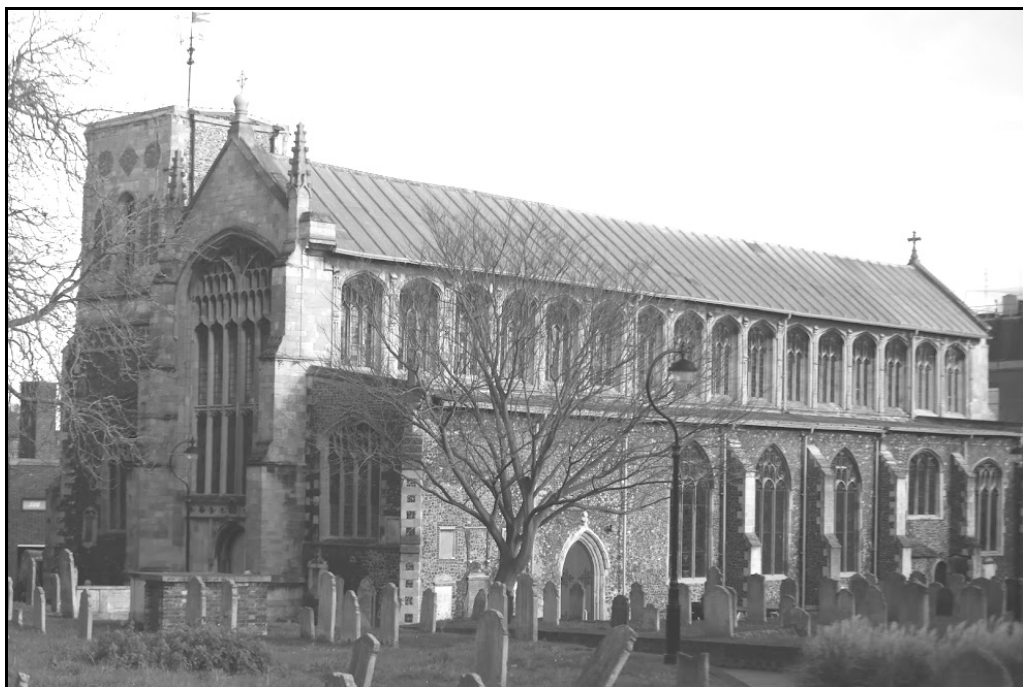


The Good Vyker of St Stephen's - Richard Caister

Not many people in Norfolk have heard of Richard Caister. The hope is that this will change dramatically in 2020, six hundred years after his death, with a year long celebration of his life and times called "Grant Me Grace - The Richard Caister Project", organised by St Stephen's Church in Norwich. He was vicar of St Stephen's Church, pictured below, from 1402 - 1420, which is when he died.



A series of talks from local historians starts on 19th February with Sally-Anne Lomas from Rockland St Mary, well-known freelance television producer, laying a strong foundation with a look at medieval Norwich. This will be followed at roughly monthly intervals with seven further talks, the second on 26th March by the local historian Frank Meeres on "Richard Caister - His life and Times".

So who was this relatively unknown contemporary of Mother Julian of Norwich: someone else whose importance was only realised fairly recently? Known during his lifetime as the Good Vyker of St Stephen's in Norwich, Richard Caister was both priest and poet. All that is left of his many writings are his will and a 14 stanza metrical prayer. What can be gleaned from these is that he was a man of and for the people, and certainly one whose life deserves to be celebrated. Unusually for that time, he wrote in English not Latin.

In the spring half-term on 19th February, there will be a workshop for children on medieval life in Norwich with the opportunity to dress up in medieval clothes, handle artifacts that are hundreds of years old and learn what life was like in fifteenth century Norwich. Richard may not be well-known now but in the years following his death, his grave in the chancel at St Stephens became a place of pilgrimage with people travelling here from as far away as London. This is known because medallions, or pilgrim badges, showing him preaching have been found there and across the south-east.

A second workshop will be held on the summer half-term on 27th May, enabling children to make their own pilgrim badges and to find out more about the medieval phenomenon of pilgrimage. Both workshops will be staffed by people from the Castle Museum and run from 10 am to 3.30 pm at St Stephen's.

As well as an exhibition in the church, there will also be the inauguration of a two hour medieval pilgrimage path around the city, starting and ending at St Stephen's. This works alongside a booklet of meditations based on a re-working of his prayer. On 6th June there will be a special evening with the Reverend Dr Malcolm Guite, himself a poet and priest like Richard.

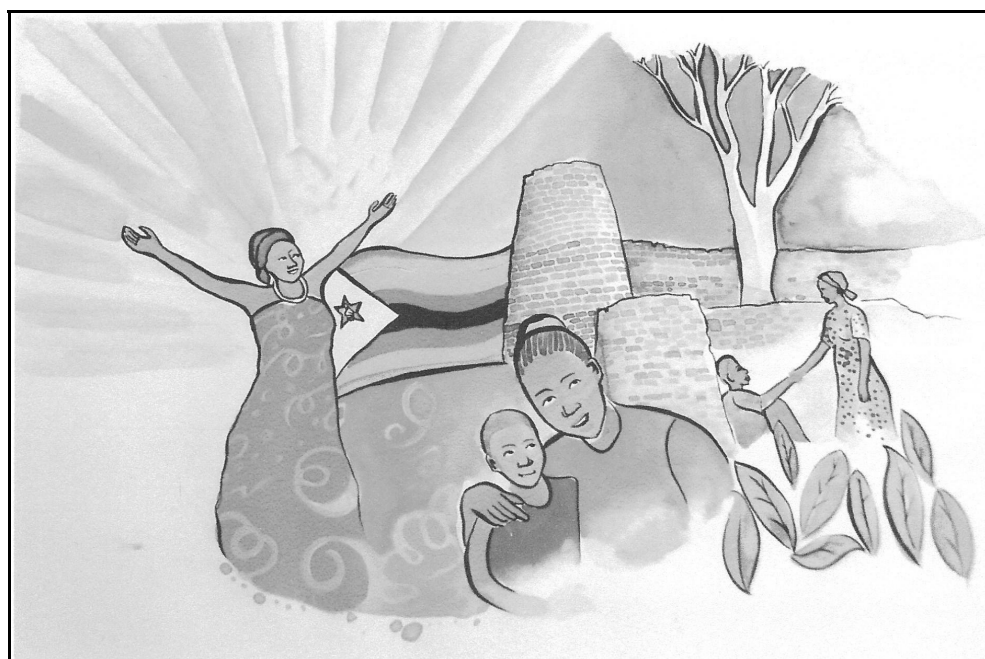
To wind everything up, there will be an evening service on 11th October featuring Richard's metrical prayer, together with songs and music written by present and past members of St Stephen's, at which the Bishop of Norwich will preach.

Have a look at the website for the full programme. The Richard Caister Project is sure to cement Norwich as one of the most important medieval cities in Northern Europe. Come and find out why!!

www.ststephensnorwich.org/the-caister-project/

Women's World Day of Prayer

The World Day of Prayer - a women led, global, ecumenical movement - is on **Friday 6th March**. This year the service is entitled "Rise! Take up your mat and walk" and has been prepared by the Christian women of Zimbabwe.



Local services will be held at Ashby & Thurton Village Hall at 10.30 am (children's corner and refreshments) and at St John's Church, Loddon at 7pm. All welcome.

The Bramerton Clinic

www.bramertonclinic.com

All health problems (acute or chronic) addressed in a caring and completely natural manner.

Homeopathic, Bach Flower, Herbal, Supplement & Dietary Advice

For appointments or further information, please contact:

Elaine Smith LCPH (London), FBIH, MHMA, RMANM, BFRP.

Course Director of Dip. Hom. for Association of Natural Medicine (information available for prospective students)

The White Homestead, Bramerton
Norwich, Norfolk, NR14 7DP

Tel: 01508 538215

Ample parking available,
ems@bramertonclinic.com

Sarah Wyatt

Jewellery Maker

sarahbu1@hotmail.com
07949661468 / 01508 538059
www.etsy.com/uk/shop/SarahWyattGems

- Bespoke gemstone, birthstone and bridal pieces
- Repairs, restringing, alterations
- Beading parties children/adults

BA Hons, MA French Tutor

sarahbu1@hotmail.com
07949661468 / 01508 538059

- Friendly tuition tailored to individual needs
- All ages including Key Stage •1-3 / GCSE / A Level
- One to one and group sessions for home schooled children

La Belle Heather

SRH

HAIR STYLIST

Friendly service

Individual attention

Heather is working
from her home

WESTFIVE, MILL ROAD,
BERGH APTON, NORWICH
NR15 1BQ

TEL: (01508) 480459

PEARL'S POOL

Rockland St Mary Time Share Swimming Pool

1 HOUR SWIMMING SLOTS AVAILABLE

WATER VERY WARM TO SUIT BABIES
AND SENIOR SWIMMERS

TABLE TENNIS AND CHILD PLAY AREA

Ring Pearl on

01508 538711

www.pearlspool.co.uk

Email: pearlspool@hotmail.co.uk

CLOSED SUNDAYS



HELEN SAPEY MSSCh. MBChA
QUALIFIED SURGICAL CHIROPODIST
VISITING PRACTITIONER
Registered Member of the British Chiropractic Association

Call: 01508 480137 or 07765620561
for a home visit

ADEPTA ACCOUNTANTS

Fully qualified to deal with Probate and Will administration

Did you know that it's not just solicitors or banks that can be professional executors, help administer your will or gain probate? Certain accountants can too.

Why use an accountant for probate and will administration?

- We are experts in dealing with HM Revenue & Customs
- We have regular contact with clients so understand their financial situation
- We understand tax law so can help plan your estate in advance

Call us today for a free chat to see how we can help

Unit 3 Hill Farm | Kirby Road | Kirby Bedon | NR14 7DU

Jacquie@adepta-online.co.uk

**01508
537024**

Enjoy the holiday of a lifetime
in our luxury villa in

FLORIDA

Close to Disney World, Universal Studios
and all of central Florida's attractions.

Luxuriously equipped throughout - own
swimming pool, 4 large bedrooms (sleeps
8-9 comfortably), 3 bathrooms (2 en-suite),
5 bedded villa also available.

We can advise you on every aspect of your
holiday from flights to attraction tickets.

ONLY £490 per week

(All year round villa rate) Rate based on 2 week stay

Contact: Jilly or Stephen Gibling

01508 480608

www.gibling.com

*Equates to 10% discount off normal villa rates

Reflexology by Deborah Albrow

T. 01508 538810

M. 07846 469091

deborah.albrow@outlook.com

Mobile Service Available
Appointments

Karlton House, Mill Road,
Surlingham, Norwich, NR14 7AF



Angie

The Hollies Classroom Loddon

www.loddonnurseryschool.co.uk

Open 8am - 6pm
for 0 - 5 year olds

Funded places available

Full and part days available

Holiday club for 2 - 9 year olds

Please telephone Jayne White
for further information
or to arrange
a visit

01508 520286

info@loddonnurseryschool.co.uk



Website Design

Professional Website Design
and PC Support Services
from PSLWeb.co.uk

- Low-cost website hosting,
- Domain name registration,
- Search engine optimization,
- Content Management,
- PC support, help and training.

