

The Sexton's Wheel

Issue 199

The magazine for the villages of Long Stratton & Wacton



*Brandon from the
Beavers cooking and
then eating S'mores*

*see page 24 for more
photos*



August 2020

Long Stratton Village Hall - Booking information



The hall can be booked as follows:

- Via our Facebook page, search for 'Long Stratton Village Hall'
- Via our website www.longstrattonvillagehall.org.uk
- Email us at longstrattonvillagehall@outlook.com
- Call Kirsty Dye on 07986 942804 and leave a message
- Hire rates from as little as £7.50 per hour



Wacton Village Hall - Booking information

The meeting room has seating for 22, suitable for small functions. The main hall has a semi-sprung floor with capacity for 80 seated or 120 standing. There is a fully equipped kitchen and a full complement of tables and chairs. All areas are accessible for wheelchairs, there is a baby changing station. Hourly rates are £6 and £10 respectively or £13 for the hire of the whole hall. Christine Goreham 01508 530823 or Wacton.VH@outlook.com

Church Contacts

St Mary's / St Michael's & All Saints'	Rev. Heather Wilcox	01508 530238
	rev.heather@btconnect.com	
Parish Administrator	Linda Mills	01508 530238
	linda.parishadmin@btconnect.com	
Congregational Church	June Braddock	01508 470701

Church Parish Office

The Parish Office is open 8.30 - 12.30 Monday to Thursday, but you can still contact us at the Rectory outside these times. Callers are always welcome. If you know of anyone who is unwell or would benefit from a visit from a member of our ministry team please contact the Parish Office (530238).

Long Stratton Town Council, The Street, Long Stratton

Usual office hours are Monday, Tuesday and Thursday between 10am and 1pm and by appointment at other times.

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



Well here we are again and now into the summer school holiday and hopefully all children will be back in school in September.

Although things are beginning to open up lots of our organisations are still not meeting together yet.

Usually there is no Messy Church during the summer holiday but as we all know these are not usual times and Messy Church will be there in August.

Next month sees the annual Norfolk Churches Trust annual sponsored bike ride. Lots of people have been taking to their bikes and walking during this pandemic so why not take part in this year's event? See page 27 for more details.

See you next month when hopefully events will be begin to take place.

The Sexton's Wheel Team

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LOCKDOWN LOCKS

How are your lockdown locks looking? At the point of writing this, unlike many friends and family, I have still not visited the hairdressers, indeed I still don't have a date in the diary for getting my haircut. Though normally very short, my hair is beginning to look out of control, especially where it has gone wispy and decided to curl up at the ends.

This week, in the daily morning prayer services, we have been thinking about Samson, who you may or may not know, is a rather intriguing character in the Bible. An angel of the Lord visited his mother and told her she would conceive a son, although she was sterile and childless. The angel goes on to say, she is to bring the child up as a Nazirite and no razor may be used on his head. You can see, why I might have started to think about my lockdown hair! Samson's mother did everything she was told, conceived, gave birth to a boy and followed the instructions about hair cutting or lack thereof, and Samson grew to be strong. In terms of the World's Strongest man competition, Eddie Hall and Magnus Magnusson pale into insignificance. With the jaw of a donkey, Samson slayed 1000 Philistines. Pretty gruesome. The secret of his great strength was in his unshaved head, but when Delilah manages to get him to reveal the secret, and his head is shaved, he becomes just the same as the rest of us, for a while anyway.

Samson for me, though, speaks not just of a person, but also of a place. One of my favourite holiday destinations is the Isles of Scilly, Samson is one of the now uninhabited islands, which you can still take a boat trip to and visit. It's easy to spot, having two hills, one either side with a dip in the middle. Many a time, when holidaying with my family on the Isles of Scilly, we would take our evening stroll from Holy Vale up to Bants Carn on St. Mary's and sit and wait for the sun to set, the iconic photo was to aim to capture the sun setting, just in the middle of the dip. We never managed the perfect photo, although probably have hundreds that almost made it, but we did spend many happy hours in eager anticipation, and saw some wonderful sunsets.

This year, like haircuts, many things have been put on hold, including going on holiday. I don't think my lockdown locks have made me any stronger, as was the case for Samson, but the last few months have certainly taught me to trust in God more, and to not worry about plans which have not come into being, but to spend time remembering the things I have done, as we look forward to a time when we can do more again.

