@longstrattoncouncil.info

For general enquiries Email: office@longstrattontowncouncil.info

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Sitting here with my optimistic hat on hoping that when the kids break up the sun will make an appearance!

The Sexton's Wheel Team

2. Booking information Long Stratton & Wacton Village Halls.
Church Contacts.
LSTC opening hours.
5. Lessons from Birds.
7. Long Stratton Medical Partnership.
.
8. BikeActive.
9. Contract Bridge.
10. Messy Church News.
Borderhoppa.
11. 2nd Long Stratton Brownies.
12. Long Stratton & District W.I.
16. Long Stratton Town Council.
Quiz night.
- 20/21. Calendar.
22. Harleston & District Choral Society.
23. Wacton District Council.
29. Let's Chat.
Messy Church.
36. Local Walks.
37. Long Stratton Library.
38. Church Services.
From the Parish Registers.
39. Contact details & information on the Sexton's Wheel.

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Lessons from Birds

As we advance towards summer, we see everything springing to life and we can also enjoy the birds around us. John Stott's book "Birds our Teachers." looks at these humble teachers -the birds.

In 1999, there were 9000 species of birds worldwide, with the smallest bird being the Bee hummingbird found only in Cuba and the largest bird being the ostrich found in the plains of Africa, although the largest flying bird is the wandering albatross found mainly in the Southern Hemisphere. For Stott, the study of the birds is the study of God's handiwork. Stott then points to the different aspects of birds which serve as a lesson to us. He quotes Martin Luther the German founder of the Protestant movement saying, "God is making the birds our schoolmasters and teachers."

Firstly, if God takes note of the wellbeing of a single sparrow a bird many times considered as a nuisance, how much more will he do so in regard to a human being?" [Matthew 10:29] Next, we learn from the owl which can turn at least 180 degrees to look behind. We need to look at the past with gratitude and to the future with expectation.

Next are pigeons and the chicken, which teach us to be grateful, because when the chicken or the pigeon drinks water, it looks up to allow the water to go down its throat, showing appreciation to the one who provides.

The hummingbird is an example of the waste of energy because it spends more energy per its body weight than any warm-blooded animal in the world, travelling up to 100,000 miles to feed. The fascination of the hummingbirds is their manoeuvring skills when they are airborne. "They can fly upwards and downwards, backwards as well as forwards, sideways and even upside down. They can also loop and hover, holding their body motionless, while flapping their wings at an average of 25 times per second. And when in speed the flipping of the wings reach up to 200 times per second." The variety of skills which birds show during their flight include climbing, soaring, gliding, flapping, hovering, rolling and diving, let alone the distance, height, speed, tenacity and nobility with which they fly. The peregrine falcon's speed, the European swift with distance, from the Bar headed geese in Asia, to the Rappels Griffin vulture in Africa for height. Then the wandering albatross, teaching tenacity and persistence, tackling the most treacherous environments at sea. The bald eagle symbolising nobility, power and courage. For robins in loyalty to their territory, relationships and companionship. Many other birds like penguins, fulmars, razorbills, guillemots, kittiwakes, puffins, auks, gannets etc, all reminding us of the importance of space and community life. And finally, they teach us the expression of joy through their lovely songs. Indeed, we can learn a lot from birds as time flies.

Rev John Madinda.



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The summer of 2024 is hopefully going well for all of you. As I write this article, it doesn't feel like summer – it is one of those wet chilly evenings and I have to remind myself that it is summer. My hope is that in a few days, the sun will be out again.

In this issue, I write about a new vaccination that is being introduced in England this September 2024. The Joint Committee on Vaccination and Immunisation (JCVI) have recommended the introduction of the vaccination to be given to older adults aged 75 to 79, and pregnant women for infant protection will become eligible as they reach 28 weeks gestation and remain eligible up to birth.

Respiratory syncytial virus (RSV) belongs to the same family as the human parainfluenza viruses and mumps and measles viruses. RSV is one of the common viruses that cause coughs and colds in winter. In the UK, the RSV occurs every year starting sometime in October, peaking in December, and lasting altogether around 4 – 5 months. For most people, it causes a mild viral respiratory illness. However, it can cause the nasty bronchiolitis in infants especially below 6 months of age and it can affect the elderly with chronic diseases such as Asthma and Emphysema quite badly.

