



APRIL 2024

CONTACT

EAST HARLING - WEST HARLING - BRIDGHAM -
ROUDHAM - BRETENHAM - LARLING - RUSHFORD

VILLAGE NEWS AND EVENTS

CHURCH SERVICES PAGE 3

PARISH RECORDS & FLOODLIGHTING PAGE 5

REVD SIMON'S NEWSLETTER SEE PAGE 6

EAST HARLING EVENTS SEE PAGES 9&10

GARDENING CLUB EVENTS 2024 SEE PAGE 13

ECO CHURCH SEE PAGE 14

GARDENING NOTES - SEE PAGE 16

EVENTS IN BRIDGHAM LARLING &
BRETENHAM - SEE PAGE 18

CONTACT DIARY SEE PAGE 20



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~ Welcome to our Services in April 2024 ~

Midweek Communion every Wednesday at 11.30am in East Harling Church

Date	E Harling	Garbl'sham	Wretham	Bridgham	Larling
Sunday 7 th April Easter 2	11.00 am All Age 6.00 pm Soul Café In O S Hall	9.30 am Holy Communion	9.30 am Service of the Word	11.00 am Service of the Word	
Sunday 14 th April Easter 3	9.30 am Holy Communion	9.30 am Holy Communion			11.00 am Holy Com'union
Sunday 21 st April Easter 4	9.30 am Holy Communion 6.30pm Harling Praise	11.00 am All Age	9.30 am Holy Communion	11.00am Holy Communion	
Sunday 28 th April Easter 5	9.30 am Holy Com'union	9.30 am Holy Communion			11.00 am Service of the Word

	Rushford	Shropham	Brettenham	Riddlesworth	Blo'Norton
Sunday 7 th April Easter2					
Sunday 14thApril Easter 3					11.00am Holy Communion
Sunday 21 st April Easter 4		9.30am Service of the Word			
Sunday 28 th April Easter 5			11.00am Holy Communion	6.00 BCP Evensong	

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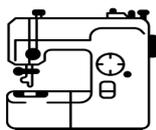
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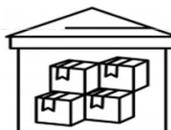
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Parish Records 2024 ~

~ Baptisms~

Welcomed into God's family:

Annabelle Jemima daughter of Thomas and Francesca Sewell who was baptised in East Harling Church on 3rd March 2024

~ Floodlighting ~

Requests to sponsor the floodlighting of East Harling Church should be posted/delivered to: Susan Dolling 4 Hamblings Piece, East Harling. NR16 2PZ

March 2024

28th Treasured memories of our dear Dad, **ERIC GEORGE HOLDEN** taken from us on 28th March 2021; LOVING YOU AND MISSING YOU ALWAYS, SUE AND BILLY.

April 2024

9th Remembering **KEN**. Always in our thoughts. Marilyn, Karen & Family

12th **Ena King**, A dear Mum, remembered with love always.

13th **Valerie Slater**, a dear sister, remembered with love always.

Please make sure your requests are clearly written, include the date and add your name and contact number in case of any queries. Donation of minimum £5/night should be enclosed (cheques payable to E Harling PCC please).

Thank you to all who sponsor the floodlighting of East Harling Church

FOOD BANK

Please Remember!



Items for delivery to Thetford Food Bank can be left in the hamper at the rear of the pews in East Harling Parish Church.

Tinned and non-perishable dry goods (eg sugar, cereals) and toiletries welcome.

No fresh fruit or vegs please.

All items must be 'in date'.

Your gifts will be collected regularly.

Thank You!

METHODIST CHAPEL WHITE HART STREET

Methodist Services in April

7th April 10.30am Mrs Linda Spencer
6pm Soul Cafe at OSH

14th April 6.30pm Mr Dennis Cartwright Chapel Anniversary

21st April 11am United service at Garboldisham St John the Baptist

6.30pm Harling Praise at Methodist Church

28th April 6.30pm Mrs Jane Mottram



East Harling Methodist Church invites YOU to...

'Monday Craft Café'

10am-12noon on the 1st and 3rd Mondays of the month

Next on 1st & 15th April

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East Harling Methodist Church
White Hart Street

11.30am Tues 16th April

Theme: Peace!

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Thursday mornings 10-12noon

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To Book a place or for more information
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Or feel free to visit on a Thursday morning
to meet us, and see what we do!