*May God bless you
Rev Heather*

LONG STRATTON VILLAGE HALL FILM AFTERNOONS

We are hoping to be back on **Monday 14th September** and will be reviewing to work out if it is safe to do so. If we do return at the moment we do not know what the film will be.

More information in September.

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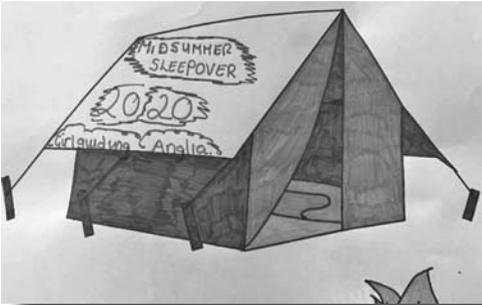
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LONG STRATTON GUIDING

2nd Long Stratton Brownies

We have enjoyed our new virtual meetings this half term and are pleased that many of our Brownies have joined us.

We have undertaken a zoom scavenger hunt, Kim's game and quizzes. One evening we had a visit from River's Rodents and Reptiles where we saw Dude a Blue-Tongued Skink, Zebedee a Corn Snake, Coco a Tortoise, Remi a Rat and Myrtle a Guinea Pig and also heard funny and interesting information about them.



Lots of our Brownies and Leaders took part in Girl Guiding Anglia's Midsummer Sleepover 2020, a virtual challenge badge. It was lovely to see the pictures of their indoor dens and tents set up inside or outside, together with the food they prepared.



Well done to those who got up at 4am on Sunday 21st June to see the sunrise around Long Stratton.

We are so proud of them all showing Guiding's traditions at their best during lockdown.

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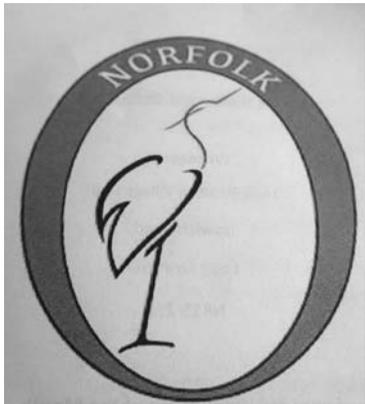
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LONG STRATTON & DISTRICT WI

We were disappointed not to be able to have our usual meeting in June when a local photographer was going to share some of his captivating pictures of wildlife. However, our programme secretary is hoping to book him for a future meeting, so something to look forward to.

Talking of wildlife, you may know that the grey heron is on the logo for the Norfolk Federation of WIs. The first design was for a commemorative stamp in the year of the Queen's Silver Jubilee and that design was later made into a badge which many members wear. More recently the image has been updated and simplified. See pictures.



The grey heron, or harnser as it is known in Norfolk, can often be seen sitting on the edge of a dyke watching for fish it can spear with its long beak. It is a slow and silent predator. Keith Skipper once listed 'harnser' as one of the top ten Norfolk words that should be revived.

Something else to look forward to is September when we hope to be back in

the village hall for our monthly meeting. More about that next month.

Meanwhile members are keeping themselves busy with gardening, craft work (see photo) and as lockdown eases, meeting up with family and friends.



The weather has been very much on our side as we sit and chat in gardens and make plans for the future, - all socially distanced of course.

For further information contact our secretary on 01508 531154.

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HOW OUR CHURCHES ARE OPENING UP

The Church of England churches in Long Stratton and Wacton have now begun to open for individual private prayer and a time for reflection. St Mary's has also begun Sunday morning worship.

Here are the opening times for individual prayer:

St Mary's	Wednesday	10am to 3pm and 7pm to 9pm
St Michael's	Tuesdays and Fridays	8.30am to 4pm
All Saints' Wacton	Tuesdays and Thursday	8.30am to 4pm

In addition to the above Morning Prayer will be said at the following times:

St Mary's	Monday	8.30am	Rev Heather Wilcox
St Michael's	Tuesdays and Fridays	8.30am	Steve Adcock
All Saints' Wacton	Thursday	8.30am	Angie Baldwin

You are welcome to join them at Morning Prayer whilst observing social distancing.