Call now for a
free no-obligation
consultation and quote

01508 491622

www.pslweb.co.uk

21 Cherrywood, Alington, NR14 7NJ

Tiled floors
cleaned
and
polished



CRB
checked
Trusted
Trader

1st Aardvark

Professional Upholstery &
Carpet Cleaning

Carpets, Rugs, Furniture, Curtains,
Vinyl Flooring, Deoderising,
Shielding, Patios, Pressure Washing,
Domestic and Commercial

Competitive Rates
Fast Reliable Local Service

01508 495064

07733 213840

jamie@1staardvark.co.uk

www.1staardvark.co.uk

THURTON & ASHBY ST MARY PRE-SCHOOL

FANTASTIC OUTDOOR
PLAY including a
Woodland area to
explore and indoor
activities too for your child
2 - 4 years.



"The outdoor environment is exciting,
stimulating and interesting for children.
They show high levels of involvement and
sustained learning in a wide range of
activities." Ofsted 2017

Come and visit us

Rated GOOD by Ofsted
Village Hall, Thorton NR14 6AX
Sandra (01508) 480545
www.thortonpreschool.co.uk
Find us on Facebook

Waterworks Motor Company

Professional and friendly family run car sales

We stock a wide range of quality cars all with 6 months warranty

Part exchanges welcome

We also offer a bespoke service to source specific vehicles

Located in the village of Surlingham

01508 538908

5* reviews and recommendations

find us on facebook @waterworksmotorco

waterworksmotorco@outlook.com

ROCKLAND

WINDOWS, DOORS & REPAIRS



Replacement
'uPVC' 'Wood'
or 'Aluminium'
Windows
and Doors etc

Replacement sealed units
Insurance work undertaken

FASCIAS * BARGEBOARDS
GUTTERING * CLADDING
SOFFITS & DOWNPIPES

All Carpentry work and roof repairs

Mark Clayton, 87 The Street
Rockland St Mary, Norwich

Tel: 01508 538757

Mobile: 07710 124949

Roy Flowerdew - 1927 - 2019

It can be almost impossible to predict how many people will attend a funeral but of one thing there could have been no doubt, for Roy Flowerdew's funeral on 23rd December the church would be full.

Roy was born in Repps on 7th November 1927. After attending the local primary school, Roy was awarded a scholarship to The Norwich School, but opted to decline it, choosing instead to attend Paston Grammar School in North Walsham. Roy recalled his dislike of being a 'Train Boy', one of the many students travelling to school by train - a dismal experience on miserable winter mornings - on a rail link that has long since disappeared. At 18, Roy joined the Royal Navy, describing his official role as 'Writer', and recounted having to deal with the idiosyncrasies of an ancient typewriter. However, the duty he took most seriously, and one that made him very popular, was responsibility for the daily allocation of the rum ration!

After his discharge from the Navy, Roy went to Culham College, Oxford, where he studied Theology and trained to become a teacher. His teaching career spanned over 40 years, several schools and hundreds of pupils - often several generations of the same family - and culminated in his becoming the first Headmaster of Hoveton Middle School. Long after retirement, he was still frequently greeted with an exchange that went, roughly, "Hello - are you Mister Flowerdew? - you probably don't remember, but you taught me!" Roy could frequently recall not only the person concerned but also brothers/sisters/mother/father and where they lived.

Though not a shy man, Roy was a modest one. While happy to talk about the achievements of his wife, Jean, and the family, he was never one to shout about his own. It came as a surprise, therefore, to many attending Roy's funeral, to hear that he had been awarded the MBE. Roy was secretary of the Blofield and Flegg Savings Committee when he was named in the 1972 New Year's Honours List. The award was made in recognition of his voluntary public service over many years, helping to establish and co-ordinate numerous local savings groups which then became part of the National Savings movement.

In those far-off days when a visa was still needed for each country, Roy travelled extensively throughout Europe. He recounted forays into Austria, visiting Dracula's tomb in Romania and being served with porridge and cream cheese for breakfast in Slovenia. While travelling in Russia with Jean he was nearly arrested after taking photographs next to a military base. The MI6 files relating to the event apparently remain closed!

During their time in Bergh Apton, Roy and Jean became integral members not only of their village but also the wider community, which benefited hugely from their individual and joint endeavours. Together, they were a formidable and accomplished team.

Roy served variously as Chair of the BA fete and village committees, and as parish councillor. He was a founder member of the Bergh Apton Conservation Trust, helping to draft the Trust Deed, a signatory of the initial Trust land purchase and a Trustee for many years. It was as part of the Millennium Pageant in 2000 that his thespian skills were much in evidence, playing two important character parts. One was a 16th century churchwarden, plotting to hide the figures of the Church's patron saints, Peter and Paul, to avoid their confiscation by the Commissioners acting for Edward VI. All played to great effect in a broad Norfolk accent.

Possibly Roy's greatest contribution to the local community came in his role as Lay Reader. Known and loved in churches across the eleven churches of the Bramerton Group, he delivered countless services, all carefully prepared and with well thought-out sermons. He used stories, humour and his acting skills, to illustrate his talks. Leo Smith in Yelverton, mentions the many times Roy took the Christmas morning service there and nearly always brought a poem in Norfolk dialect to share. As member and Secretary of the Bergh Apton Parochial Church Council, his was a wise, constructive and supportive voice, bringing many years of knowledge and experience to the various matters in hand.

When thinking of Roy, it's impossible not to mention the enormous



contribution made by Jean too; as said before, they were a team. Jean was a talented lace maker, producing the most exquisite work. She was also a keen flower arranger, using her creative skills to good effect in making the church welcoming. Music was a joy for Jean, and she shared her pleasure by regularly playing in local nursing homes and twice every month would play the organ in Bergh Apton church. She inherited her talent and love of music from her father, a violinist, who had been a musician on White Star Line cruise liners. It was only because his friend, Jock Hume, owned a superior violin that Jean's father did not sail on the fateful maiden voyage of Titanic. Following that tragedy, he never went to sea again.

It was a generous donation from Roy, made in memory of Jean's years as organist, that enabled under-pew heating to be installed in Bergh Apton church last March, a year sooner than expected - but on the condition that the organist's bench be included in the planned installation. Restricted by Diocesan regulations and a single-phase electrical supply, the church is still not quite as cosy as the congregation might like but Jean would be pleased to know that, thanks to Roy's bequest in her memory, things are quite toasty for our organists!

Two years after the devastating blow of Jean's death in May 2014, Roy moved to Filby, where he could be closer to the support of his family. Once settled, he used his farewell gift from the Thurton Benefice (garden vouchers) to stock his new garden with roses - and he did what he always did; he made friends, forged new relationships, became involved in the Church and, in his own words, 'kept an eye out for the older ones'! It was a constant joy to him that his grand-daughter, Eliza, attended school just yards from his refurbished bungalow and called in to see him several times a week.

Reunited with his beloved Jean, Roy rests now in Bergh Apton churchyard amid the community he enjoyed and who greatly valued



Bergh Apton Church

Ashby & Thurton WI
First Thursday each month at 7.30pm
Alpington, BA & Yelverton TWIG
First Wednesday each month at 7.30pm

Rockland St Mary WI
Second Tuesday each month at 7.30pm
Surlingham WI
First Thursday each month at 7.30pm

Alpington, Bergh Apton & Yelverton TWIG

5th February - From Bed and Breakfast to Bed and Bondage with speaker Susan Dawson.

4th March - Butterfly Gardening with speaker Ian Bedford

This is a very friendly group and always welcomes new members. Meetings are held the first Wednesday of each month at 7.30 pm in Alpington village hall. Outings and social events are also held during the year.

Rockland St Mary & District WI - Formed In April 1920 (Part 1)

This year we shall be celebrating the Centenary of the formation of a Women's Institute in Rockland St Mary. According to the late Mrs Dolly Turner the institute began in April 1920 and her mother Mrs Tooley was one of the founder members. Dolly was only allowed to join in 1926 when she was 18.

The WI was a very new and radical organisation for women, which had begun in 1897 in Canada, and the first one in Britain started in 1915, in Llanfair PG, Anglesey, supported by the Government Board of Agriculture. It was specially for women, run by them, a social and educational movement to revitalise rural communities after the first world war.

Our records show that Rockland's first president was a Mrs Mack who lived at "The Normans", the Vice-President was Mrs H Cooke, the Secretary was Miss M Cooke (later Margaret Mack) and Mr H Cooke was the Treasurer. The Cooke's all lived at "The Old Hall". Meetings were held on the first Wednesday of the month at 2pm in "The Reading Room" (now The Parish Room).

From this early start in 1920 the Rockland St Mary WI has an unbroken history, even during the second world war, when they were involved with many other WIs throughout the country, in producing jam, bottling and preserving fruit and vegetables for the nation, much of it here, done at the Normans Farm. After all, this area had many market gardens and orchards and the government gave them extra sugar rations for this work.

Yes we still meet monthly on the second Tuesday of the month, at 7.30pm in The Margaret Mack Room. We still have the same aims and objectives, as in our National Constitution; based on the ideals of fellowship, truth, tolerance and justice. With education in its widest sense, we are open to all women no matter what their views on religion or politics may be, as we are non-sectarian and non party-political. This still doesn't preclude us from petitioning the Government of the day on subjects which affect us all, be they national or international, through our National Resolution procedure. Fun, friendship and support for one another are our greatest assets. Why not come and find out more? You would be very welcome.

Daphne Howlett.

Future meetings and Events

Tuesday 11th February - "Murder Mystery Hour" with Julie Porter

Tuesday 10th March - "How Singing Makes You Healthier" with Stephen Amer.

Saturday 28th March - "Jumble Sale" 2 - 3.30pm Margaret Mack

Loddon Flower Club

We meet on the 1st Tuesday in the month at St John's Lecture Hall, George Lane, Loddon, Norwich, NR14 6NB, 6-30pm for a 7pm start. Visitors £6, everyone welcome.

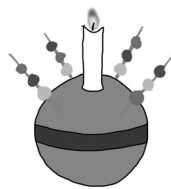
4th February - Food for Thought - Christine Hewson. **3rd March - As the days lengthen** - Helen Bird. A competition for members is held with the same title.
7th April - Attic Attack - Terri Potter

Please contact our Chairman, Tricia Godfrey, on **01508 480522** or email **tricia646@aol.com** for further details. We can also arrange flowers for special occasions.



Melanie and I would like to say a very big **Thank You** for all the many cards, gifts and good wishes we received over the Christmas period. It is impossible for us to thank everyone personally, but please be assured that we are deeply touched by all the kind thoughts and words. We are so privileged to minister in the midst of such wonderful communities.
Fr Chris.

Christmas Christingle Service



St Ethelbert's Thurton was full on Christmas Eve for the Annual Christingle Service. £173 was raised through the collection and this has been sent to The Children's Society to support their work with vulnerable children and young families. Thank you to everyone who joined us for a very special service and who gave generously to such an important cause.

Fr Chris

Gentlemen, you are cordially invited to a

Mid-Day Mardle

An opportunity for men to quench their thirst for good company and conversation, share good food and, perhaps, to enjoy a glass of something.



New members are always given a warm welcome.