New term begins Thursday 11th April





Dear friends

This Eastertide, it seems as hard as it's ever been to talk about hope. With war in Eastern Europe and in the Holy Land, with environmental collapse inching ever closer, and with all the simple, small challenges that each one of us faces, life can feel hard even for people who claim to have faith in a reality that is beyond the mundane realities of this world.

However, it is at precisely times like these that faith in Jesus Christ makes sense. The central story of the Christian faith, proclaimed afresh by the Church each Easter, is that even God, when God comes among humankind in human form, is overwhelmed by the pain, suffering and grief of the world.

He preaches love, hope and joy; but humankind responds with hatred, despair and grief. They take Jesus, strip of everything – his mission, his disciples, his freedom, his clothing, even, and his very life – and so he dies, and is sealed up in the tomb. So the hope of faith appears to come to nothing, closed up in darkness.

But the Easter story tells us that in Jesus, God doesn't deny this path, but passes through it, and transforms it into life. The Gospel is not pretending there is no darkness or pain or suffering – it is engaging fully and utterly in them, for the sake of love, hope, joy and peace, and passing through into new and wondrous life.

I have no more idea what the future holds than you do ... but I believe that God is already there before us, and so I greet each day with trust that God will bring me through it. Every challenge that comes my way I must face with all of the strength and resources I have – but I do not do it alone. In every moment, God is with me, and offers me the chance to pass through everything into new life.

I pray that this Easter, you will find a glimpse of that invitation for your own life. I pray that you will know new life and hope today – not some vague hope for an afterlife or that we somehow escape from reality by believing. God is with you right now, offers you his risen life right now, and invites you to live it right now.

Yours with every blessing

Simon

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Anti Aging—Skin Care

Hands and necks are the dead (!) give away that you are getting older. The skin is very thin in these areas and naturally will show signs of aging faster. Make sure you moisturise after every hand wash. There are some amazing hand creams out there.

Kick the habit

Smoking is a killer for skin and your body. Quit. That is all there is to say about this.

Limit your alcohol intake

Alcohol is also likely to affect your skin as when you drink, the dehydrating effect of alcohol means your skin loses fluid and nutrients that are vital for healthy-looking skin. This can make your skin look wrinkled, dull and grey, or bloated and puffy.

Foot care

Keep them clean and dry especially between the toes. Moisturise on a regular basis to prevent dry skin, and to prevent cracking. Remove dry or hard skin using a foot file or pumice stone. Treat foot problems such as corns, calluses, bunions etc regularly, to maintain healthy feet.

Balance Diet

Try to get as much fruit and vegetables into your diet with lots of water. Keep to healthy fats like olive oil, lean proteins like chicken or turkey and lots of whole grains and pulses, like beans and lentils. (thanks to Ben for this article, Editor)

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there may even be a "Chocolatey" item in a
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YOUR FETE NEEDS YOU

The planning has started for our favourite day of the year, the
village fete! This year on July 7th.

However, in order for this fabulous event to go ahead we need your
help. There are many things going on behind the scenes and if you
feel you can help with any of them please contact
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- Donate wine for the water/wine stall
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- Turn up, spend money and have fun!

If we all do a little bit the fete will once again be the knock out
success we have come to know and love! Thanks in advance

SAVE THE DATE
JULY 7TH 2024



SATURDAY 6th April

East Harling Church
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SUN 21 APR
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EAST HARLING WI

East Harling WI's April meeting is our annual Resolution meeting, and also when subs are due. The annual subs for 2024/2025 is £48.00. Also, could members bring a plate of goodies to the meeting.

In February, we had a crafty evening with Jane Kelly, of 'Weave and Unwind', who showed much patience and professionalism in helping us make willow hearts - some of us needed a lot of help, as some of us are not very crafty!!

East Harling WI meet on the third Tuesday of each month at the Old School Hall for 7.30pm. We look forward to seeing new and old faces, please feel free to pop by. It would be nice if we could encourage more new members, as East Harling WI has been running in the village since 1928. If any local villagers would like to give a talk or a demonstration please get in touch. Please feel free to contact me, Jackie Underwood on 07725 126115.

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If you can offer an hour a week to join in the fun then please get in touch with either Sarah 1stharlingrainbows@gmail.com or Sonia soniaguiding@outlook.com.