Services for St Mary's in August are as follows:

Sunday 2nd	All Age Worship	Sunday 9th	Holy Communion
Sunday 16th	Morning Worship	Sunday 23rd	All Age Communion
Sunday 30th	TBA		

We are hoping to begin worshipping in St Michael's and All Saints' Wacton. If we do it will be advertised on FaceBook and on notice boards.

For further information contact Rev Heather Wilcox, details on page 2.

Congregational Church

We plan to re-open our Church starting Sunday 2nd August at 10:45am for shortened weekly church services.

Our August Church Services will either be led by Malcolm Simpkin or Rev. Ian Terry.

For further information contact June Braddock details on page 2.

Come and join us for.....

The next ***Messy Church*** is on **Saturday 29th August**

from 9am until 10.45am



Messy Church continues to meet through Facebook, with crafts uploaded in the week before Messy Church and then on the day, the story and worship are delivered through livestreaming and everyone is encouraged to upload pictures of their crafts



Long Stratton Messy Church

You can find out more by phoning Heather Wilcox at The Rectory 530238



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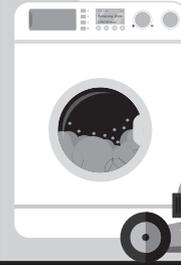
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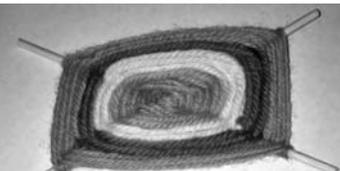
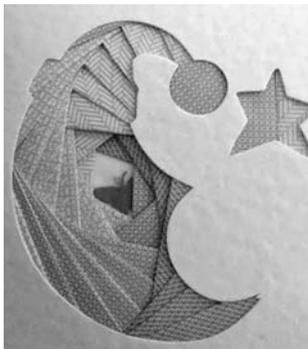
mw
**MOULTON
WINDOWS**



1st Long Stratton Guides

We have packed a lot into our one hour twenty minutes Zoom meetings this term.

The StART Making a Change Badge is nearly finished, small amounts to be completed by the Guides in their own time. Craft has proved popular, though quite difficult to demonstrate



Mexican God's Eyes

on line, my fingers seem to get in the way! Really good Iris Folding Cards using recycled envelopes, foam flowers and finally God's Eyes, these were made and given to Mexican children to protect them during their first five years, completed our trio of crafts.

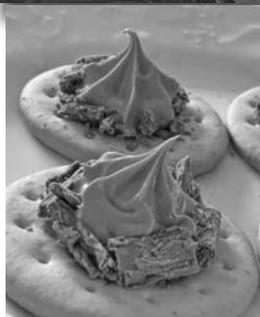
Hanna ran a scavenger hunt getting them to chase round their houses looking for items and we completed the Taskmaster Challenge – involving two minute activities like a self portrait with closed eyes, complete the poem starting “There once was a lady called.....”, and balance a large object on your heads for ten seconds - most chose their cuddly toy.

For The Midsummer Sleepover Girl Guiding Anglia challenged us to sleep somewhere other than your bed - the dining room, under the eaves and complete four other challenges including getting up at 4am to watch the sunrise and cooking.



Rachael's sleepover biscuits

Charlottesville sleepover biscuits



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Bryony made her promise, in her garden, to Michelle. Helen with her District Commissioner's hat on presented the Silver and Bronze Awards gained.

Our final meeting this term will be a virtual campfire complete with blankets and s'mores!

Thank you parents for helping the guides and making the meetings possible and a big thank you to Michelle for all the work she has put in this term.

Rosemary



Bryony taking her promise

Emily with her bronze and silver awards



ST MARY'S CHURCH HARVEST FLOWER FESTIVAL SATURDAY 3RD TO TUESDAY 6TH OCTOBER

At the time of going to print we are not sure if the above event will be able to take place but the plan is to have a Harvest themed flower festival in the church, with the church open 10 -4 daily (Sunday 12.30 - 4pm). Our usual refreshments might not be possible, but you can certainly socially distance whilst seeing the amazing display of flowers. If anyone would like to help with decorating the church for the flower festival please contact Heather [details on page 2].

