

The Sexton's Wheel

Issue 271

The magazine for Long Stratton & Wacton



August 2026

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

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Email: bookings@wactonvillagehall.co.uk

Licenced bar available through Wacton Social Club. Contact stevemaz51@outlook.com

Church Contacts

Stratton St Mary's Rev Becki Bensusan - (01508) 813900

St Michael's Rev Becki Bensusan (01508) 813900

Tharston St Mary's Rev Becki Bensusan (01508) 813900

All Saints' Rev John Madinda (01953) 789240

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 Rev Becki Bensusan. (01508) 813900.

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

The Editors reserve the right to edit or decline any material submitted for publication. While every effort is made to ensure that the contents of the magazine are accurate, no responsibility can be taken for errors and omissions. The material printed does not necessarily represent the views of the magazine committee and no recommendation of products or services is implied. While the committee take reasonable care when accepting advertisements for publication, it cannot accept responsibility for any unsatisfactory transactions. Errors and omissions excepted.



After the excitement of Wimbledon and the World Cup, and schools broken up for Summer, its time to chill, get the BBQ out and switch to holiday mode and re-charge the batteries. Looking at the forecast don't forget your factor 50.

The Sexton's Wheel Team

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Faith

As I write this England are due to face Norway in the World Cup quarter final. Once again, the nation dares to hope that this time 'it will be coming home' or that 'maybe, they will be the ones that saves me/us' from yet another disappointment. As I have England in my work sweepstake there is even more willing them to win going on.

Amongst the usual drama of stunning goals, penalty shoot-outs, controversial VAR decisions and wild celebrations though, there is one thing I have noticed more than ever during this world cup. That is the number of players who are seen unashamedly expressing their Christian faith whether through prayer or some form of gesture towards God on the pitch or in interviews given before or after the game.

One such event that went viral occurred following Germany's 7–1 victory against Curaçao in their opening game on 14 June. German and Curaçao players came together in a circle of prayer on the pitch. When asked about the viral post-match moment, German midfielder Felix Nmecha explained: "During the game we are opponents, but after the game, we are all Christians. We are all brothers." He later added: "We all believe Jesus is glorified through the game. That's why we came together and prayed".

The England team have several Christians in their squad - Marcus Guehi, Bukayo Saka, Eberechi Eze, Noni Madueke and Ivan Toney. They have all spoken about how much their faith in Jesus means to them and how prayer and the bible are so important in their life.

Perhaps it is another example of how contrary to popular belief, faith in God is alive and well. We all have faith of course in whatever or whoever we think will give us the meaning and purpose we seek for our lives. I wonder what you put your faith in?

Why not come along to one of the churches in Long Stratton and check out what the Christian faith is all about and why an ever-increasing amount of footballers (and ordinary folk) are deciding that becoming a follower of Jesus is a good idea.

John Loaker

Hope Church

Long Stratton

Messy Church News

Hello everyone. Hope you're having a lovely summer. We're just giving you a quick update about the June Messy Church meeting that was a bit different to usual. For the final Messy Church of the academic year we did another games and picnic event.

It was really good to see the different children trying new skills and perfecting some techniques. We had some very high scores on the games of darts, target rings, and bean bag basket games. Prizes for Ellie, Jonathan and Jessica for their talents on those. We had a few other game options and other prizes for bits going on. Well done all round for the brilliant way all the children and adults engaged in the games.

We then had our story time on a picnic blanket where we talked about a time Jesus had a barbecue with his friends on the beach. The scene was set up next to us, to help us imagine, and our teddy bears got to play a part in the story as the different characters in the boat. We heard how Jesus reminded his friends of their purpose and promised to be with them as they continued working for him. It was good fun to use pots of coloured dough for our prayer time where we made different shapes to help us think of prayers to say together linked with the themes from our story. We then finished with our packed picnics in the coolness of the church building.