The gov.uk website states that RSV causes 20 -30 deaths a year in infants and around 4000 deaths in those above 75 years of age. This statistic will tell you how much of an impact this has on primary care and secondary services.

Let us keep ourselves healthy in mind and body. Let us stay safe and try and prevent major illnesses this coming autumn and winter. The roll out programme for the RSV vaccine begins soon so please respond when you get the call or letter.

Enjoy the rest of this summer.

Dr Mini Nelson

BikeActive Norfolk

By the time you see this, hopefully in the August edition of the Sexton's Wheel, BikeActive Norfolk Junior will have began running its summer sessions for children and young people with a disability on the multi use games area at Manor Rd playing field

Sessions are between 1300hrs and 1500hr and there are two one hour sessions. We have a plethora of trikes, go karts, a quadricycle and a number or rear steer tandem trikes as well as a wheelchair tandem trike.

If you are the parent or carer of a child with disability take a look at our website, BikeActiveNorfolk.org, head for the Junior section and see what we do. Booking is simple , any problems with it call me, Jez on 07716103072

Dates for Junior sessions are July 24th August 7th, 14th, 21st, and the 28th

In regard to our adult group, some of you may have seen us at the Long Stratton fete.

We now run sessions for adults who struggle to cycle without help or in a group as well as those with disability. Rides are completed as a group, with the specialist equipment we have and our knowledge we can get most ANYONE out cycling, no matter what difficulties they have to contend with.

Rides consist of sessions at 1030hrs/1130hrs/1230hrs and are ridden every other Monday at Earsham, meeting at the village hall and riding along Cycle Route 30 on the old Harleston Rd as a group

Every other Friday we are to be found at Topcroft Sports and Social club by Topcroft cricket field, again sessions are at 1030hrs/1130hrs and 1230hrs and we cycle along the very quiet ,The Street, Topcroft and Wash Lane Both of these rides are measured at 3.5 miles long, both are ridden as a group on quiet lanes and both at an average speed of 6.5mph. If you think you can no longer cycle but would like to, come along and we'll get you out Booking is by our website, BikeActiveNorfolk.org on the adult side of the site. Any problems just call me.

Jez Briggs

Chair, BikeActive Norfolk

Website, BikeActiveNorfolk.org

Email, BikeActiveNorfolk@gmail.com



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Contract Bridge

For a year now, a group of people have been learning contract bridge at Long Stratton Village Hall on Friday afternoons. We started with 12 people but sadly our numbers have dwindled. We have an excellent teacher who comes every other week and we practise the other week. It is a very friendly group.

I wonder if there is anyone out there who has played but is maybe rusty and would like to get back playing or someone who has had lessons elsewhere and would like to carry on here. We will be starting a new term in September.

Not really suitable for absolute beginners, I'm afraid.

Contact me at dotgriew@btinternet.com

Messy Church News

Messy church is taking a break for the summer but will be back on October 7th

Here are a few photos from the July Messy Church. We started with crafts, some messy, some to take home, some to display in church. This time our baby corner and our activities for older children weren't needed but they were there. You never know who will turn up as everyone is welcome. We got so involved in the crafts that it was past 5 by the time we had our story and learnt a new song. Then there was tea, plenty of sandwiches, sausage rolls and muffins. Why not put **October 7th 4pm to 5.30** in your diaries and bring all your family.



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- Group hires for not-for-profit organisations

Borderhoppa Outings for August 2024:

Thurs 1st – Mystery Tour – Fare £20.00

Mon 5th – Sheringham – Fare £25.00

Thurs 8th – Aldeburgh & Friday Street Farm Shop – Fare 20.00

Mon 12th – Lowestoft & Lunch at The Wherry Hotel, Oulton – Fare £20.00

Thurs 15th – Halesworth & Lunch at Flora Tea Rooms, Dunwich - Fare £20.00

Mon 19th – Cromer – Fare £25.00

Thurs 22nd – Woodbridge & Dobbies Garden Centre -Fare £18.00

Thurs 29th – Great Yarmouth Hippodrome Summer Spectacular - TBC

To book or for more information please call **01379 854800** or visit our website **www.borderhoppa.or**

2nd Long Stratton Brownies



Many of the Brownies have completed their Stage 2 Lead Skills Builder, well done to them. We enjoyed making 'jumping frogs' one evening and tried to synchronise the leaps without success. On our last evening we had a joint Fun night with the Rainbows and played various games and thank the leaders who cooked the hot dog rolls.