There is also a concert provisionally booked for the Saturday afternoon with Hexachordia, who proved very popular with a Twelfth Night concert a few years ago.

Hopefully this time next month we will be in a position to confirm if this is happening or not.



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WACTON VILLAGE NEWS

All Saints' Church

Our Church is now open on a Monday and a Thursday from 8.30am to 4pm for anyone who would like to go and have a quiet moment and a time of prayer.

Every Thursday at 8.30am Angie Baldwin will be saying Morning Prayer, you are invited to join her whilst observing social distancing.

We are still looking into the logistics of opening our Churches for Sunday services,

WACTON COFFEE MORNINGS

Rita and I would just like to say how much we have missed seeing you all for our Coffee mornings over the last weeks. We hope that you are all keeping fit and well and that it will not be too long before we can start meeting again.

In the meanwhile, although my garden is small, there is plenty of room for up to six suitably distanced chairs, so that some of us could sit in the sunshine and have a chat. If you would like to come round, either on your own or with friends, you would be very welcome – please just give me a ring first on 01508 530111.

Please keep safe and come and have coffee with us again in the Village Hall when we are allowed to open.

Caroline

WACTON FOOTCARE

Due to the ongoing uncertainty regarding the Covid 19 virus, for the foreseeable future, Clare is unable to continue with the Footcare clinic in the village hall as before. Therefore, as an interim measure, she can continue to provide regular treatment in the safety of your own home beginning Friday 14th August. To make an appointment Clare can be contacted directly on 07785 295358

CREATIVE SINGING GROUP

The Creative Singing Community have continued to meet and rehearse each week ONLINE since lockdown measures were introduced, making a world of difference for those who otherwise would have been completely socially isolated. For more information about how to join in with these online sessions, please contact: Louise Tingley on 07765 920 390 or via email centrestage21@gmail.com

LONG STRATTON YOUTH CAFE

Youth Cafe will now be closed until further notice, we hope to restart again in September after the summer holidays depending on where we are with the coronavirus.

Thank you and stay safe.

Mat, Wil, Tina, Doug and Joanna





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Tharston & District WI

It is now four months since our WI was able to meet: I just wonder where the weeks have gone? Several of my good intentions have disappeared, I still have many cupboards and drawers waiting to be tidied, and weeds in the garden are flourishing. I have managed to grow far too many plants as most of the seeds grew so the young plants were offered to anyone passing. I hope the flowers and vegetables will help someone during this difficult time.

As part of the Norfolk Scrubs Volunteers I spent several weeks sewing sets of scrubs, laundry bags and face coverings. My stitch unpicker was well used and the air turned blue at times but my love of sewing has been rekindled. I am now making summer dresses for my five young granddaughters. Cynthia, our secretary, was also one of the sewing volunteers but she is an accomplished needle worker and probably found it more straightforward. Other members of our WI were also sewing or volunteering in different ways by helping with shopping, looking out for neighbours and lots of chatting on the phone.



Our village – Tharston - is having a competition to grow tall sunflowers. We were able to collect a seedling to plant in the garden. I decided to plant extra ones from a packet I had, just to brighten up along my front fence. To my surprise there is one of a deep brown colour and not the traditional bright yellow. I certainly won't get this mixed up with the competition ones!

We are now having committee meetings via zoom and are contemplating future activities. Social distancing may be required for quite some time and this makes planning more difficult. We could meet outside in small groups, but maybe that is just asking for rain. We are also looking at possibly having a speaker via zoom in lieu of a meeting as there are so many interesting ones available. The Norfolk WI news has been available online and we have sent out newsletters to all members. Those with birthdays have been sent a virtual birthday posy. Our WI committee has kept in touch with members by phoning each month and checking their wellbeing. It has been good to have a chat. Our programme secretaries have rescheduled some speakers from this year and found some new ones.

In preparation for Norfolk Day 2020 members have been asked to take a photo of their favourite place, selfies but no pouting please! As many of us have rarely left the house then I expect we will see several photos of lovely gardens. We are also making small green hearts which will be available if and when 'Dippy' arrives on display at the Cathedral. These are to heighten awareness of climate change and #ShowTheLove2020!

Heather Jeary

LOCAL WALK

Our July walk kept to the rules by being local and socially distanced but it was lovely to welcome Bonnie back from isolation to find us new paths.