What a great close to the Messy Church for the academic year but don't panic we'll be back in September with more Messy fun for all the family. We look forward to seeing lots of you then. If you want to be in touch with the team for any reason, then please feel free to ***email us on strattonmessychurch@gmail.com***

LONG STRATTON & DISTRICT WI

Our June speaker arrived with many boxes of flowers, greenery and display items. As you can see from the photograph, she produced some beautiful flower arrangements which she generously donated to our raffle. The lucky winners were Pam, Jackie and Rosemary. It was a very pleasant evening and so relaxing in this heatwave to watch someone else so expertly making such beautiful displays and giving us invaluable tips for future use.



We meet at 7.30pm in Long Stratton Village Hall. At our next meeting on Wednesday 19th August we have a speaker coming to tell us about Modern Slavery. She is a prominent speaker from an organisation working to stamp out this very serious abuse of other humans. If you would like to join us for the evening just turn up and you will be made very welcome. For further information **telephone 01508 531154.**

- Door to door dial-a-ride service into the local towns.
- Weekly members outings throughout the year
- Group hires for not-for-profit organisations



Borderhoppa Outings for August 2026

Mon 1st – Cromer - £25.00

Thurs 3rd – Alton Broad Waveney River Boat Trip and Lunch at The Wherry
Hotel - £30.00 (Includes boat ticket)

Mon 10th – Great Yarmouth - £20.00

Thurs 13th – Peter Beales Roses - £15.00

Mon 17th – Southwold - £20.00

Thurs 20th – Felixstowe Town - £20.00

Mon 24th – Breckland Retail Park and Thetford Garden Centre - £15.00

Thurs 27th – Woodbridge Market Day - £20.00

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



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A very busy few weeks saw BikeActive Norfolk resume running its adult disability cycling group at Topcroft and Tivetshall, with rides on alternate Fridays and Mondays at each. If a disability is stopping you from cycling, take a look at our website ***BikeActiveNorfolk.org*** and come and join us on one of our rides



Our Junior group resumes for five consecutive Wednesday's through the summer from Wednesday the 22nd of July 2026, with sessions to book at 1300hrs and 1340hrs. Sessions take place on the multi-use games area at Long Stratton Town Council pavilion. So if you are a parent or carer of a child with any disability these sessions could be for you. Take a look at the Junior side of our website shown above.

Some of you may have seen our rickshaw or wheelchair transporter about on the streets of the town, delivering our cycle based taxi service. We now have regular clients and we will become a more regular sight on the streets of Long Stratton. Get in contact if you are interested in this service

Finally, I managed to ride 208 miles in 24hrs last weekend to raise money for our wholly voluntary charity. Thanks to all who donated, we are most grateful. So far I have raised about £1400

Jez Briggs

STEAM CAFE

at the Forncett Industrial Steam Museum

August 1st - Open Mic Night (doors 6.30pm) For more information email:
steamcafe.norfolk@gmail.com

August 7th, 8th & 9th - Forncett Festival - SAVE THE DATE! For more information, email:
<https://buytickets.at/forncettfestivalcic/2244961> or forncettfestival@gmail.com

Long Stratton Town Council

Pavilion, Manor Road Playing Fields, Manor Road,

Long Stratton, NR15 2XR. Clerk: Mrs B Buck

Tel: 01508 530524 office@longstrattontowncouncil.gov.uk

Community Summer Event

We hope you enjoyed the annual community summer event this year. The weather worked out well for us! Thank you to all who came and supported the event and to all the stall holders and food vendors for being a part of it, what a wonderful atmosphere. We tried out a new stall set up that seemed to work well and really pleased with how it all went. James D Party Time entertained fantastically on stage then followed by the amazing band 'Sunday at 10' who played some great songs! Thanks to the weather we were able to have the huge inflatable obstacle course which definitely turned out to be a hit with the kids! Perhaps we should do more inflatable fun next year? If you have any suggestions on future community events do let us know, ideas are always very welcome.

Upcoming Full Council meeting dates

The Full Council meetings are held in the Pavilion community room. Anyone is welcome to attend the meetings and, 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.

We ask that all members of the public who attend remain respectful and only speak when invited to do so by the Chairman, to ensure the meeting runs smoothly for all.

All councillors are volunteers who give up their time to be at the meetings.

There is no meeting in August, meetings will resume in September.