We sadly said goodbye to a number of our older Brownies although some are moving up to Guides with much excitement.

We wish everyone a good summer holiday.

We therefore have a few places for any girls aged 7-10, please register on <https://www.girlguiding.org.uk/information-for-parents/register-a-child>



LONG STRATTON & DISTRICT WI

We had four big events in June and early July. Firstly one of our members, Bonnie, tells us about a visit to RSPB Strumpshaw Fen where some of our members joined 30 other W.I. ladies from across Norfolk.

"We were all sturdily clad and divided into two groups, each group with a knowledgeable leader. The terrain was very varied, woods, meadow, marsh and riverside with wide-ranging views. We learnt that the vegetation was controlled by grazing cattle and admired the four Belted Galloways and three Highland cattle from a distance. By the river we saw a heron and heard reed and sedge warblers, also a delightful rush of joyous song from the Cetti's warbler, with lots more birdsong in the quiet woods. We had hoped to see the rare swallowtail butterfly but it was not to be. We did see a female brimstone, not bright yellow like the male but greenish white. There was not an abundance of wild flowers apart from specially planted beds at the front to attract pollinators but we did come across some tway-blade orchids, each in a wire cage to protect them from nibbling deer. It was a great day out."

Our next big event was a visit to Hampton Court Palace organised by the Norfolk Federation. Two coaches travelled down on consecutive Fridays and the visit included a two hour private tour of the Palace with free access to the palace gardens during our time there. It was a longish journey with the usual comfort stop and hold ups on the M25 but in a coach of 57 Norfolk W.I. members you can imagine there was lots of chatter and new friendships being made.

The weather was just right and there were wonderful views of the Palace, immaculate gardens, a colourful wild flower area, and our very well informed guide took us

through the whole building from servants' quarters to the sumptuous bedrooms telling the story of Henry VIII and Cardinal Wolsey. We explored the grounds and saw such wonders as The Great Vine, The Banqueting House and the Kitchen Garden. A long day but well worth the journey.



From p12

The third big "thing" was the speaker at our June Meeting. Mary Newton is a retired forensic scientist and her talk was called Blood, Sweat and Fears. Our members weren't quite sure what it was all going to be about but she assured us we wouldn't be too shocked. She started by telling us about her life and training so that we could better understand points she would make about how murder cases were solved. There were lots of changes over her 40 year career especially in blood testing and DNA profiling. There had been a TV programme the previous evening about the Stephen Lawrence case and she was able to update us on that and other high profile cases.

Did you visit or take part in the town's community event on the Manor Road playing field? What a shame about the weather! A big thank you to everyone who came and enjoyed our cakes and much needed hot drinks in the Pavilion. We always donate to the town council from our takings and are hoping for better weather next time.

Our next W.I. meeting will be on **Wednesday 21st August at 7.30pm** when Wally Webb will be talking about his 40 years at Radio Norfolk. If you would like more information **telephone 01508 531154**. We look forward to welcoming you.

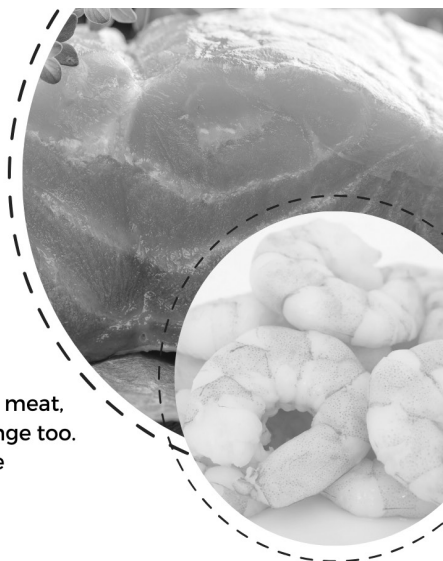
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Long Stratton Town Council

Pavilion, Manor Road Playing Fields, Manor Road,

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Clerk: Mrs B Buck

Long Stratton's Summer Community Event.