Alternatively, you can apply online <https://www.girlguiding.org.uk/get-involved>

You are creative, enthusiastic, awesome.....pass it on!

WANTED FOR HARLING ATHLETICS CLUB

Level 2 Junior Athletics Coaches or volunteers to become coaches.

It is with great sadness that due to personal and work commitments Sam and Gary Brotherhood will be stepping down from their roles of Junior Coaches from April 2024. They have been with the club since before its inception in 2014 and will be sorely missed for the commitment, enthusiasm, care and humour that they have brought to Harling Athletics Club.

So we now need: Two Level 2 Junior Coaches from April 2024 (if not before) or a small group of volunteers (whereby they could share the training) to train alongside Sam and Gary until they leave at the end of March 2024, receive qualifications and then to take over training sessions on Mondays 7pm to 8pm and Saturdays 9am to 10 am. All training costs will be met by Harling Athletics Club. Please email: harlingathletics@gmail.com for further details.

EAST HARLING GARDENING CLUB

At our March meeting we had a brief AGM, and then we looked at some overwintered plants in the various peat free composts that we examined in the autumn to see how they have fared. (Full report in Next month's Contact). In general the best 3 were Rocket Gro with John Innes and Westland General Purpose with John Innes (the 2 most expensive) (available from Thetford Garden Centre) and garden soil (the least expensive!). We also had a table quiz and snacks and wine to keep everyone amused!

At the AGM Brian Rayner stepped down from the committee- thank you Brian for your years of help, you will be much missed, but will now be able to concentrate on winning all of the trophies at the flower and produce show. We welcomed Steve and Rachel Robb and Kyle Wilkins onto the committee.

East Harling Gardening Club Programme 2024/2025

April Mara walking the Camino Way

May David Wynne, the eco church project and bringing more birds into your garden.

June Ingrid Sykes (herbalist), wildflowers and herbs are all around you.

July Jacko World Horse Welfare.

August Members annual flower and produce show.

September Veronica Colley, Hearing dogs for the deaf.

October David Bailey. What's below the gardens of East Harling? Bring along an item you have dug up.

November Mary Murray, Christmas themed flower arrangements

December. See 2 special events below.

January 2025 social and quiz night.

February Tim... Plantsman's Preference

March AGM and social event.

As well as our regular meetings we have some exciting events and trips organised for the coming year...

Saturday 18 May Annual plant sale in the Old School Hall

Sunday 4 August coach trip to RHS Hyde Hall Garden and Flower Show. Visitors welcome, (number limited by coach size) cost just £20. (entry alone normally costs £15.80)

Sunday 1 September to Thursday 5 September. Coach holiday to South Wales with Avanti travel. Visitors welcome, cost £435. Includes excursions to the National History Museum of Welsh life, the Royal Mint, Picton Castle and gardens, St David's and Tenby.

Tuesday 10 December Christmas 🍷 lunch. Members only.

Tuesday 17 December coach trip to Cromer Christmas Show. Visitors welcome cost just £40.

For further details of any of the above contact Jenny on 01953 717 911 or Mary on 01953 717 193.

We meet at 7.30 on the second Tuesday of the month, and visitors are always welcome for a low entry price of just £3, or why not become a member for a small annual fee of just £12 running from 1 April each year.



We are delighted to announce that St Peter and St Paul's in East Harling have achieved a bronze award in the Eco Church Award Scheme. Some of the changes we have made you will never even notice but some you will.

One of the big changes is to the way we manage the churchyard. Areas around the graves will be kept mown and neat but other areas will start to look a bit more natural. Bishop Graham is a big supporter of this, as our Lead Bishop on the Environment. He said:

"What we're suggesting is that there's careful management of churchyards to get that balance right, to have some areas that are mown, perhaps around more recent graves and other parts where biodiversity can thrive. These are wonderful resources in our communities, both in urban areas and in rural communities and we want to play our parts in restoring the biodiversity that has tragically been lost across this nation."

He also spoke about how biodiversity and wildlife can be a solace for people who are grieving.

"As part of the mourning process often caring for your loved ones' grave is a very important aspect of that but I think also people gain a huge amount

of solace from being around nature and I can think of nothing more wonderful than visiting your loved one and seeing butterflies and hearing birdsong and seeing wildflowers around you, which I think helps people in that time of grief or sadness and brings joy."

"My dream is to see churchyards as places for the living, as well as the dead."