Parking on Pavements

For those who park their vehicles on the pavement, please show consideration for pedestrians using the pavement. Children, the elderly who are no longer fleet of foot, Mums with prams/pushchairs and the disabled using scooters or walking sticks or frames, also the partially sighted.

If you have to park on the pavement, please think before you park and leave enough room for pedestrians to prevent them entering a danger area..

2ND LONG STRATTON BROWNIES

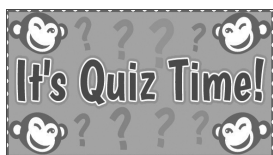
This term most of the Brownies gained their Live Smart Stage 2 Badge and their Skills for the Future Theme Award. After a very enjoyable pancake evening and doing some cooking at home 15 Brownies achieved their Kitchen Creations Interest Badge.

In June we celebrated the 2nd Long Stratton Brownie Pack opening in June 1976. We played some older Brownie games and looked at the Six songs they used to sing, some Brownies tried on the 'old Brownie dresses' that the girls used to wear and we finished the evening with a lovely birthday cake.

We finished the term with our Joint Fun evening with the Rainbows and after hot dogs and drinks played an obstacle course with lots of buckets of water around. Great fun on a very hot evening.

Well done to Tilly, Luna, Fleur, Amelia and Mia for gaining their Bronze Award (two themes) and to Isabella and Hannah for their Silver Award (four themes). And very well done to Anya and Polly for completin all six themes and gaining their Gold Award,

Brownie Guiders



St Mary's Quiz Evening

Long Stratton Village Hall
Saturday 17th October.

6:30pm for 7:00pm start

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(Include: name, phone number, address, email and preferred plot size)



LONG STRATTON HIGH SCHOOL

Long Stratton High School: Celebrating Success and Community Spirit

It has been a busy and inspiring couple of months at Long Stratton High School, with students making a positive impact both in school and across the local community.



- A particular highlight was the celebration of the Year 11 cohort, marked by a special whole-school assembly attended by parents and the unveiling of the Year 11 legacy project by writer, TV personality and comedian Rosie Jones. During her visit, Rosie also met with the school's Young Writers Club, sharing her experiences, leading a lively question-and-answer session, and encouraging students to embrace opportunities with confidence.
- Beyond the school gates, students have continued to strengthen community links. Key Stage 3 pupils visited Manor Field Infant and Nursery School, reading with younger children and helping to foster a love of books and storytelling across different age groups.
- Students also played a leading role in the successful All Schools Summer Fair, organised alongside St Mary's and Manor Field schools. The event brought together families and residents, while raising over £270 for East Anglia's Children's Hospices (EACH). Following the fair, students visited the Long Stratton EACH charity shop to make the donation and learn more about how their fundraising supports local children and families.
- Finally, a group of Year 7 students joined the South Norfolk Big Litter Pick, working alongside pupils from St Mary's Junior School, to help keep Long Stratton tidy. Their enthusiasm and community pride were a great example of young people making a difference.

THARSTON & DISTRICT WI

At our meeting in July we welcomed Chris Davis, who invited members to the floor to learn a selection of traditional country dances. Starting with the Skaters Waltz, members were introduced to a Polka (done at a slow pace due to the heatwave and high temperature at the time), a dance called Soldiers Joy and a Jewish Wedding dance concluding with the traditional Ceilidh Circassian Circle dance. Great fun for everyone whether they chose to dance or not, and no 'two left feet' to be seen!

Our next meeting in August will be for members only to celebrate our 60th year but we will be pleased to welcome new members at our meeting on Thursday September 10th when our talk will be about the Hidden Treasures of Norfolk's Secret Sea to be held at Wacton Village Hall at 7.30pm. **For further information phone 07754214964**



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and get involved in the Long Stratton Community Christmas Event 2026.

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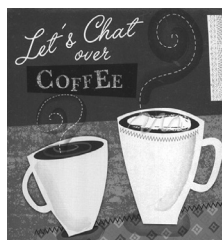
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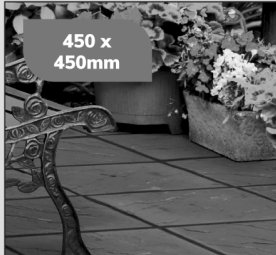
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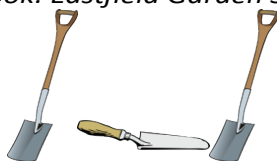
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Our PPG is made up of a group of volunteer patients and practice staff who work together to improve the services and experience for everyone at the practice. Our group meets regularly to discuss ideas, provide feedback, and support the practice in delivering the best possible care.