Thank you to everyone who came along to the Summer event. Using the word Summer seems a bit misleading as there was torrential downpour for the majority of the day which made all the stalls a little soggy and meant that some of the attractions had to cancel at the last minute. Thank you to all that braved the weather. Thank you to all the volunteers who ran stalls and thank you to those that sponsored the event, Top 2 Bottom, MD Wealth Management and Octavius. The weather hasn't put us off future events and we are already thinking about Christmas and Summer event 2025. If you would like to volunteer or be involved please contact us.

Bypass information

The bypass contractor 'Octavius' has up to date information on the bypass progress available to view in the Town Council's Pavilion during office opening hours which are Monday, Tuesday, Thursday and Friday between 10am and 2pm.

Community room for hire.

The community room at the Pavilion is available to hire during the day, evenings, and weekends. It has kitchen facilities, WIFI and free parking available. Please contact us if you would like to make a booking or would like to **come and view the facilities.**

Upcoming Full Council meeting dates.

The Full Council meetings are held in the Pavilion community room. Anyone is welcome to attend the meetings but whilst members of the public cannot participate, a short period of time is given for members of the public to air their views on matters directly related to the Town Council.

There is no meeting planned in August therefore the next meeting will be held 9th September at 7pm in the Pavilion.

QUIZ NIGHT

14th September

Long Stratton Village Hall

6:30pm for 7.00pm start

Teams of six, £7.50/person (Includes food) Kids half price.

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The local market has continued to be boyant as the year has continued and we have already made some fantastic deals for our clients. These sales have also covered a wide range of price points which gives us confidence that our local market is continuing to thrive. None of this would be possible without a steady hand on how to market your home which is where our local expertise and approach is key.

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M	T	W	
			1 Pilates - W Ha
5 Local Walk - see page 36 Pilates - Hempnall Village Hall see p24	6 Coffee Morning Wacton Village Hall 10.30am Let's Chat St Mary's Church 10:00am - 12:00pm see p29	7	8 Pilates - W Ha Lunch Club Long Congregation Call 079687 Tharston & Wacton 7:
12 Pilates - Hempnall Village Hall see p24	13 Let's Chat St Mary's Church 10:00am - 12:00pm see p29 Diggers & Dibblers see p 22	14 Cup of Hope Pavillion community Room 08:50am - 11:30am Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	15 Pilates - Wa see
19 Pilates - Hempnall Village Hall see p24	20 Coffee Morning Wacton Village Hall 10.30am Let's Chat St Mary's Church 10:00am - 12:00pm see p29	21 Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406 Long Stratton & District W.I LS Village Hall 1930	22 Pilates - Wa see
26 Pilates - Hempnall Village Hall see p24	27 Let's Chat St Mary's Church 10:00am - 12:00pm see p29	28 Cup of Hope Pavillion community Room 08:50am - 11:30am	29 Pilates - Wa see

T	F	S	S
Wacton Village Hall see p24	2 Wacton Social Club open 7.00pm - 11.00pm with Bingo	3 Classic Car run visits All Saints Church Wacton see page 31	4
Wacton Village Hall see p24 12:00 - 2:00pm Stratton Congregational Church Hall 016698 to book & District W.I. Village Hall 15pm	9	10 Wacton Church Coffee Morning 1030am.	11
Wacton Village Hall see p24	16 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	17	18 Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall
Wacton Village Hall see p24	23	274	25
Wacton Village Hall see p24	30	31	

HARLESTON CHORAL SOCIETY

Harleston Choral Society – Singing workshop

We will, once again, be holding our two-day singing workshop. This will be on 17th and 18th August, for members and non-members, in St James Village Hall IP19 OPH. There will be four half-day 'pick and mix' sessions, 10.00 am - 4.00 pm, £5.00 per session. You can bring your own lunch, or buy soup and a roll for £5.00.