We started along an unofficial but well trodden footpath across the fields from Flowerpot Lane. The blossom in the hedgerows had finished leaving the promise of hips and haws, not to mention blackberries, but the field edges were bright with poppies, meadow sweet and an amazing variety of wild flowers. We were shown a dandelion like flower called Jack-go-to-bed-at-noon. It was a grey day so it had closed up early! In fact the much needed rain kept off till we were home. We walked across fields of barley, already golden, wheat and oats and everywhere the ground was cracked and hard.

Carefully avoiding most of last month's walk, Bonnie led us back onto Haynton's Lane at the point where Wacton church tower can be seen across the fields. We headed back briefly towards Long Stratton then turned left past Hill House. Glimpses of a gentle mauve field seen through the hedges now opened up. No more cereal crops, just acres of borage which turned out to have bright blue flowers under the mauve foliage. We shared Googled knowledge about its pharmaceutical uses as we walked down to Long Stratton Road. Here we stopped to admire a mass of tall, brilliantly blue flowers which turned out to be chicory. 'I've driven past here so often I can't believe I never noticed them', was one remark. 'That's the advantage of walking', was the reply. This led to a discussion over which month is the best for wild flowers. July was proving a surprisingly good candidate.



We turned left for a short distance along the road before taking a steep path up to the right. The back view of Wacton church came into sight, impressive even when the tower is hidden. We crossed the churchyard and turned right into Church Road. News of a black panther sitting on a garden bench passed through the group so we each trotted back to ascertain it was in fact a rather large, realistic toy.

The next path to the right was a narrow one with metal step-through gates (discreet use of hand sanitiser evident.) As we turned a corner yet another surprising crop came into sight. This one was flax, green with delicate blue flowers. We turned left over a narrow bridge. The Long Stratton Industrial estate looked surprisingly close but we still had pleasant paths to follow. One wide one is apparently a runway. That's where we actually saw one of the skylarks whose music had been delighting us for a while.

Once we had crossed Chequers Road we didn't expect any more nature, however one garden had a beautiful patch of wild poppies and cornflowers. Rather than returning via the playing field we took the path down by the surgery. Even there we enjoyed the variety of tall grasses along the way.

Walks which don't involve using a car are proving remarkably enjoyable. Look forward to another one in August.

Louise

Why not join us on August 3rd for another local walk? Meet in the Long Stratton car park at 10 ready for a 4 mile (approx) walk. Everyone welcome.

REMEMBERING JENI HOLMES & VELMA FARROW

Following our report in the July magazine we have received the following tributes.

Jeni Holmes

'I remember her being a very kind and supportive headteacher. She helped our class with performing ballet for Newsround and performing in London in front of VIPs!'

Daniel Thomas

'I remember Jeni being very supportive and encouraging when I was considering training to be a teacher'.

Gill Osborne

Velma Farrow

I am very pleased to be able to write fond memories of Mrs Farrow. She taught my son Daren who is now 51 years of age. He was always fond of her, he used to say she was timid.

Over the years whenever I saw her in the village she would always ask how is Darren and his family, which I used to think was lovely.

Last year I happened to say to Daren it would be nice for you to pop and see her. He said she was very pleased to see him. Daren felt very sad when I told him she had died.

A really lovely lady.

Pat Goddard

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Long Stratton Town Council

The Street, Long Stratton, Norwich NR15 2AH

Chairman: Mr Kevin Worsley Clerk: Mrs B Buck

01508 530524 clerk@longstrattoncouncil.info www.longstrattoncouncil.info



Trim Trail Grant

I want to say a huge thank you to all those that supported this campaign either through liking the page or through donating. Both likes and donating won us points and the winners and recipients of the funding were the campaigns that received the most points. Sadly, at the time of writing it is looking highly unlikely that we will win as only the top 15 campaigns are successful and we are currently placed 72. However, I want to reassure that this is not the end to the trim trail campaign. I will now look at other ways to fund this project for the Community, watch this space for more news.

Central Toilets

I am pleased to confirm that the refurbishment for the Central toilets in Long Stratton will be commenced imminently.