Ferry House, Surlingham

Wednesdays February 5th, March 4th, April 1st
(Every month, normally 1st Wednesday)
Anytime between 12 noon and 2 pm

Any questions, please contact David Fairbourn on **01508 538437**, or email **surlingham.midday.mardle@gmail.com**

***** Café Church All Welcome *****

The **PARISH ROOM**, The Street, Rockland St Mary.

With REFRESHMENTS, NEWSPAPERS, BIBLE STORIES, CRAFTS, PUZZLES and GOOD CONVERSATION



FOR ALL AGES

All with our compliments!



Sunday 9th February 2020

Theme: "God's Precious World"

Drop in any time between 10.30 am-12.00 noon

For details, or possible help with transport, please contact Mandy Ansell 01508 538654

***** Café Church All Welcome *****



Community Café

Community Café meets in St Mary's Church, Yelverton on the first Tuesday of the month from 14:30-16:30. All are welcome. Home-made cakes and scones on offer. All monetary donations are given to charities.

In December we took a car load of tins and toys to the Salvation Army plus £75.70, and in January £50 was raised for Sanyu Babies Home.

A big thank you to everyone who has supported these charities and our teas.

4th February - Community Café donations to Bramerton Group Youth Group (BYRUS)



From the Registers

CHRISTENINGS

02/11/19 Amy Eleanor MARTIN Rockland St Mary
24/11/19 Axel GOODRUM Framingham Pigot

MARRIAGES

FUNERALS, BURIALS, CREMATATIONS, INTERMENT OF ASHES

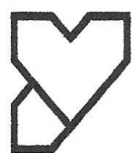
04/12/19	Iris Winifred DYE (89)	Kirby Bedon
05/12/19	Dorothy HARTLEY (80)	Bergh Apton
08/12/19	Joan Mary HEWITT MBE (97)	Kirby Bedon
09/12/19	Audrey HAM (99)	Thurton
11/12/19	Audrey HARVEY (87)	Bergh Apton
13/12/19	Jean FOX (82)	Yelverton
16/12/19	Eileen GOODY (86) (Poringland RC Church)	Bergh Apton
18/12/19	Anthony Reginald HOOD (93)	Bramerton
19/12/19	Philip PURPLE (89)	Yelverton
09/01/20	(interment of Ashes)	
23/12/19	Simon FARROW (63)	Framingham Pigot
	(Interment of Ashes)	
23/12/19	Roy FLOWERDEW MBE (92)	Bergh Apton
08/01/20	Pearl GILBERT (75)	Yelverton
08/01/20	Adrian Michael HORNE (56)	Rockland St Mary

Adrian Horne

We would like to thank everyone who has sent their condolences and cards and attended the cremation of our son Adrian Horne. Also our thanks to Rev Mandy Ansell for the service.

Thank you from Monica and Michael Horne, Matthew, Donna and the Grandchildren.

Editor: Michael was the organist at Rockland St Mary Church.



**Norwich
YOUTH
FOR CHRIST**

Gary Watson, Youth Worker
Norwich Youth For Christ, Mousehold
Hub, 22 Mousehold Avenue, Norwich.
NR3 4RS. **Telephone:** 01603 620678
Website: www.norwichyfc.co.uk

EXPLORERS (each 6pm to 9pm)

Dates: February 7th, March 6th March 20th, April 3rd.

HALO (Youth Club) (each 6.30pm to 10pm)

Dates: January 31st, February 14th, February 28th, March 13th.

Wednesday Fellowship

Wednesday Fellowship is a meeting for ladies and men at Alington and Yelverton Village Hall on 2nd Wednesday of the month. It is open to anyone in the Bramerton Group (or beyond!). We have a variety of interesting speakers, fellowship, tea and cake.

Transport can be arranged within the Bramerton Group. For more information contact Jo Threadgold 492657 or Pat Barter 493570.

12th February - Travels with Paul Binney

11th March - Story of Revd. John Heigham Stegall - speaker Pip Wright

8th April - Norwich Food Bank - speaker Hannah Worsley

Rockland St Mary Christening

Amy Eleanor MARTIN was christened on Saturday 2nd November 2019 at Rockland St Mary Church by Revd Mandy Ansell.



Amy is pictured here with proud parents Paul and Jodi, and big brother Owen. Her traditional christening gown was worn by her great-grandmother (Dorothy Eleanor Barber) 94 years ago!

Dot was at the service and enjoyed seeing her great-granddaughter being christened.

It was a wonderful service followed by celebrations at the Margaret Mack Hall and we would like to thank Mandy for her time and also our friends and family for sharing our special day with us.

Thank You Rev Mandy

Where would we be without Rev Mandy Ansell's huge commitment to our village communities?? We especially owe her a great deal of thanks for her selfless and caring work during the 16 month period between the retirement of Rev John Shaw and the arrival of Rev Canon Nick Garrard and his wife Helen, who were inducted at Surlingham Church on 22nd January.

Whilst we offer them the warmest of welcomes, this piece is to say thank you to one of the pillars of the Rockland Benefice, (made up of Bramerton, Carleton St Peter, Claxton, Kirby Bedon, Rockland St Mary and Surlingham).

Mandy plans and takes the services, chairs PCC meetings in each parish, is a stalwart visitor to those who are ill or in need and is always there with a sympathetic ear and wise counsel for anyone, whether a member of the church community or not.

Living in a village is special, largely because you are part of a community, created and inspired by the many people who willingly give their time, whether to organising the WI, The Gardening Club, The Poor's Trusts, The Conservation areas, the church, or the many other events, groups and societies that we can all enjoy.

Mandy is perhaps the most generous of all those who give their time, an ordained but unpaid priest who cares and whose faith has given her the strength to deal with a huge workload and all the stresses of running a group of 6 parishes during the interregnum of the last 16 months.

We should also remember that the sad passing of Rev Geoff Saunders a few years ago meant that Mandy had already taken on some of his work, and that she also recently covered a long sabbatical taken by Rev John Shaw shortly before he retired. How has she managed it?? She must be delighted that Nick and Helen are now in place!!

Thank you Mandy for all you do for our villages in The Rockland Benefice. By the time this is published we will have presented you with modest tokens of our thanks, which are sincerely offered by all those in the benefice.

David Richardson

Lent Course 2020

The pattern of the evening will be to start the supper at 7 pm this year and discussion at 7.45 pm.
The theme is Characters from the Passion

Date	Venue	Speaker	Topic
Thursday 27th February	Claxton & Carleton village hall	Dr Mary Fewster -	Mary Magdalene
Thursday 12th March	Claxton & Carleton village hall	Revd Canon Dr Peter Doll	The Virgin Mary
Thursday 19th March	Ashby & Thurton village hall	Revd Dr Andrew Sangster	Pontius Pilate
Thursday 26th March	Ashby & Thurton village hall	Revd Canon Nick Garrard	The Passion in Art

Snowdrop Sundays

Enjoy the early appearance of Spring by viewing the magnificent display of snowdrops in the churchyard and surrounding woodlands of Langley Church.



St. Michael's Church, Langley.
Entrance from The Avenues, Langley, NR14 6BL
(Free Admission/Ample free parking)

2 - 4.30pm Sunday 8th, 15th and 22nd February.

Light refreshments available. Organised by The Friends of Langley Church. Proceeds for the heating and lighting fund.

EXTEND provides gentle exercise to music for the over 60s and disabled adults. Our mission is to promote health, increase mobility and independence, improve strength, co-ordination and balance and to counteract loneliness and isolation. Local classes are held at:



Community Centre, Overton's Way, Poringland, NR14 7WB
Monday 10.00 am Registration. Class 10.15 - 11.15 am.

Parish Room, Walnut Hill, Surlingham, NR14 7DQ
Tuesday 2.00 pm Registration. Class 2.15 - 3.15 pm followed by refreshments

Participants are encouraged to increase their mobility and independence by working on strength, stamina, flexibility, co-ordination and balance. The exercise routines, standing and seated, are designed to be fun and encourage social interaction.

EXTEND classes use various pieces of equipment, including Stretch Bands, Weights, Hoops, Balls and Plates, not the breakable variety! Both Ladies and Gentlemen are welcome.

Jennifer Hall (3256) 01508 494443.

Poringland Community Cinema Poringland Community Centre

Friday 14th February - Downton Abbey (PG). Drama
Stars: Hugh Bonneville, Elizabeth McGovern, Maggie Smith

Friday 13th March (12A) -Knives Out. (12A). Whodunnit/Drama
Stars: Daniel Craig, Chris Evans, Anna de Armas

Friday 17th April - The Good Liar (15). Drama
Stars: Helen Mirren, Russell Tovey, Ian McKellen

Tickets £5 (includes tea or coffee) from Poringland Budgens, the Library or on the door. Doors open at 6.45 pm, film starts 7.30 pm.

Buena Vista Social Club Poringland Community Centre

Friday Film Nights: 7th February, 3rd April

Friday 6th March - QUIZ AND SUPPER NIGHT. Book your table NOW for this very popular event. Tickets £8 per person. Up to 6 people in a team. Doors open 6.45 pm for 7.30 pm start.

Please contact Maureen, 01508 494358 or Carol on 01508 492630 for more information and/or to join the social club.

CLEW

During last year there were three writing workshops taken by Hugh Lupton followed by a print making workshop taken by Di Griffiths to illustrate one of our written pieces. Those taking part were Peter Lyle, Phil McCallum, Christopher Meynell, Pat Mlejnecky, Pennie Riches and Pippa Thurlow. The workshops were held with our next event in mind, 'Tom Tiddler's Ground' taking place in Autumn 2020. Our writings together with the prints were put together by Di to make a book we called 'CLEW'.

Tom Tiddler's Ground - workshops in Bergh Apton with Hugh Lupton and Di Griffiths May/June 2019 - A Review

A friend in Bergh Apton told me about the workshops. I'm from Bramerton - across the border you might say - or from another portal perhaps? The email pitch I read was intriguing; "Calling all word weavers, story spinners, writers of rhymes and riddle-me-rees, tricksters with tongue twisters, jugglers of ideas, tellers of tales and word hoarders." Wow!

I'm no stranger to writing workshops: I write regularly with a small group in Norwich. These three, led by Hugh Lupton however, (international storyteller, writer and poet - as if that weren't daunting enough) - were with writers completely new to me, so understandably, I was a little nervous. I knew nothing about print making either, so there were plenty of 'what ifs' in metaphorical bubble icons circling around my head as I made my way to the first of them.

Whenever I write anything, I always have to start by reading something first - a passage from a story that made my heart beat faster; words that shook me to the core - how did the writer achieve that effect? Hugh began by reading from some texts - one of which I happened to be reading myself at that time, Philip Pullman's "The Subtle Knife". The words, brought to life by Hugh's mesmeric voice, relaxed me and I remembered that I love to write, albeit ever so humbly. Hugh then gave us our first steer - portals - and we each of us went off separately into a perfect setting; the garden of "The Vineyard" where, amongst the varied shades of green and tranquil tree shadows, imagination slowly began to wrest free from the restraints of an anxious hand, and settle on the page.