Saturday 10.00 am – 11.00 am: reading music - the basics

Tea break

11.30 am – 12.30 pm: performance studies and Latin pronunciation in singing

Lunch

13.30 – 14.30 breathing techniques and warming up, using music from Carl

Orff Carmina Burana

Tea break

15.00 – 16.00 continue with Carmina Burana

Sunday

10.00 am – 11.00 am come and sing session: warm up and work on Sanctus
from Haydn Missa Sancti Nicolai

Tea break

11.30 am – 12.30 continue with Haydn

Lunch

13.30 – 14.30 come and sing session: Ding Dong Merrily on High

Tea break

15.00 – 15.45 continue with Ding Dong

15.45 – 16.00 run the numbers from the weekend

Please book by phoning Amanda on **07951 562167**, or emailing at ***amanda.fletcher111@gmail.com*** giving your name, phone number and/or email. Could you also please let us know which sessions you would like to attend and if you would like to buy lunch

DIGGERS & DIBBLERS

Tuesday 13th August - 7.30pm Diggers and Dibblers Gardening Club - Gardening Quiz and a very quick AGM.

Forngett Village Hall.

£1 members/£3 non-members

Wacton Parish Council,
Village Hall, Hall Lane, Wacton, NR15 2UH
Clerk: Mr Alan Arber

WOODLAND PROJECT

The woodland has been now closed to the public, as the bridge needs a full repair/replacement. We are waiting for quotes to come in before we can start, hopefully this will be sooner rather than later.

BOOK EXCHANGE

Works have commenced, with the roof structure replaced and retitled, also it has been painted inside. The works should be completed by end of August. So if you have some spare books you wish to donate, please contact us.

THE COMMON

Unfortunately, we have been informed that some uncontrolled dogs have killed some geese on the common near the pond.

A reminder for dog walkers: In public places, you must keep your dog 'under control'. Generally, this means close to you and ideally on a lead. If they're not on a lead, they need to be under control by your voice commands or whistle. It's a criminal offence to allow your dog to be 'dangerously out of control' - this counts in both public and private areas. This could be anything from your dog chasing a person or another animal to physically harming them. Either the owner or the person in charge of the dog can be charged. If this happens, you may have to pay a fine, compensation and costs. If your dog hurts a person, unfortunately they can be seized by the police and may even be humanely destroyed.

Dangerous Dogs Act 1991 (Section 3)

DOG POOP BINS

A gentle reminder that the bins are for use whilst on your dog walks and not for your daily garden collections. As the poop bins are not emptied daily and the council get charged for this, any extra bags of poop from your gardens, will fill up the bins quickly.

Please can put your dog poop in your own black bins.

FOOTPATH WARDEN and COUNCILLORS

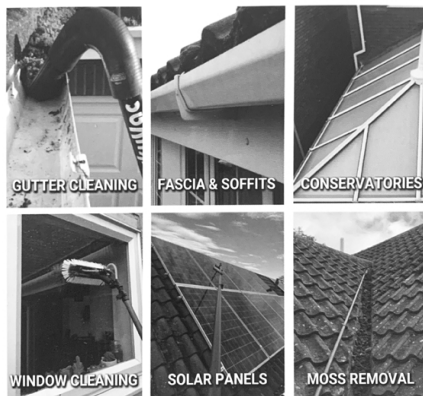
We have space for more councillors to build up our team.

We are also in need of a footpath warden, so if you are a keen walker, with or without a dog. Wacton has a number of footpaths, bridle paths and restricted byways to walk. Please contact the clerk for more details.

NEXT MEETING:

There is no meeting in August.

The next meeting will be on Wednesday 4th September 2024 at 6pm.



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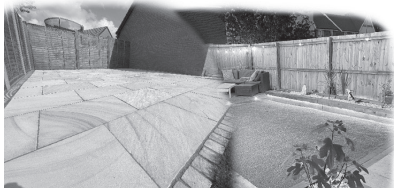
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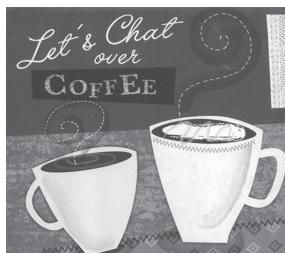
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or Long Stratton Messy Church on facebook.