Anti-social Behaviour

We have had a few incidents of anti-social behaviour at the playing field on Manor Road. We really want to encourage the use of the playing field but please can you be respectful of your neighbours. We have incidents of the ball being kicked against the MUGA late at night which is exceptionally noisy and is very disruptive.

Pavilion

Most of you will know now that the pavilion is completed. Sadly due to Covid19 we still cannot, open however we have installed lights down at the skatepark and we also have fully operational CCTV covering all areas of the playing field. The club room when fully operational can hold up to 50 people.

Meetings

Lastly meetings are recommencing and will be held both virtually and in the club room. Due to Covid19 we can only accommodate 4 members of the public in the club room which will be available on a booking system. All other members of the public will be able to attend via Zoom and can contact me for the link. As normal practice there is no August meeting therefore your next meeting date will be September 14th 2020 at 7pm.

Becky



Young people across the UK and the World were challenged to join in with The Great Indoors Weekender in July. Bear Grylls, Chief Scout, launched the weekend of activities and then families were able to join in with whatever they wanted from home.

Our young people started by pitching their tents, outside in their gardens for many as it was a nice weekend but some were inside which was fine. Others built dens in their homes to sleep in for the night. Activities were varied throughout the day with some STEM activities such as making reaction rockets, and learning about how helicopters fly by making whirly birds. There were creative activities such as making origami uniform, and some physical activities such as Zumba and Yoga.

There were video messages shared online throughout the day from Scout Ambassadors giving hints and tips about when they go on adventures and also about looking after our wellbeing. Then the young people were challenged to help in cooking (and washing up) their meals and some were fortunate enough to be able to cook them outside over fire as well.

Of course no camp would be complete without a Campfire which we joined online led by international scouts from various countries enabling us to learn new songs as well. Many of our young people followed this by toasting marshmallows to make s'mores at home to enjoy with their hot chocolates!



Ethan - Cub Campfire

Nathan Cub cooking



Thomas and Charlotte Scout and Beaver campfire



Thomas Scout cooking

It was a lovely way to join together with Scouts across the UK for a special camp, while being at home. Well done to all the young people, and their parents and families, for taking part!

To find out more about Scouting in Long Stratton, what we get up to and how to get involved as a young person or adult volunteer please message us via our Facebook Page - www.facebook.com/1stlongstrattonscoutgroup or email pta.thurston@tiscali.co.uk

LONG STRATTON FOOTBALL CLUB

Pre-season training has begun for the LSFC senior teams at Manor Road playing field. Following all the FA social distancing measures has made things very different but the coaches are doing a grand job in difficult times.



At the moment it is a case of waiting for an update of when they can expand to larger groups and when the possibility of playing games may begin but for now the club is preparing as well as it can. If nothing else it has been good for familiar faces to meet up again and get the club up and running again after the enforced break.

Off the pitch the club received a timely boost when Anglian Demolition confirmed they will extend their sponsorship for a further three years, at a time when companies will understandably be having to pull their belts in this was very good news indeed for the club.



Good news for Over 50s is that walking football began again on Monday 13th July and takes place every Monday (6:30pm) at the playing field. New players always welcome.



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NORFOLK CHURCHES TRUST ANNUAL BIKE RIDE

SATURDAY 12TH SEPTEMBER 9AM TO 5PM

The annual Bike Ride is an excellent way of making money for your own church as well as the Norfolk Churches Trust.

The Bike Ride is an ideal opportunity to get out and about in the fresh air on a bicycle, on foot or in a car. It's a great family day out, and as we have noticed, many people have enjoyed walking and cycling over the last few weeks! We hope that they can join in the bike ride and enjoy visiting and exploring our wonderful places of worship and help raise some money at the same time.

Justgiving makes it easy to raise money from family and friends. See website for details. <https://norfolkchurchestrust.org.uk/bike-ride/taking-part/>

Please pump up your tyres, or dust off your walking boots, pack a picnic and plan a route to visit as many of the most beautiful churches in Norfolk as you can on the 12th September.

Why not get together with your friends , social distancing of course, and have a fun day together.