We are looking for patients who are willing to take on an active committee role. This means going beyond simply attending meetings, we want passionate, engaged individuals who are prepared to:

- Attend regular PPG meetings (approximately 8 times per year)
- Take on a named role such as Chair, Vice Chair, Secretary or Member Representative
- Help plan and run patient surveys, health awareness events or information sessions
- Act as a voice for your fellow patients, gathering views and feedback
- Collaborate with the practice team on improving services and communications
- Contribute ideas and help implement agreed actions between meetings

We are particularly keen to hear from people who:

- Are passionate about improving local healthcare
- Represent a broad range of ages, backgrounds and experiences
- Can commit time and energy to making meaningful contributions
- Are willing to listen to others and work collaboratively as part of a team

If this is you, and you are interested in joining us as an active committee member, please register your interest as soon as possible by either:

- Completing the expression of interest form available at reception, or speak to a member of the reception staff
- Emailing us at longstrattonppg@gmail.com (please use this email if you also wish to have more information on the PPG) Join us and help us build a stronger, more patient-centred practice for everyone.

We look forward to hearing from you.

Martin Lander
PPG Chair

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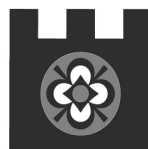
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10 No LSTC meeting in August.	11 Community Sing Wacton Village Hall 1900 Lets chat see p14 Pilates - Hempnall Village Hall see p29	12 Chatter& Natter Long Stratton Leisure Centre 1300-1500 Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406	13 Pilates - Wacton see Lunch Club 12 Long S Congregation Call 0796871 Tharston& Wacton V 7:30
17	18 Community Sing Wacton Village Hall 1900 Lets Chat St Mary's Church 10:00am to 12:00pm Pilates - Hempnall Village Hall see p29 Coffee Morning Wacton Village Hall 10.30am	19 Chatter& Natter Long Stratton Leisure Centre 1300-1500 Cup of Hope Pavillion community Room 08:50am - 11:30am Long Stratton & District W.I LS Village Hall 7:30pm	20 Pilates - Wacton see
24	25 Community Sing Wacton Village Hall 1900 Lets Chat St Mary's Church 10:00am to 12:00pm Pilates - Hempnall Village Hall see p29	26 Chatter& Natter Long Stratton Leisure Centre 1300-1500 Lions Club Meeting Phone Roy Woodhouse for details on 01508 531406 Cup of Hope Pavillion community Room 08:50am - 11:30am	27 Pilates - Wacton see

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		1 Steam Cafe Open Mic Night See p8	2 Hope church Service St Mary's Academy 10:30am.
on Village Hall p31	7 Wacton Social Club open 7.00pm - 11.00pm with Bingo Forncett Festival See p8	8 Wacton Church Coffee Morning 1030am. Forncett Festival See p8	9 Hope church Service St Mary's Academy 10:30am. Forncett Festival See p8
n Village Hall p31 2:00 - 2:00pm Stratton al Church Hall 6698 to book District W.I. illage Hall 0pm	14 Tuck shop Long Stratton Community Centre 3:00pm - 5:00pm	15	16 Community Family Breakfast 9:45am at Long Stratton Congregational Church Hall Hope church St Mary's Junior Academy 10:30am see p19
on Village Hall p31	21 Wacton Social Club open 7.00pm - 11.00pm pool,darts etc	22	23
on Village Hall p31	28	29	30

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These are just some of the lovely testimonials we received after our recent Summer concert, which was a real challenge for everyone involved, in such extreme heat!

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"First time seeing you. What a joy...a must see!"

"It was an incredible concert"

"Amazing range of sound and harmony. Really enjoyable experience for a complete novice"

If you want to join us, we have a Come and Sing! Workshop on Saturday 15th August from 10am – 4.30pm at St James Village Hall, St James, IP19 0HP. Tickets are £10 plus £5 for soup and a roll. Please contact amanda.fletcher111@gmail.com to book your place.