In the second and third workshops with Hugh we explored riddles, conundrums, kennings; thinking in metaphor. We incorporated some of these devices into our compositions, educating a rich vein of literature that nowadays is possibly taken for granted or even ignored when its use is encountered in everyday life. We discussed themes of stargazing: the constellations and patterns that we impose on the night sky, some well-known and others yet to be discovered or imagined. And we listened to some wonderful poetry.

Each workshop brought a new challenge for me but in the company of encouraging and supportive writers, not to mention the excellent hospitality of the host, Pat Mlejnecky, I managed to relax and thoroughly enjoy the experience. Finally, it was the turn of the print workshop.

Throughout the writing phase we had created individual illustrations to accompany our stories and other writings. Now it was time to make lino prints of our designs so that they could be incorporated into the printed booklet. For anyone like me, who has not come across lino printing before, (am I the only one?) the technique is to transfer the design to form a relief surface onto the lino by cutting into it with a sharp knife, V-shaped chisel or gouge, so that the raised areas that are left, represent a reversal of the parts to show when printed. Transferring the line and shape of my very rudimentary illustrations was quite an experience but with a very satisfying outcome.

Here I have to pay homage to Di Griffiths, the artist, who led the workshop. I know I could not possibly have managed without her excellent instruction, calm reassurance, endless patience and huge talent. We all now have a copy of our book, professionally printed and beautifully hand crafted and bound by Di. For me it captures not only the imagination and talent of a group of wonderfully collaborative artists and writers but memories of the whole experience to keep. I can thoroughly recommend writing workshops - for me they provide the most satisfying discourse for my art.

Pennie Riches, Writer

ADEPTA ACCOUNTANTS

Fully qualified, years of experience and on your doorstep

Self Assessment tax returns | Bookkeeping & VAT | Payroll |

Rental accounts | Accounts for sole traders & partnerships |

Limited company accounts & tax returns | Company Secretarial

BIG CHANGES from HMRC for all businesses coming into effect from 1st April 2019 - are you ready for "Making Tax Digital"?

Call us for a free chat to see how we can help

Unit 3 Hill Farm | Kirby Road | Kirby Bedon |
NR14 7DU

Jacque@adepta-online.co.uk

**01508
537024**



Smithson Carpentry Services

Specialist in Carpentry and Joinery,
other property work undertaken

www.smithsoncarpentry.co.uk

email: enquiries@smithsoncarpentry.co.uk

01508 493784

07771658401

John Hurrell & Sons

**Lawnmowers & Garden Machinery
Sharpening, Service, Sales, Spares**



- Power Driven Petrol Mowers
- New & Used Sales
- Hedge Cutters, Chainsaws
- Blower Vacs & All Garden Machinery
- Shear Sharpening Service

CALOR

Calor Bottled
Gas Stockist

COBRA

DANARM
Professional Garden Machinery

gardencare
your pathway to a beautiful garden

HAYTER

STIHL

TORO

Count on it.

Webb

Prompt, Reliable, Professional Service With Over 40 years Experience.
FREE Local Collection and Delivery. Authorised Hayter Stockist and Service Dealer

Old School Building, Kirby Road,
Kirby Bedon, Norwich. NR14 7DS
www.johnhurrellandsons.co.uk

01508 492244

Reliable, Friendly, Family Business

LODDON MOTORTEC LTD

MOT TESTING CENTRE

With the most up to date equipment
plus sound honest advice

*Free retest (within 10 days)



Vehicle servicing and repairs

Experienced technicians qualified to level three
and above for servicing and repairs to a high standard.

TYRES DIRECT A huge range of makes and sizes
direct from one of the largest national suppliers daily.



**ASSURED
QUALITY**



LODDON MOTORTEC LTD
MATHEW ELLIS
LITTLE MONEY ROAD LODDON

TEL 01508 521949

Trevor Myhill

Painter & Decorator

Over 25 years experience

(01508) 480657

FREE ESTIMATES GIVEN - NO JOB TOO SMALL



Home Design

QUALITY FITTED KITCHENS & BEDROOMS

BESPOKE LOCALLY MADE QUALITY FURNITURE FITTED BY LOCAL CRAFTSMEN



FITTED FURNITURE AND FITTINGS FOR YOUR
KITCHEN, BEDROOM, HOME OFFICE & PLAYROOM
ALL STYLES, 100s OF DOOR COLOURS & FINISHES
LAMINATE, SOLID WOOD, CORIAN, GRANITE AND
QUARTZ AND COMPOSITE WORKTOPS,
KITCHEN REFURBISHMENTS, DOORS, WORKTOPS
APPLIANCES, SINKS AND FITTINGS
COMPLETE PROJECT MANAGEMENT
COMPUTER AIDED DESIGNS
FULL INSTALLATION SERVICE, ALL TRADES
FREE NO OBLIGATION QUOTATIONS
FRIENDLY, RELIABLE. FAMILY RUN BUSINESS

01508 538691 www.homedesignnorfolk.co.uk

E mail: robin@homedesignnorfolk.co.uk

Rockland St Mary

EST 1991

R.B. COPPING FUNERAL SERVICE

Independent Family Funeral Directors Since 1935

For Personal Attention with Dignity and Respect

Private Chapels of Rest

Memorials & floral tributes supplied

Pre-paid funeral plans available



125 The Street, Poringland,
Norwich, NR14 7RP
Tel. 01508 494434

56 Langley Road, Chedgrave,
Nr Loddon NR14 6HE
Tel. 01508 521159

www.coppingfunerals.co.uk



Village News

Alpington & Yelverton

Twelve Days of Christmas - Twelve Days of Joy

As soon as our Churchwarden and Flowers Co-ordinator Liz Bloomfield first suggested a Christmastide Flower Festival at St. Mary's, Yelverton, the idea caught on among the PCC and our team of flower arrangers were immediately on board. A flower festival over the twelve days of Christmas would, we hoped, bring to people's attention the fact that the Christmas season actually begins on Christmas Day, and not sometime in November, would avoid the mass of events and festivities that go on before Christmas Day, and would enable those who were enjoying a Christmas break to come, before work began again in earnest in January.

The theme of the 'Twelve Days of Christmas' offered a variety of possibilities for flower arrangements, and imaginations ran wild. The fact that our normal flower decorations would be in place for the Carol Service on the 22nd December meant that we had nearly three days for the installation of the twelve major displays, and could open after the service on Christmas Day. We are very grateful to Rev. Chris Ellis for being prepared to celebrate Midnight Mass around the installations!

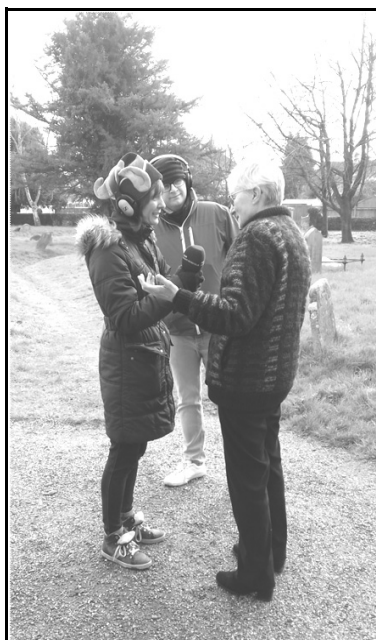
We decided that two charities with a strong local interest, EACH and The Matthew Project, would share equally with St. Mary's any money raised, and that the whole event, both the Festival and the refreshments - for our refreshment team staunchly produced an endless supply of food over the twelve days - would be offered freely, with opportunities for donation, and this meant that those manning the church could concentrate on welcoming and sharing with our visitors without any suggestion of charges.

Manning the church was done both by members of the congregation and the wider village community. Leo Smith made a special 'Twelve Days' quilt as a raffle prize, and this caused plenty of interest and comment, as well as adding significantly to our fund-raising. Everyone involved feels that the whole event was most joyful and positive. Even on Christmas Day there was a steady stream of visitors, a few at a time, which made it possible to welcome everyone and keep up with providing coffee, tea, hot chocolate etc.

Over the twelve days there were hardly any empty moments, and we welcomed visitors from all round the local area and as far as Gorleston, Lowestoft, and north of Norwich. Some people came more than once, with different family members or friends, and all thoroughly enjoyed the displays, refreshments, and atmosphere. Many were surprised that the whole event was done by people from the village, and we were delighted to draw to their attention the talent that exists in our villages. A number of visitors were interested in the history of the church, and we handed out plenty of guide books.

We had offered to be a clue holder for Radio Norfolk's Treasure Quest, and on 29th December we held the 'Treasure', which Julie Reinger, managed to get to with six minutes to spare. This publicity brought in more visitors, and interest continued right through until closing time on the 6th January.

Our grateful thanks are due to the teams of flower arrangers, 'constructors', bakers, manners, and helpers - not least those who came to help us dismantle the displays on Monday afternoon. We really felt that we were blessed, as everything went to plan and all those involved were stimulated and encouraged, rather than exhausted, by the experience.



Mary Fewster speaking with Julie Reinger from Radio Norfolk's Treasure Quest

Our pleasure was added to by the generosity of our visitors: we had anticipated something in the region of £600-£700, hoped for £1,000, and actually raised the magnificent total of £1,680, enabling us to give a meaningful donation to each of our chosen charities.

The draw for the quilt was made by one of the speakers at our Wednesday Fellowship meeting on 8th January, and the winner of this lovely item was Janice Dix. Thank you to all who came, enjoyed, told others, and contributed to these twelve days of joy.

Mary Fewster

Alpington and Yelverton Parish Council

Alpington and Yelverton Parish Council are holding their Annual Parish Meeting at Alpington and Bergh Apton V.A C of E Primary School on Monday March 16th at 7.30 pm.

You are invited to come along and find out what the P.C do, their responsibilities and projects they have been involved in and plans for 2020.

If you are part of a local group that meets in the village and would like to tell others about it you are welcome to come and have a small display area. Please contact: Clerk.alpington@gmail.com to book a space.



Alpington & Yelverton History Society 2020 programme

Alpington & Yelverton village hall, Church Road,
Alpington NR14 7NU

- Tuesday 10th March** - Norwich Castle Gaol, speaker Colin Howey
- Thursday 14 May** - Day visit to Great Yarmouth for a guided walk of The Rows. Coffee stop. Lacons Museum. Late lunch.
- Thursday July 16th** - Afternoon. Poringland. Walk and talk to learn about the development of our near neighbour with Mike Fordham and Richard Gooderham. Refreshments to follow.
- Tuesday 8th September** - History of Anaesthesia.
- Tuesday 10th November** - Award winning author Phyllida Scrivens tells us about the Lady Mayors of Norwich.

**Everyone is welcome to join us at 7.30 pm.
Guests £3. Refreshments served.**

2020 programme for Bergh Apton & District Society

Bergh Apton village hall, Cooke's Road, Bergh Apton,
Norwich. NR15 1AA

All meetings start at 7.30 pm. £3. Raffle. Light refreshments.