For further information and sponsoring forms contact 01508 530238 or e-mail linda.parishadmin@btconnect.com

A list of all churches that will be open can be found on the Norfolk Churches Trust website

A message from Judith Naunton

As I write this I have just returned from a long bike ride through beautiful countryside. It is looking great at the moment, harvest can't be far away. We are so lucky to live in such a lovely area with easy access to well maintained footpaths and quiet back roads. In these uncertain times the chance to get out and leave our concerns behind for a short time is a blessing.

After the cancellation of so many events over the last four months the annual Church Cycle Ride is taking place this year. Like so many other things in our lives I'm sure it won't be like previous events - many churches might not have anyone signing us in and there probably won't be refreshments to revive us (just like cricket matches).

I am still planning to take part, but with no Methodist Church in Long Stratton I will be cycling for Pulham Market Methodist Church. The lack of Church services, regular coffee mornings and evening meetings means I am unable to contact my generous sponsors, but if anyone wishes to do so this year they can contact me on 01508 536771.

Here's hoping for perfect cycling weather.

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LONG STRATTON YOUTH FOOTBALL



Firstly many thanks to everyone who has been involved and helped in any way they can to make our community club that little bit better each year.

Following an unprecedented 2019/20 season with events none of us have ever experienced, and grassroots football being completely abandoned in March, behind the scenes work has continued at our community club.

We are very excited to be moving into the long awaited new pavilion, the new home of Long Stratton FC which is now ready for us once we are able to return to playing football, which we all hope will be soon. This is a massive boost for the club as the new facilities are far more welcoming for us and the travelling teams we welcome each week to Manor Road. A big thanks goes out to the Town council, Norfolk FA, Football foundation and Anglian Demolition who made this possible.

This coming season we are looking to grow with the addition of new teams for U7's, U8's and U9 girls.

With the addition of these new teams we cater for the following age groups and are always looking for new players to join our club and enjoy the beautiful game in a safe and fun environment.

Mini-kicker (5 years upwards casual football), U7's, U8's, U9's, U10's, U12's, U15's
Wildcats Girls only (5-11 years casual football), U9 Girls, U11 Girls, U14 Girls.

If you are interested in joining or want to know more details about playing for our club, please contact Paul Simmons either through our Facebook page Long Stratton FC or email paulsimmons7@gmail.com

With the addition of these new teams other challenges arise, who will help run the teams, organise travel, sell refreshments, match day set up/pack up and referee and run the line?

In many cases eager parents get involved and will take on a team, but as we grow we would like to invite more people from our community to get involved and help out. If you are interested in getting involved with our friendly community club and helping us grow even more, please do get in contact. If you would like to go the extra bit further and get involved with coaching we can help with that too. We help to cover the cost of getting your coaching badges completed.

If you require any info on the above, please don't hesitate to contact us through the Long Stratton FC Facebook page or email paulsimmons7@gmail.com

Many thanks from everyone at Long Stratton FC

CHURCH SERVICES - AUGUST

St Mary's Church

2nd	11.00 am	All Age Worship
9th	11.00 am	Holy Communion
16th	11.00 am	Morning Prayer
23rd	11.00 am	All Age Holy Communion
30th	TBA	

St Mary's is open for individual prayer every Wednesday - 10am to 3pm and 7pm to 9pm. Morning Prayer is also said every Monday morning at 8.30am. Everyone welcome whilst observing social distancing.

St Michael's and All Saints' Churches

St Michael's and All Saints' Wacton have now begun to open for individual private prayer and a time for reflection.

Here are the opening times for individual prayer:

St Michael's	Tuesdays and Fridays	8.30am to 4pm
All Saints' Wacton	Tuesdays and Thursday	8.30am to 4pm

In addition to the above Morning Prayer will be said at the following times:

St Michael's	Tuesdays and Fridays	8.30am	Steve Adcock
All Saints' Wacton	Thursday	8.30am	Angie Baldwin

You are welcome to join them at Morning Prayer whilst observing social distancing.

Congregational Church

We plan to re-open our Church starting Sunday 2nd August at 10:45am for shortened weekly church services.

Our August Church Services will either be led by Malcolm Simpkin or Rev. Ian Terry.

For further information contact June Braddock details on page 2.

From the Parish Registers

Funerals

We offer our deepest sympathy to the family and friends of:

Heather Madgett	Waveney Crematorium
Dereck Neeve	Earlham Crematorium

Whittley Parish



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