Our Autumn term begins on Monday 7th September and rehearsals take place on Monday nights between 7.30pm and 9.30pm at Harleston Road Church, Harleston, IP20 9BH. **Please see our website www.harlestonchoralsoc.org.uk or contact Caroline Rodbourne on 01986 782545**

A new free weekly food waste collection service is rolling out across South Norfolk, helping households reduce waste and recycle more food. The service is being introduced in two phases:



Phase 1: Collections start week commencing 27 July 2026

Phase 2: Collections start week commencing 28 September 2026

Not all households will begin at the same time. Residents can check which phase they are in and find their collection start date using the postcode checker on the Council's website. Before collections begin, households will receive a leaflet with further information, along with a kitchen caddy, outdoor food waste bin and liners.

The new weekly service can be used for all food waste, including peelings, leftovers, tea bags, coffee grounds, meat, fish and bones. Food waste will be collected on the same day as rubbish and recycling collections, using a separate vehicle. Collected food waste will be recycled into renewable energy and nutrient-rich fertiliser, helping to create a cleaner, greener South Norfolk.

Find out more and check your collection start date at:

www.southnorfolkandbroadland.gov.uk/food-waste-south-norfolk

Grief and loneliness

Mother Teresa said that loneliness is the 'Leprosy of modern society'. It is ironic that even though we have more ways than ever to communicate with others, almost a quarter of adults regularly experience loneliness. The rates are higher amongst younger adults.

TV, internet and social media have made many of us so self-contained that face-to-face interactions can sometimes feel awkward and difficult.

The death of a loved one can make many people feel they want to withdraw from others and hide away with their pain. Grief can be isolating as we struggle to process our feelings alone, not wanting to burden others or show the depth of our sorrow.

Even if we live with others, we can still be lonely for THAT special person and the closeness we shared, suddenly, there are big gaps in our life.

For those who have lost a partner, coming home to an empty house can feel unbearable, many particularly struggle with long, dark winter nights: TV or radio can help to fill the silence.

Turning to alcohol can be a natural response to loneliness. In moderation, it offers relaxation and an outlet for stress. However, it is important it doesn't become a crutch and an avoidance strategy for facing real emotions.

Many find support and comfort in faith, friendship, a job or volunteering & interests and hobbies. We can never replace what our loved one brought to our life but finding the right coping strategies can be a way of filling the loneliness with connection, purpose and fulfilment.

Engage in regular physical exercise- walking outdoors, gardening, join a gym, sports club or exercise class. Volunteer in a local charity or get involved in community initiatives

Pet ownership can be beneficial and therapeutic. Dog walking is good exercise and a great way to meet people. Pets are wonderful company giving us a reason to get up in the morning and a friendly welcome when we get home.

Take up or re-engage with a hobby. Meeting like minded people is a great way to build connections. Organisations like The university of the Third Age (U3A) offer regular talks, meet ups and outings for the retired community.

Book groups, choirs and art/craft classes are a great way to meet people & 'Men's sheds' offer friendship and practical projects to get involved in.

Perhaps consider talking to a counsellor or wellbeing professional – there are many private options or your GP will be able to refer you.

Join one of Rosedale's Bereavement Support Groups- all groups are confidential and offer a place to talk and connect with others who are also grieving. **Call 01379 640 810** to reserve your free place.

This article was written by Sarah Howard, Rosedale Funeral Home Bereavement Support Group Facilitator

BEN GOLDSBOROUGH MP

I am pleased and incredibly humbled to share with you that I have been elected unopposed by my colleagues to serve on the House of Commons Environment, Food and Rural Affairs (EFRA) Select Committee, marking an important new chapter in my work in Parliament and as the MP for South Norfolk.

Select Committees play a vital role in holding the Government to account. They scrutinise policy in detail, gather evidence from experts and stakeholders, and make recommendations on how legislation and policy can be improved. The EFRA Committee has responsibility for a wide range of issues that are particularly important to our neck of the woods, including farming, food security, environmental protection, animal welfare, flooding and the future of our rural communities.