- 12th February** - Angela Bishop Tradesmen & Street Sellers
- 11 March** - Graeme Simmonds History beneath your feet
- 8th April** - Tony Diamond Chocolate
- 13th May** - Terry Holloway Chocks away!
- Break**
- 9th September** - Meet Miss Whiplash
- 14th October** - Clinks Care Farm Farming on prescription
- 11th November** - Juyna Lewis Merry Christmas All

Village News

Ashby St Mary & Thurton

Ashby & Thurton Village Hall & Playing Field 100 Club. Thank you to all who support our 100 Club. This helps with much needed funds for Our Village Hall. We will be asking those of you who wish to participate in 2020 for your contribution in February. The winners for December were 31 - C Brown and January 99 - H Sapey. The winning amount each month is £40 with an extra £120 in November.

Painting of the Village Hall. Painting of the village hall has finished. A big thank you to The Norfolk and Suffolk Community Rehabilitation Company.

Community Café. Our community café will be open on the 2nd Monday of each month from 2pm -4pm. Future dates are as follows: **13th January, 10th February, 9th March.** Everyone is welcome!!! We offer soup (in the colder months), savoury snacks, cakes, hot and cold drinks and activities. If you are waiting to pick up children from school, why not pop in and see us, come long after school. We look forward to seeing you.

We would like to purchase more comfortable chairs for the hall so we are launching "Sponsor a Chair". Sponsorship costs £15 per chair or £20 if an individual wishes to have a personal acknowledgement / memorial placed on the back of a chair. If anyone is interested please contact . Carol Powell 01508 480089

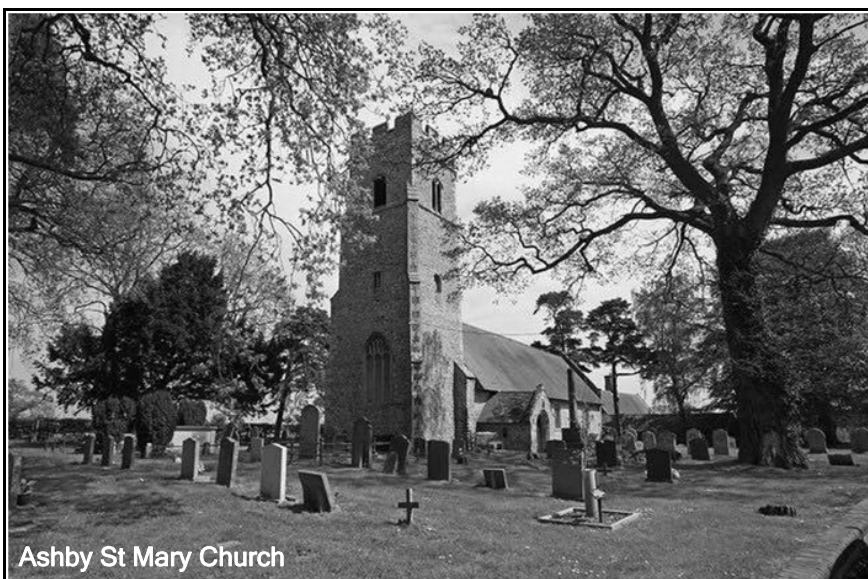
Treasurer Required. A treasurer is required for Ashby and Thurton Village Hall Committee. Meetings are once every other month at the hall in Thurton. There will be a hand over from previous treasurer. If you are interested please contact:- Carol Powell, telephone: 480089

Short Mat Bowls. A reminder of our short mat bowls sessions in the village hall; beginners are welcome, every Wednesday between 2pm and 4pm for friendly games and a cup of tea with a biscuit or two.

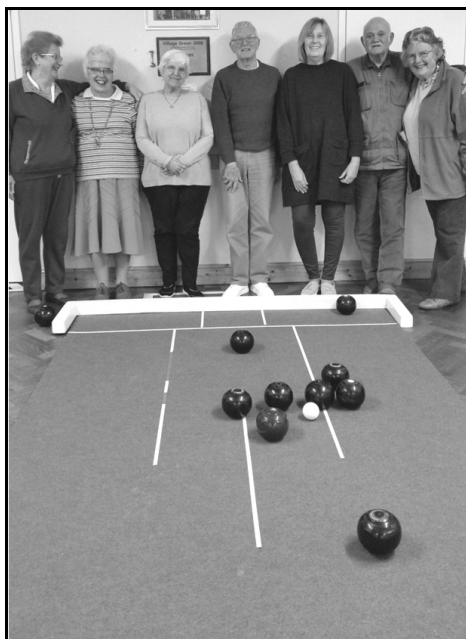
Our Next Fund Raiser is our Easter Quiz with Fish & Chips. Our Easter Quiz will be on **Saturday March 21st** at the village hall, 7 for 7:30pm. Please bring your own drinks and glasses. Tickets are £13pp. Please contact Carol Powell for tickets.

Booking Clerk. Just a reminder our booking clerk is Laura Vaissiere 01508 480773 or at ashbythurtonvillagehall@gmail.com

Parking at the Village Hall. Could we please ask that you avoid parking on the playing field during the current wet weather to avoid damage to the ground and grass. We would like to give it time to repair. Thank you in advance for your co-operation.



Ashby St Mary Church



Bergh Apton

Adrian Ing at Bergh Apton

Was this the first occasion in Bergh Apton Church's near thousand years of existence that the Jewish Kippah (skull cap) and Tallit (shawl) had been worn inside?

A Chasm, a Bridge across it, a new Pathway laid out and a stroll across. Adrian Ing, former Chairman of the Norwich Council of Christians and Jews, visited Bergh Apton on 15th December to provide an introduction to Judaism to the congregation. Adrian is now retired from a lifetime as a cancer nurse. During his training at the London Hospital he boarded with a Franciscan Community of monks, so is unusually experienced to bridge the chasm and to accompany us as we ventured across. He is also an avid bell-ringer and was delighted to meet Pat Waters, so might we be hearing more of him in the future?

There were three things in his talk that really stuck in my mind. The sense that we are all of one family - Christians and Jews - we merely took different paths; the need to tell the story to the generations; and the importance of having family gatherings with no external distractions. These gatherings occur especially on Friday nights at the start of Shabbat, the day of rest, which begins with a blessing. Adrian had brought the whole-wheat "challot" bread and kosher wine, the candles and vessels used in his home every Friday evening. And we all had the opportunity of sharing afterward.

The service ended with a glorious piece of music. L'Dorva Dor, part of Amidah by Meir Finkelstein, sung in Hebrew by Isaac Sheffer (Kantor) and the Synagoga Ensemble, Berlin. I understand this reflects the need to pass on the story from Generation to Generation.

Christopher Meynell

Bramerton

Community Café. Our next coffee morning is on **Saturday 7th March** from 10 am until 12 noon in the village hall on Easthill Lane. Join us for freshly brewed tea and coffee plus a wonderful selection of home baked cakes. Come along and meet friends and neighbours old and new. Children welcome. If you need a lift or would like someone to accompany you to the hall please call Angie on 01508 538769 or Jane on 01508 538016.



Marie Lumsdale of Bramerton was 103 years young on 18th December! She enjoyed a very happy birthday with a special birthday cake. "I am never lonely", she said, "because Jesus is with me."

Village News

Carleton St Peter

On December 1st Bishop Alan Winton of Thetford took our service. It was a bright morning and the service was brilliant! I would like to thank Ursula for playing the organ. Thank you Peter and Brian for making those ginger bread star biscuits which we had after the service with a tot of sherry. Also thanking everyone who came to the service.

We had our Carol Service on December 15th and the PCC would like to thank everybody who helped decorate the church. Thanks also to Linda for decorating the tree and the pew ends. The church looked stunning. We had a lovely service taken by the Rev. Mandy Ansell with readings by Anne, Greg and Charlie, Richard, Bill and Nigel. Thank you Ursula for playing the organ. Also thank you to Maureen for making those super mince pies which we had with a tot of sherry after the service.

Our Christingle Service on December 22nd was taken by Rev. Mandy Ansell. It was a lovely service with 17 children and 22 adults there. It was lovely to see all the children with their Christingle Oranges lit up. The Rev. Mandy Ansell demonstrated making a Christingle orange with the help of Charlie. Lovely carols played by Ursula made for a very moving service made special by seeing the future children in the church.

The PCC would like to thank Ursula for playing the organ throughout 2019 and for all the help she has given to Carleton St Peter Church.

Claxton

St Andrew's Church News

November and December were busy months for St Andrew's Church. The church was beautifully decorated for our self-led Remembrance Service which was well attended. Last year, three trees were planted in the churchyard to commemorate the three young men from the parish who lost their lives in the First World War. After the service a specially made plaque was added as a permanent memorial.

At the end of November, we held our Ceilidh which was a fun evening with a lovely atmosphere. The added bonus was that we made a profit which will help to support the work of the church.

In December our customary Wassail was well attended with more than forty people enjoying music by the Saxophone quartet and a selection of traditional readings accompanied by mulled wine and Christmas fare. The Christmas Day Service also saw lots of visitors (including a dog) joining our usual congregation. £100 from the collections from both services will be sent to St Martin's charity for the homeless. It has been lovely to see more members of the community joining us for recent services and look forward to this continuing in 2020.

News from the Village Hall

Claxton & Carleton St Peter Community Café celebrated its 4th birthday on January 14th with a free raffle and a free tea or coffee for all those attending. We are so grateful to everyone - regular and occasional customers - who have made the Café such a success. All are welcome on the **2nd Tuesday of every month 10 am till 12** at the Village Hall. We offer tea, coffee, squash for children and a wide selection of homemade cakes, savouries and bacon rolls, but most importantly the opportunity to meet up, socialise and share what is going on in our two villages.

The **Winter Quiz** will take place on **Saturday 22nd February**. Mike Balmer will be quizmaster and the **£10** price includes a delicious two course home cooked meal. Our quizzes are always great fun and very well supported, so book as soon as possible by ringing **Julia Kaye on 01508 480527**. Either organise teams of 6, or book places for fewer people or individuals and we can organise you into a team on the night.

Claxton

Social Club, Claxton & Carleton St Peter village hall.

Programme of Events for 2020.

Come along and join in the fun. Everyone is welcome. Entertainment from 8 pm.

January 25th	Steven Allen
February, 29th	Ivan Brady
March 14th	RACE NIGHT, <i>note: 7 pm for 7.30 pm START</i>
March 28th	Toccata Duo (new)
April 25th	Pat James
May 30th	Riffets Duo (new)
June 27th	Waddo
July 25th	Barry Lee
September 26th	Ivan Brady
October 31st	Karen Bell
November 28th	Spin Off Duo
December 31st	Waddo NEW YEAR'S EVE

Rockland St Mary

Rockland St Mary Christmas Eve Nativity Service

The St Mary's Nativity service yet again saw the path to the church lit with lanterns and the porch filled with the scent of mulled wine kindly supplied by Emily and friends.

As ever the church was full and the congregation did not let us down as the prepared script and Carols relied upon their participation.

The story of the nativity, with a chocolate theme, was narrated by youngsters and adults. Prior to each Carol those in the pews who found they had an aforementioned chocolate sign brought them forward to be hung on a frame which was raised as the Carol was sung. We concluded that the Christmas Story really was a cause for "Celebrations" as there were thirty two chocolate signs on view, fifty four having been mentioned.

Thanks must go to the six volunteers on the night who read beautifully, Rockland Village shop and the WI for supplying the chocolate signs, Clive for providing the musical accompaniment for the Carols, Sharon for the script, and Mandy for keeping it all together on the night. The retiring collection raised £100 for Priscilla Bacon Lodge.