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Flordon Common Explorers

Nine of us set off for the start of the 3.6 mile walk at Hapton and we welcomed Alice, who joined us for the first time. We parked outside St Margaret's Church and had a brief look inside the simple but elegant church before our boots got muddy. Following the church path round to the back we exited the churchyard and entered Redwings horse sanctuary through its main gate and then followed the public footpath. The place was a hive of activity. Horses were grouped according to size or type in different fields. One horse was very friendly and enjoyed attention. We turned left out of another Redwings gate and found ourselves in Flordon. Interesting wild flowers like false watercress were growing in the leat and red clover and restharrow on the verge. After passing some quaint cottages along the road we entered the Common. Council men were strimming here and I was pleased to see they had cleared the footpath of long grass. We entered the dark woodland of tall alder trees next to a tributary of the Tas river. Muddy patches and many roots provided obstacles for us but fortunately the cows were grazing elsewhere. Watermint and a few flag irises were still flowering here. We admired a little waterwheel made of spoons in the stream. Turning right at a kissing gate, we followed the lane and the footpath entrance to the rest of Flordon Common. Here tall nettles led to a more open area on a hillside and the stream was hidden from view by reeds. As we proceeded the path became more overgrown but we were prepared with secateurs and a hand scythe to clear the brambles, nettles and blackthorn. Over a stile and across a field, curious sheep watched our efforts to wade through the long grass. "Is there a path?" I wished they'd been on our side of the electric fence; the grass would've been shorter then. Another stile and a dodgy two-plank bridge led us away from the sheep and alongside another stream. Eventually we reached a quiet lane near Toprow. Voices of exhausted explorers asked, "Are we nearly there yet?" Turning left up a lane and then left at the public bridleway after Marsh Lane we enjoyed open field views and a grassy path back to the cars. We'd seen and heard sky larks, buzzard, kestrel and black cap, red admiral, meadow brown and cabbage white butterflies, snails and beetles. We'd also enjoyed each other's company and had lots to chat about.



Next month's walk will be on Monday 5th August. Everyone welcome. Meet near the toilets in Long Stratton car park for a leisurely walk of up to 4 miles.

LONG STRATTON LIBRARY

Children can get creative with this year's Summer Reading Challenge, Marvellous Makers, which launches in Norfolk libraries on Saturday 6 July.

The Summer Reading Challenge is a FREE holiday activity for children aged 4-11. It's all about reading for fun, aiming to improve children's reading skills and confidence. Children can read anything they like (really – anything!) and collect free rewards for their reading. For under 5s there is a mini challenge, so they don't miss out.

Just pop into your local library or visit www.norfolk.gov.uk/summerreadingchallenge to sign up. Children will need to be library members - you can do this in a library or online. It's free of charge and children will receive their own library card for which there are no overdue fees.

This year's Challenge is all about creativity. From dance to drawing, junk modelling to music, there's something for everyone! Children will be able to find new reads linked to their favourite creative arts and join in with free activities at their local library. Search for Norfolk Libraries to find out what's on in your local branch.

The Summer Reading Challenge is developed by The Reading Agency and delivered in partnership with public libraries. This year's theme has been developed in partnership with Create, a leading charity bringing creative arts to those who need it most.

Find out more at www.norfolk.gov.uk/summerreadingchallenge

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Stitches & Knitters – Thursdays, 2-4pm

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Sunday: 10am-4pm

Ryan Watts, Library Manager - Diss, Harleston & Long Stratton Libraries
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CHURCH SERVICES - August

4th August - 09:30am - Holy Communion - Wacton

11:00am - All Age Worship - St Mary's Long Stratton

11th August - 09:00am - Holy Communion - St Michael's

09:45am - Morning Worship - St Mary's Tharston

11:00am - Holy Communion - St Mary's Long Stratton

18th August - 09:30am - Morning Prayer - Wacton

11:00am - Morning Worship - St Mary's Long Stratton

25th August - 09:00am - Morning Prayer - St Michael's

11:00am - All Age Holy Communion - St Mary's Long Stratton

CONGREGATIONAL CHURCH

4th August - 10:45am – Family Service incl. Holy Communion – Bruce Thorn

11th August - 10:45am – Family Service – Keith Scarff

18th August - 9:45am – Community Family Breakfast

10:45am – Family Service – Susan Fiddy

25th August - 9:45am – Monthly Prayer Meeting

10:45am – Family Service – Pastor Malcolm Simpkin

Hope Church

There will be no Hope Church service in August.

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Images: Any pictures you may have to accompany editorial would be welcome. Please send these as jpgs not embedded in a word document.

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