As we are a predominantly rural constituency, South Norfolk has a strong stake in the work of the Committee. Our farmers, food producers, businesses and residents are directly affected by decisions made in these areas, and I am looking forward to ensuring that the voices of our communities are properly represented in Parliament.

On Tuesday 23 June, it was a real privilege to make my first appearance on the Committee following my election. The session focused on the growing threat of wildfires and the challenges they pose to communities, landowners and emergency services across the country.

I opened the evidence session by questioning expert witnesses about the risks that wildfires present to rural areas and the need to ensure our communities are properly protected. In doing so, I highlighted the importance of safeguarding South Norfolk's natural and historic environment, including our farmland, ancient woodland, the Broads and heritage sites such as Venta Icenorum.

The discussion was particularly timely given the recent periods of exceptionally hot and dry weather experienced across the country – reaching highs of 38C in Long Stratton that same week. As climate patterns change, it is increasingly important that Government, local authorities and emergency services are prepared for the challenges these conditions can bring.

If you would like to read more about my first appearance on the Committee and watch clips of my contributions, please feel free to check out my recent blog post, which you can access here: <https://bengoldsborough.co.uk/f/bringing-south-norfolks-voice-to-efra>

Serving on the EFRA Committee provides an opportunity to influence national discussions on some of the issues that matter most to South Norfolk residents. From supporting British agriculture and strengthening food security to protecting our countryside and improving environmental outcomes, the Committee's work has a direct impact on communities like ours.

I am looking forward to playing a role in the Committee's work over the months ahead, scrutinising Government policy, questioning ministers and experts, and helping to shape the future of farming, food, nature and rural affairs.

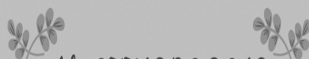
Most importantly, I will use this opportunity to continue making the case for South Norfolk and ensuring that the needs of our rural communities are heard at the heart of Government. #

Ben Goldsborough MP

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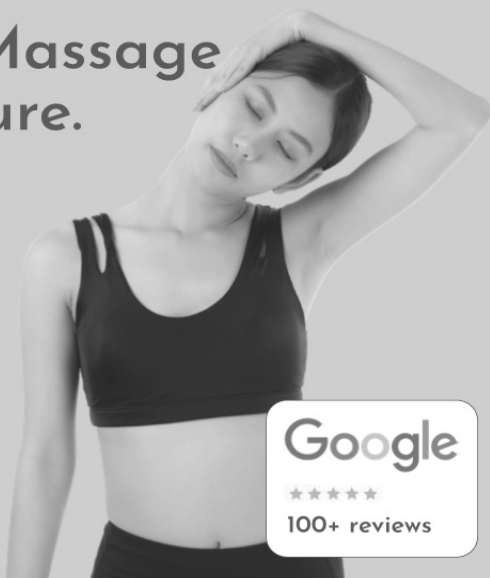


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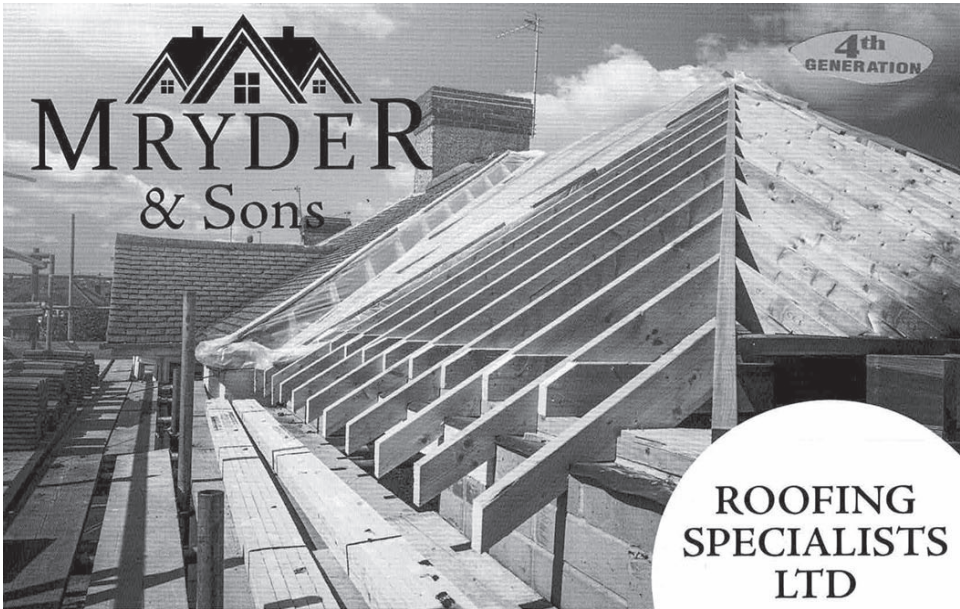
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Local Walk