Pictured in their festive sweaters in front of all the chocolate signs are Sharon Black, Mandy Ansell and Clive Evans.

Village News

Rockland St Mary continued . . .

News from the Clerk

Vacancy on the Parish Council

Would you like to be a Parish Councillor and represent the residents on the Parish Council of Rockland St Mary and Hellington? This is a valuable and worthwhile role within the community. Please do contact the Clerk for an informal chat and to learn more about the role.

No Cold Calling Zones

The Parish Council is considering applying for Rockland St Mary and Hellington to become no cold calling zones. A no cold calling zone is a designated area where the residents declare they will no longer accept traders calling at their homes without an appointment. It has to be the collective wishes of the residents so the majority of the people living in the area must want the zone to be created. In the next Spring newsletter from the Parish Council there will be a survey for residents to complete if they are in favour of the villages becoming no cold calling zones.

In the meantime you are more than welcome to contact the Clerk to let her know your views on this issue.

Community Infrastructure Levy (known as CIL)

As a result of the development at 'The Orchids' the Parish Council has received the sum of £33,622.7 known as Community Infrastructure Levy. The Parish Council cannot use the money to cover day to day running costs. The Council has made a bid under the Parish Partnership Scheme for gateways entering the village from both Claxton and Rockland. If successful there would be match funding with the money coming from CIL. Another suggestion put forward is for a bus shelter to be erected the opposite side of the road where the current brick one is situated on The Street.

PLEASE, THIS IS YOUR VILLAGE. Let Councillors have your suggestions for the use of CIL money.

Drop-in Sessions

Parish Councillors have been holding drop-in sessions at Emma's Tea Room on a monthly basis. As very few residents have attended these, we hope this is an indication that parishioners are happy with what is happening in their village.

There will be one more of these drop-in sessions at the Community Café in the Parish Room on **Friday 28th February** between 11 am and 1 p.m.

Monica Armstrong, Parish Clerk,

Email: arishclerk@rocklandstmarywithhellington-pc.gov.uk

Surlingham

Riverbank Walk Spring Clean

Come and join us again this year and help clear up our riverbank, the pick will be taking place from Hill House Road to the Surlingham Ferry. If you would like to join then meet us at 10:30 outside Surlingham Church on Saturday 18th of April. We expect it to take 2-3 hours and will end at the Surlingham Ferry Pub to warm up.

Please come in suitable clothing, footwear and gloves. Also please be aware it is near the river so if you aren't a confident swimmer then bring a buoyancy aid. I look forward to seeing you all then and making this years pick as successful as the last two, when we collected 9 tonne bags of rubbish and were awarded the South Norfolk Council prize money both years giving a total of £440 to spend on the village.

If you would like to take part then please contact Jasmine Atkins on 07763151337 or email jasminematkins1405@gmail.com in order to get an idea of numbers for equipment and the Ferry afterwards.

Surlingham continued . . .

It's been a busy Christmas season as usual. At the end of November Surlingham W.I. held a Bingo evening in the parish hall with Christmas prizes for lucky winners. Amidst the Christmas celebrations we also found time for trees; our tree warden acquired a mix of native species and 3 willows were planted around the pond to replace the willow that had to be removed. Young trees were also supplied for the community orchard team to plant as hedging and that team then made their way to St. Saviour's to plant more trees near the boundary of the site.

In the week before Christmas Surlingham Broadnotes visited The Ferry House to sing Christmas songs and traditional carols in a pub packed to bursting point! At the end of the term Surlingham Church welcomed children, parents and staff of Surlingham School for their Christmas celebration. The children walked up to the church and gave some fine presentations and singing, and the youngest class dressed in crowns did a particularly enjoyable piece.

The annual Carol Service was held on the Sunday before Christmas. Led by Clive Evans, this was a joyful occasion with a packed church, lusty singing, and lessons read by children and grown ups. A beautiful tree from Applebee and the magic of candlelight, enhanced the occasion.....as did the mince pies!

At the start of the New Year another local event enjoyed by many residents was a quiz organised by Louise and Paul Swift at The Ferry House on January 3; it raised £250 for the local housing charity St. Martins.

Thurton

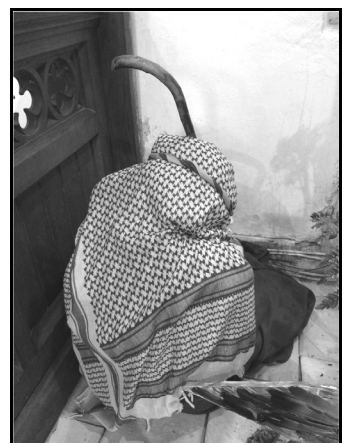
Healing Ministry within the church. There is an opportunity for those who wish to receive prayer for healing at certain church services within the Thurton Benefice. This can be for yourself or for others and is often appreciated by people who feel comforted in this way. In future this will show on the relevant service on the back page of Eleven Says. If you wish to know anything more, please contact either the Rector or myself, Chris Limbach, tel 01508 480440.

Christingle at Thurton Church. This was held on Christmas Eve and attended by around 120 people. A collection of £173 was taken for the work of the Children's Society and this will be used to help and protect vulnerable children. Thank you to those who gave so generously. The Christingles were lit and the lights switched off whilst we sang Away in a Manger. The throng departed along the church path which was lit by small candles in jars and looked very pretty. (Medhi might have a photograph if you would like one).

Thank you to the church mice! So many of us are thankful to the church mice who do a host of jobs within our churches and churchyards at this busy time of year. Vacuuming the carpets, putting up the Christmas trees, sorting out the wonderful decorations, preparing Christingles, not to mention keeping the churches open so that visitors can seek peace and quiet amongst the bustle of everyday life.

A special thank you to those wonderfully inventive people in Yelverton who created the Twelve Days of Christmas flower festival which came together so well. The little shepherd (see photo) huddling beneath the pulpit was either asleep or checking something on his mobile phone! Well done to those who put in so much hard work at a busy time of the year. It is good to be able to visit local churches and see so many different things going on. Not to mention Father Chris, Mandy Ansell and the rest of the teams who have taken part in services over Christmas

Chris Limbach





ABBOTT & MURDOCH

Ophthalmic and Dispensing Opticians
Contact Lens Practitioners

PORINGLAND

AMPLE FREE PARKING

Evening Clinic Mondays
All facilities on ground floor

OPENING HOURS

Mon . . . 9am - 1pm & 2pm - 7pm
Tue - Fri 9am - 1pm & 2pm - 5pm
Sat . . . 9am - 12 noon

4 The Street, Poringland
Telephone: 01508 494670

ELAINE SMITH

Hon FLCM, GLCM, LLCM, (TD) (Dup),
ALCM (Trip), Dip LCM, FISM

Specialist Music Tuition



- | | |
|------------|-------------|
| ■ Piano | ■ Saxophone |
| ■ Recorder | ■ Clarinet |
| ■ Flute | ■ Theory |
| ■ Keyboard | ■ History |

Consultations and Accompaniment
for Examinations and Auditions
Member of ISM British Flute Society

Federation of Adjudicators and Senior Examiner
and Wind Specialist for LCM

The White Homestead, Bramerton,
Norwich. NR14 7DP
Tel: 01508 538215
ems@bramertonclinic.com

B-Spoked Cycles

Mobile Cycle Repairs, Sales and Servicing

Based in Bergh Apton and covering
the surrounding area. I come to
you and repair your bike on the spot
or I will collect and return it later

Contact Paul on 07905 857767 or
B-spoked@hotmail.com



Rockland St Mary Post Office, Store & Tearoom

Open 7 days a week for all your
local needs

All Post office services including
Free cash withdrawals/Deposits from most
major banks, Euros & Dollars now in stock.
Motor vehicle licence office

Store - Fresh fruit, Veg & Milk, Fresh Bread
baked in store. Wide range of Grocery's
newspapers, magazines, stationery, greeting
cards, Off Licence, sweets, soft drinks & ice
cream. Electric, gas & mobile phone top-ups.
National Lottery & much more.

Call Karen, Alan or Emma Tranter
01508 538123,
rocklandstmarypo@hotmail.com

Opening Times - Shop Mon-Sat: 8am-8pm.
Sun & Bank Hol's: 9am-4pm

Tearoom: Wed-Sun 9am-4pm Summer
Fri-Sun 9am-4pm Winter

Post Office: Mon-Fri, 9am-5.30pm.
Sat, 9am-12.30

ALDIS & SONS FARM SHOP

Family run business for over 30 years

Church Farm, Framingham Earl
01508 492293 / 07831392347

Our Own Grown Veg and Salads

Large Selection of Fruits

Our Own Reared Lamb

Local Beef, Chicken,

Pork and Game

Free Range Eggs

Fresh Cut Flowers

Water Softener Salt

Potatoes by the Bag

SUPPLIERS TO THE CATERING TRADE



Independent Financial Advice you can Trust

Savings and Investments
Inheritance Tax Planning
Pensions
Funding Care Fees

Call your local Norfolk Adviser
Sue Hodge

Mobile: 07780 008922
Office: 01473 784430
Email: sue@pearsonwm.co.uk

Authorised and regulated by the Financial Conduct Authority
Registered in England N°. 11533720

J Smith Plumbing and Heating

For all your plumbing and
heating needs

Over 25 years experience

Full heating systems - oil
boilers, gas boilers, upgrades,
unvented cylinders systems

Servicing, breakdowns,
call outs, free quotes.

Bathroom design and fitted



Tel: 07881
951591



FURNITURE RESTORATION Full Repair

FULLY
ACCREDITED
MEMBER OF



& Refinishing Service

Free estimates, collection & delivery

☆☆☆☆☆☆

Bring Your Furniture
Back To Life

Over 30 yrs experience

PHILIP HODGE

Hall Farm Cottage

Kirby Bedon

01508 493136

www.philiphodgeantiques.co.uk



A Qualified Accountant and Tax Advisor offering a full accountancy and taxation service.

Including: VAT returns, payroll,
bookkeeping, final accounts,
tax returns and advice
for individuals and companies.

nifaccounts

t/f: 01508 495559
e: office@nif-accounts.co.uk

ELEGANCE

Excellence in Cleaning

We Clean...

- ✓ Luxury Residences
- ✓ Ovens & Hobs
- ✓ Carpets & Upholstery
- ✓ Offices & Commercial Properties
- ✓ Holiday Homes
- ✓ Windows, Gutters, Fascias & Conservatories

Specialists in...
End Of Tenancy & Builders Cleans

01508 520994

www.elegancecleaning.co.uk

Unit 1D Langley Road Trading Est, Chedgrave, NR14 6HD

RUSSELL PHIPPS

Phone:

07764 413910

or

01508 493143

For

Plumbing, Tiling, Kitchen
and Bathroom Fitting

Home Maintenance

Email:

HomeMaintenance@deeptech.fsnet.co.uk

Robert Clough Carpenter/Joiner

The local service for ALL your
carpentry/joinery needs,
and MORE!!

Specialists in purpose made windows and
doors for period and listed properties

Prompt, reliable and fully qualified

A local company, established 1988

All aspects of carpentry and joinery work
undertaken

Ceramic tiling and domestic plumbing

Suppliers and fitters of high quality kitchens
and bathrooms

01508 493711

www.robertclough.co.uk

L A Robinson

Architectural Services Ltd

- Planning Drawings
- Building Regulations
- Architectural Design



Tel: 07786753349

Email: louise@larobinson.co.uk

www.larobinson.co.uk

Jon de Gray Carpenter & Joiner

www.jondegray.co.uk

Telephone: 01508 538075

Mobile: 07792002172

Email: jondegray@hotmail.com

9 Walnut Hill, Surlingham,
Norwich NR14 7DQ



General Repairs & Maintenance
Kitchens installed, with a full planning service
available

Doors: Internal & External
supplied and fitted

Bathrooms fitted. Floor & Wall Tiling
Painting & Decorating

Jon Vaissiere

Heating Services Limited

For all your Heating and Plumbing
requirements

- Gas & Oil Servicing
- Landlord & Safety Certificates
- Breakdown Service
- Heating Installation
- General Plumbing
- Bathroom Installation

Local, Reliable Heating Engineer
and Plumber

Based in Ashby St Mary



tel: 01508 480773

mob: 07495 574868

email: jonvaissiere@icloud.com



Coldham Hall

Coldham Hall Tavern
Coldham Hall Carnser
Surlingham NR147AN
01508 538366

Open 7 days a week
Mon - Sat 12pm-11pm
Sun - 12pm-6pm

Seasonal menus, all home-made and locally sourced.
Available for weddings, parties and private functions.

Website: www.coldhamhall.com
Facebook: Coldham Hall / Instagram: coldhamhalltavern

Surlingham Timeshare Swimming Pool



Are you interested in having an indoor heated swimming pool exclusively for yourself, family or friends? If so, please ring (01508) 538206.
3, 6 or 12 monthly bookings for weekly slots available, also one offs. Open seven days a week 6.30am - 10pm.

We are situated 6 miles SE of Norwich between Surlingham and Rockland St Mary.

Yare Valley Farm Shop open 8am - 9pm. Producers of Yare Valley Rapeseed Oil.
To order: 01508 538206 or go to www.yarevalleyoils.co.uk

MATSELL'S MAINTENANCE

hedge trimming • grass cutting • pressure washing • gutter cleaning
tiling • painting • small electrical and minor plumbing jobs

A Property Maintenance and Handyman service
from a tap washer to a complete room make over.

A friendly, reliable and reasonably priced Handyman for all those jobs
that need carrying out within your home or garden.

Call Trevor on **07775 783991** or **01508 480441**

A W PLASTERING

FOR ALL YOUR PLASTERING NEEDS

Domestic & Commercial
Plastering

Call ADAM

Tel: 01508 480014

Mobile: 07733 107339

SPECIALISTS IN

- PLASTERING
- COVERING ARTEX
- RENDERING
- PAINTING & DECORATING



JB Electrical
Solutions

All electrical work considered

Fault finding

Emergency call out

No job too small

Call Josh for a free quote

07545996255

contact@jbelectricalsolutions.co.uk



REPAIRER, CONSERVER AND MAKER OF CLOCKS

Richard Simmonds MBHI

Qualified, experienced craftsman

COLLECTION AND DELIVERY SERVICE. ALL WORK GUARANTEED

01508 548085

www.clockmaking.co.uk

3 The Raveningham Centre, Beccles Road, Raveningham,
NORWICH. NR14 6NU



G J STOKES

NORFOLK REED THATCHER

FREE ADVICE and ESTIMATES

COUNCIL APPROVED. COMPETITIVE RATES

PEAR TREES, RECTORY LANE, ROCKLAND ST MARY,
NORFOLK. NR14 7EY

Telephone: 01508 538267

Email: enquiries@gjstokes.co.uk

Website: www.gjstokes.co.uk

NORFOLK SOCIETY
AWARD WINNER



eastern

... going your way ...

Pre-booked Private Hire Taxi

Local - Airport - Weddings - Corporate

01508 495660

www.easternchauffeur.com

e-mail: info@easternchauffeur.com

4 - 6 - 8 seater vehicles

Licensed by South Norfolk Council

Kingdom
landscapes



Individual or whole landscaping projects

For a free no obligation quote, please call with your enquiry.

- Patios • Paths • Driveways • Walls • Fencing • Decking
- Water features • Turfing • Clearance and renovation
- General construction work

Contact: Darren Barnes, Nunns Cottage, Framingham Pigot, Norwich

For quality landscaping services call 07979724438 or
01508 495588 or kingdom.landscapes@yahoo.co.uk

Website: www.kingdomlandscapes.co.uk

DHS

Landscaping

Complete landscaping service available including: paths,
patios, driveways, decking, turfing, seeding, fencing, planting,
tree work, clearance & renovation and creating low
maintenance gardens. Garden design service available.

Call Mark for any enquiries, free quotations &
advice: 01508 538734 / 07798 516919

email: dhslandscaping@btinternet.com

or find us at: www.dhslandscaping.co.uk

DHS Landscaping Ltd. The Old Forge, Bramerton, Norwich NR14 7DW

Firewood

**Seasoned Hardwood, mostly Ash, Oak, Beech
Softwood and Mixed loads also available**

Available from Autumn 2018 onwards

**Free delivery 10 miles radius of Framingham Pigot
Delivered in bulk bags or tipper trailer loads**

**Contact: Darren Barnes, Nunns Cottage,
Framingham Pigot, Norwich. NR14 7QJ**

07979724438 or 01508 495588

kingdom.landscapes@yahoo.co.uk

www.kingdomlandscapes.co.uk



Lady Mole Catcher™

Wildlife Management Specialist

The established, recognised and proven
expert you can trust for the control of:

**Moles • Rats • Mice
Squirrels • Wild Rabbits
American Mink • Bed Bugs
Cluster Flies • Moths
Ants • Fleas • Wasp Nests**

Plus effective Wildlife-Proof Fencing



www.ladymolecatcher.co.uk

Prince Gardening services

Need a gardener or handyman?

Garden maintenance,
Mowing,
Hedge Trimming,
Pruning,
Planting,
Fencing,
Handyman Work,
Basic DIY jobs indoors
and out,
Reliable, Insured,
No job too small.



Tel: 07741 479259
Email: princegardeningervices@gmail.com



The White House, Mill Road,
Ashby St Mary, Norfolk, NR14 7BN
w: www.woodlandstoves.co.uk
t: 01508 480351

AN EXTENSIVE AND COMPETITIVELY PRICED RANGE OF WOODBURNING AND
MULTIFUEL STOVES ON SHOWROOM DISPLAY.

FULLY QUALIFIED HETAS REGISTERED INSTALLATION SERVICE AVAILABLE.
SUPPLIERS OF FLUE LINERS, FLUE PIPES, CHIMNEY COWLS AND ACCESSORIES

Please Phone or check our website for opening times.

NORFOLK BUILDING SERVICES BRAMERTON

All building work. Extension.
Maintenance. Carpentry.
Garden Fencing, etc

No job too small

Contact David

07849 974703

JACK GRICE GARDEN SERVICES

- LANDSCAPING/TURFING
- GARDEN CLEARANCE
- FENCING
- HEDGE CUTTING
- WOOD CHIPPING SERVICE

- ALL JOBS CONSIDERED
- FREE QUOTATION
- NO VAT

FRIENDLY, RELIABLE,
EXPERIENCED SERVICE

EMAIL: Jackgrice6@gmail.com

TEL. 07876013188

01508 528721



**AUTOMATIC
&
DISABLED
DRIVING
INSTRUCTION**

**SHAUN GOTTS
07875 158804**

Nancy's Helping Hands Garden Maintenance

- Grass Cutting • Weeding
- Planting • Pruning
- Shed/Fence Painting
- Pressure Washing

**01508 538435
07791 230640**

Xtend PROPERTY SERVICES

EXTENTIONS, DRIVEWAYS, PATIOS, ROOFING, LANDSCAPING,
PAVING, FENCING, PAINTING AND DECORATING, INTERIOR WORK

For all your building requirements, please contact:

01508 521007 07896 650430

xtendps@gmail.com

NAA Craftsmanship Award



David Smith

**Property Maintenance
and Handy Man**

Painting and Decorating. Kitchen and
Bathroom Fitting. Wall and Floor
Tiling. Laminate Flooring. Door
Hanging. Skirting Boards Fitted.
Locks Opened and Replaced. Small
Plumbing Repairs and Much More.
All Jobs Considered.

Tel: **01508 480396**

Mob: **07895004976**



Independent business

Free estimates, No call out charge
Repairs to double glazed windows,
doors and conservatories

Repairs include: steamed up
windows, broken handles and hinges
plus cat flaps, door panels and more.

01603 520136 or 0800 1601932

sandcwindows@gmail.com

www.sandcwindows.co.uk



Carpentry & Joinery Services
www.huntercarpentryandjoinery.co.uk

"Made to Measure"

We cover all aspects of carpentry
and joinery.

07877 202 767

01508 480 774

Call for free estimate

Michael Jay
**Washing machine & Oven
Repairs**



Same/Next day

Tel. 01603 440781

Mobile. 07884255292

CHRIS CLITHEROE PAINTER & DECORATOR

Interior and Exterior
Free estimates

Tel: (01508) 480283

The Cottage, Chapel Road,
Ashby St Mary. Norwich
NR14 7BH

YOUNGS FUNERAL DIRECTORS OF LODDON

At your time of need we are here to help you;

"Quiet guidance, gentle words and our professional knowledge
will help you make the right decisions for you and your family."

'Providing the very best care' - *Rachael Barber*

19 Bridge Street Loddon NR14 6NA

Tel: 01508 528274



MATT STEELE
Carpet & Upholstery Cleaning
Over 20 Years Experience

01603 360160

View our work on Facebook
@ Matt Steele Cleaning
Services

or

www.carpetcleannorwich.co.uk

KEITH SWAIN Interiors

Kitchens - Bedrooms -
Bathrooms Supplied & Fitted

All projects big or small we do them all
for a free quote call Keith on

(H) 01508 491692

(M) 07788153387

BED AND BREAKFAST

Framingham Earl: Beautifully restored Old Rectory. Set in 2 acres of country garden next to St Andrews Church. Further details from Mrs Sue Wellings. Telephone 01508 493590. 07808 125381.

Email: info@oldrectorynorfolk.co.uk Web: www.oldrectorynorfolk.co.uk

HOLIDAY LET.

The Barn at the Well House, Rockland St Mary. 1 bedroom barn available for holiday lets, weekend stays, etc. All amenities. Call Lisa Reynolds, 07939 037743 or 01508 538551 or email: lichreynolds@gmail.com.

VILLAGE HALLS

Alpington & Yelverton - Main hall. Large committee/club room. Kitchen and dining area. Excellent heating. Car park. Children's play area. £10 an hour for regular user groups and private functions. Business and trade £20 an hour. Please contact Chris Blower, chrisblower587@gmail.com or mobile 07986 468432 for bookings www.alpingtonvillagehall.wordpress.com

Ashby and Thurton - Main hall with kitchen facilities and/or committee room available for private hire per hour, day or half day. Discounted rates for regular contract bookings. Ideal for meeting groups and social activities. Please contact Laura Vaissiere, telephone: 01508 480773 or email: ashbythurtonvillagehall@gmail.com.