Tivetshall

On a sunny Monday morning, ten of us set off to drive to Tivetshall. We parked near St Margaret's church, standing alone in the countryside, and set off up the road. The combine harvester in the distance was whirring in a cloud of dust over a dry field. It hadn't rained for weeks and was going to be a scorcher of a day. Soon we'd turned left down a footpath at the side of a field. Ripened barley, oats and oil seed rape awaited harvesting on either side of us as we followed the pylon line. A little yellow-hammer bird trilled his best and a welcome cool breeze followed us. Long, bright red and grey trains whizzed past to Norwich or London sounding their horns. A few white butterflies were fluttering over the pink bramble flowers and fruits were setting. A reminder to come back to pick blackberries next month. The tower of St Margaret's church had been visible through the trees as we circled around but we left it behind and walked through Grove farm where a shiny tractor was about to start work. On the road we enjoyed the shade of the trees and reached for our water bottles as the temperature climbed to thirty degrees. Cyclists from Bike Active Norfolk called out happy greetings as they pedalled past. We were glad our leaders knew where we were

because the country roads can look much the same. What a surprise when we came across the ruins of St Mary's church and we realised we'd been here on a previous walk. The visitor's book is in a black box at the entrance to the roofless church. It is said that vibrations from a low flying aeroplane caused the tower to collapse into the nave in 1947. Bits from this church were taken and incorporated into St Margaret's church. We stopped on the shady lane behind the church to refill the wildlife water station. A much needed respite for animals in this hot weather. We soon came out onto a residential road and could admire the cottages and houses before we got to the village green and sign. Wonderful to hear the swifts screaming above the houses and a local honey stall attracted a buyer. The BikeActive Norfolk crew were at the village hall with a variety of bicycles for disabled cyclists and we stopped for a chat, although no time for tea, and donated to their good work. Saying our goodbyes to them we battled the tall oil seed rape and thistles of the next footpath across a field. We were soon back at our cars but before we returned to Long Stratton we decided to look inside St Margaret's church. Here candles at the ends of the pews must make for atmospheric Carol services. We admired a huge wooden tympanum with Elizabethan Royal Arms painted in 1587 above the rood screen. Thanks to Colin and Christine for organising our interesting 3.6 mile walk today. Anyone who wishes to join us on a slow walk in the countryside should meet us on the first Monday of the month at the toilets in the Co-op car park at 10am.



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9th August	09:45am - Holy Communion - Tharston, St Mary 11:00am - Holy Communion - Stratton, St Mary
16th August	09:00am - BCP Holy Communion - Stratton, St Michael 11:00am - Service of the Word - Stratton, St Mary
23rd August	11:00am - Holy Communion - Stratton, St Mary
30th August	10:30am - United Benefice Service - Holy Communion - Wacton 11:00am - Holy Communion - Stratton, St Mary

Congregational Church

2nd August at 10:45am – Family Service incl. Holy Communion - David Moore

9th August at 10:45am – Family Service - Trixie Dye

16th August at 09:45am – Community Family Breakfast
10:45am – Family Service - Joy Southam

23rd August at 09:45am - Prayer Meeting
10:45am - Family Service - Steve Adcock

30th August at 10:45am - Family Service - Rev Malcolm Simpkin

Hope Church

2nd -10:30am - Service for all ages -St Mary's Junior Academy NR15 2UY **See p 37**

9th -10:30am - Service for all ages -St Mary's Junior Academy NR15 2UY **See p 37**

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