Bergh Apton - Fully refurbished 2014. Large main hall with stage, smaller additional room, fully-fitted new kitchen, all with heating. Disabled toilet with baby-changing area. Large car park, gardens and play park. Contact Hilary Ling on 01508 480439 or email hilary.ling@btinternet.com.

Bramerton - Main hall and separate kitchen area available for hire. Charge is £4 per hour, minimum hire 2 hours. Daily rate on request. Car park. Please contact in first instance Alison Lamont on 01508 537041 or Janet Davies on 01508 538229.

Claxton & Carleton St Peter - Spacious, fully equipped hall. Ideal for functions and regular users. Disabled facilities. Fully fitted kitchen. Large car park. Bar available on request. £8 per hour or by session. Contact Jo Bissonnet, 484081 or Sarah Carter, 480555.

Rockland St Mary - Margaret Mack Hall available evenings and weekends for private parties, meetings and social activities. Rates per hour or per day. Contact after 4pm please, either Debs Sayles, 01508 537077, email: debssayles@yahoo.co.uk or Daphne Howlett, 01508 538553.

Rockland St Mary - The Parish Room is available for hire. With kitchen facilities it is ideal for social functions, parties, clubs and meetings. Our hire rates are extremely reasonable. Please contact Jayne Regan, 01508 538087.

S J BROWN
Plumbing, Heating & Solid Fuel Installer



Plumbing Maintenance & Installation
Bathroom & Kitchen Installation
Radiators, Cylinders & Taps
Leadwork & Guttering



Woodburning Stoves - Wet & Dry Systems
Internal & External Flues
Chimney Maintenance & Chimney Linings

Friendly and reliable service call Steve: 01508 538761 or 07563532694

**FLATS AVAILABLE
NOW FOR THE
OVER
60s**

13 Bracondale,
Norwich NR1 2AL



Norwich Housing Society provides **good quality, affordable social** housing within the city of Norwich

To register your interest or for more information please contact us:
information@norwichhousingociety.co.uk
www.norwichhousingociety.org
01603 625078



FOOTWISE
Foot Health Practitioner

Kirstie Sankey MCFHP MAFHP
M: 07765 625582
T: 01508 537129

**MOBILE VISITS OR SURLINGHAM
CLINIC APPOINTMENTS**



Lucy's Garden

07792 194863 / 01508 538042
www.lucysgarden.co.uk
Lucy@lucysgarden.co.uk

Help with all aspects of garden
design and planting, large or small

Articles in this publication do not necessarily express the view of the Church or the Eleven Says editorial board.

'Applebee'
Rockland St Mary
01508 538231

Beekeeping equipment,
courses and advice



Local Honey for sale
Selection of local grown fruit
and vegetables available

Contact:
Ruth and John Everett

Products and services advertised in this publication are not necessarily endorsed by the Eleven Says editorial board.



INTERPRINT ARE PROUD TO BE THE PRINTERS OF ELEVEN SAYS

For all your printing needs, big or small,
contact **Chris** or **Matt** on **01603 894195** or email us at interprint@ncsgrp.co.uk
for a friendly no obligation quote.

Interprint, Martineau Lane, County Hall, Norwich NR1 2DL

YELVERTON GARAGE
A146 LODDON ROAD

SERVICE - DIAGNOSTICS - AIR CON - MOTs

01508 492758

V.W. AUDI SPECIALISTS



www.vwaudinorwich.com

**QUALITY LIGHT COMMERCIAL
VEHICLE SALES**

WITH FULL AFTER SALES SERVICE

01508 494464

www.yelvertonvans.com

	2 nd Feb Presentation of Christ Gold	9 th Feb 3 rd Before Lent Green	16 th Feb 2 nd Before Lent Green	23 rd Feb Sunday before Lent Green	26 th Feb Ash Wed. Purple	1 st March Lent 1 Purple	8 th March Lent 2 Purple	15 th March Lent 3 Purple	22 nd March Mothering Sunday Rose	29 th March Passion Sunday Purple	5 th April Palm Sunday Red
Ashby	11.00 MP	Join Fram. Pigot	11.00 HC Vestry Meeting	11.00 PT		11.00 MP	10.00 Benefice HC with Healing	Join Rockland Benefice for HC	11.00 PT	Group Service Rockland Benefice	Join Yelverton
Bergh Apton	Join Rockland Benefice for HC	Join Fram. Pigot	09.30 PT	09.30 HC(BCP)		09.30 HC Vestry Meeting	Join Ashby	09.30 PT	09.30 HC(BCP)	Group Service Rockland Benefice	Join Yelverton
Bramerton	9.30 MP		9.30 HC			9.30 MP		9.30 HC			9.30 MP
Carleton St Peter	11.00 HC					11.00 HC					11.00 HC
Claxton		9.30 HC		9.30 MP			9.30 HC		9.30 Mothering Service		
Fram. Pigot	Join Rockland Benefice for HC	10.00 Benefice HC with Healing	08.15 HC(BCP)	11.00 HC		08.15 HC(BCP) Vestry Meeting	Join Ashby	Join Rockland Benefice for HC	11.00 HC	Group Service Rockland Benefice	Join Yelverton
Kirby Bedon		11.00 MP		11.00 HC		11.00 MP			11.00 Mothering Service		11.00 MP
Rockland St Mary		10.30-12 Café Church P/Room	9.30 HC	9.30 MP	Ash Wed 6.00pm HC & Ashing Rectory Barn		9.30 HC	9.30 MP	9.30 Mothering Service	10.00 Group HC	
Surlingham	11.00 Candlemas/ Gift Service	11.00 HC	11.00 HC			8.30 HC	11.00 MP	11.00 HC			8.30 HC
Thurton	Join Rockland Benefice for HC	Join Fram. Pigot	11.00 Village Hall Service	No Service	19.30 HC with Ashing	11.00 HC Vestry Meeting	Join Ashby	11.00 Village Hall Service	11.00 MP	Group Service Rockland Benefice	Join Yelverton
Yelverton	09.30 PT	Join Fram. Pigot	09.30 HC Vestry Meeting	16.00 All 4 Service PT		09.30 PT	Join Ashby	Join Rockland Benefice for HC	16.00 All 4 Service PT	Group Service Rockland Benefice	10.00 Benefice HC

CODE: HC = Holy Communion; **E. Praise** = Evening Praise; **FC** = Family Communion; **FW** = Family Worship; **MP** = Morning Prayer; **EP** = Evening Prayer; **.PT** = Parish Team; **VM** = Vestry Meeting. Weekday Holy Communion at St Mary's Yelverton on Thursday 6th February and Thursday 5th March at 10.30 am

Bible Readings Sunday by Sunday: February & March 2020


Date	Old Testament	Epistle	Gospel	
02/02/20	Malachi 3.1-5	Hebrews 2.14-18	Luke 2.22-40	Presentation of Christ
09/02/20	Isaiah 58.1-9a[b-12]	1 Corinthians 2.1-12 [13-16]	Matthew 5.13-20	3rd before Lent
16/02/20	Genesis 1.1 - 2.3	Romans 8.18-25	Matthew 6.25-34	2nd before Lent
23/02/20	Exodus 24.12-18	2 Peter 1.16-21	Matthew 17.1-9	Next before Lent
26/02/20	Joel 2.1-2,12-17 or Isaiah 58.1-12	2 Corinthians 5.20b-6.10	Matthew 6.1-6,16-21 John 8.1-11	Ash Wednesday
01/03/20	Genesis 2.15-17; 3.1-7	Romans 5.12-19	Matthew 4.1-11	1st Sunday of Lent
08/03/20	Genesis 12.1-4a	Romans 4.1-5,13-17	John 3.1-17	2nd Sunday of Lent
15/03/20	Exodus 17.1-7	Romans 5.1-11	John 4.5-42	3rd Sunday of Lent
22/03/20	Exodus 2.1-10 or 1 Samuel 1.20-28	2 Corinthians 1.3-7 Colossians 3.12-17	Luke 2.33-35 John 19.25-27	Mothering Sunday
29/03/20	Ezekiel 37.1-14	Romans 8.6-11	John 11.1-45	Passiontide begins
05/03/20	Psalm 118.1-2,19-29		Matthew 21.1-11	Palm Sunday

Please note:

At Holy Communion, where only two readings are used, the first reading will usually be the Epistle, and the second will always be the Gospel reading. At other services where two readings are used, the first will usually be the Old Testament reading, and the second can be either the Epistle or the Gospel readings.



Photo taken in the James Stuart Garden, Norwich, on 9th January 2020.

CLERGY OF THE BRAMERTON GROUP		ROMAN CATHOLIC PARISH OF PORINGLAND AND LODDON	ELEVEN SAYS EDITORIAL BOARD	
Thurton Benefice Rev Chris Ellis The Rectory 29 Ashby Road THURTON NR14 6AX <i>Tel.</i> 01508 484174 <i>Email:</i> chris.ellis23@btinternet.com BYRUS Youth Worker Norwich Youth for Christ Mousehold Hub, 22 Mousehold Avenue, NORWICH NR3 4RS <i>Tel:</i> 01603 620678 norwichyfc.co.uk	Rockland Benefice Rev Mandy Ansell 44 The Street,, ROCKLAND ST MARY NR14 7AH. <i>Tel.</i> 01508 538654 <i>Email:</i> mandy.ansell44@gmail.com Rev. Canon Nick Garrard and Rev. Helen Garrard The Rectory Rockland St Mary NORWICH NR14 7EY <i>Email:</i> nickgarr39@aol.com 	Parish Priest Father Pdraig HAWKINS, The Lodge, 17 Upgate, Poringland. NR14 7SH. <i>Tel.</i> 01508 492589. <i>Email:</i> Frpadraighawkins@gmail.com	Editor: Ruth Everett <i>Tel.</i> 01508 538231 Treasurer, Donations, Advertising: John Everett Applebee, Bramerton Lane, Rockland St Mary, Norwich. NR14 7HE. <i>Tel.</i> 01508 538231	
		Times of Masses		Contributions, Page Layout and Design: Angie Yeomans 15 Bramerton Lodge, Bramerton, Norwich. NR14 7EQ. <i>Tel.</i> 01508 538131 <i>(Answerphone)</i>
		Saturday	6 pm Loddon	Contributions are very welcome subject to the Board's discretion and available space. Deadline for all material ("copy") for the next issue is 10th MARCH 2020.
		Sunday	9 am Poringland	
		Daily Mon-Fri	8 am Poringland	
Saturday	9 am Poringland	Email: elevensays@hotmail.com		
<i>Staff days off.</i> Monday Chris Ellis Thursday Mandy Ansell Friday Nick and Helen Garrard		Produced by: Angie Yeomans Printed by: Interprint , County Hall, Martineau Lane, NORWICH. NR1 2DL <i>Tel.</i> 01603 894195		
NEXT ASSEMBLY: SATURDAY MARCH 28th, BERGH APTON VILLAGE HALL, COOKE'S ROAD, NR15 1AA,. 9am - 11am (approx)				