The Church of England has unveiled proposals to strengthen its response to the biodiversity crisis as part of its wider climate plans.

The new Land and Nature Motion aims to bring biodiversity up the agenda so that it is given equal consideration with the Church's net zero aims. If you would like to know more about our plans for the churchyard, please speak to either Tony Fry 07554930054 or contact one of the churchwardens.



NORFOLK WILDLIFE TRUST
BRECKLAND LOCAL GROUP

Last month we were entertained by local photographer Martin Hosier's record of his last year's trip to South Africa. After a shaky start, technology is wonderful when it works, we were grateful that our audience kept patience and remained in their seats! Thank you for your understanding.

March will have seen the last of our talks until the Autumn, so we start walks on 28th April with a guided tour at the Lynford Arboretum. Starting at 4.30pm meet at the car park, IP26 5HW.

All walks need to be booked with Lesley. Ring her on 01953 7181119 to book or for further details.

The Big Quiz?
Saturday 15th June
 At East Harling Sports & Social Club
 NR16 2NA
 Time: 7pm for 7.30pm
 Max 6 people per team
 Contact Rachel on 07798 697566 to reserve a table



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HOW TO SAVE FUEL AND MONEY WITH ECO-DRIVING

Transport is a major contributor to UK greenhouse gas emissions, accounting for approx. 22 per cent of all domestic emissions. As we become more aware of the devastation caused to our planet's resources, we need to look for alternative ways to reduce our impact on the environment, especially when behind the wheel of a vehicle.

Eco-driving is a set of steps, techniques and behaviours that drivers can employ in preparation of the vehicle before a journey, in planning the journey, in modifying driving style during a journey and in reviewing trip data after a journey. Taken together, these steps can lead to savings in terms of fuel usage, trip cost,

emissions of CO2 and other pollution, and levels of noise from vehicle use. These significant savings can be realised for relatively low cost compared to other kinds of efforts to reduce the environmental impacts of car use. In addition, trips made with eco-driving techniques can, in many cases, be linked to improved road safety, and please note the use of eco-driving techniques does not increase your journey time!

Fuel consumption has a lot to do with the car you buy, but whatever you drive there are things you can do to save fuel, save money and cut pollution.

Maintenance

- Get your car serviced regularly for best efficiency
- Always use the right specification of engine oil (check your handbook)
- Check your tyre pressures regularly and before long journeys – under-inflated tyres will make your car use more fuel

On any trip, before you go make sure that the stuff in the boot is really necessary on the journey – extra weight means extra fuel so if you don't need it, take it out

Roof racks and roof boxes add to the fuel consumption as they cause more drag, so pack more carefully and remove them.

Idling wastes fuel and your engine warms up more quickly when you're moving so don't start the engine until you're ready to go.

Eco Driving techniques - When you actually get going make sure your driving is smooth and gentle, accelerate gently and read the road ahead to make sure you avoid braking unnecessarily. Decelerate smoothly by releasing the accelerator in time, leaving the car in gear. It is advisable to keep rolling as stopping then starting again uses more fuel than rolling. Slow early for traffic lights or approaching a queue and you might not have to stop completely.

Keep to the speed limits, as going faster uses more fuel. Drive at 70mph and you'll use up to 9% more than at 60mph and up to 15% more than at 50mph. Taking it up to 80mph can use up to 25% more fuel than at 70mph.

Please do be thoughtful and courteous to other drivers on the road, be in the right frame of mind before you take off. Being late is no excuse for aggressive driving, phone ahead, tell whoever you will be a little late and relax into eco-driving mode.

It is hard to find an origin of aggression on the road, although there is strong evidence that it has existed for at least a millennium. Pope Boniface VIII in 1300 laid down which side pilgrims going to Rome should pass on - sword arm to sword arm (keep left). Presumably he did this because there were arguments!!!

THE GARDEN IN APRIL



April showers bring forth May flowers, this year more likely to bring forth May floods. April can have all four seasons, sometimes all in the same day!

The birds and the bees. The nesting season is in full swing, so leave hedge pruning now for a couple of months if you can. Put a water source out and make sure to keep it clean and topped up regularly.

The honeybees have suffered this winter. They went into winter with lower than normal sugar reserves because of the never-ending rain. Leave some dandelions to bloom as a rich source of spring food. Remove the dandelion heads before they set seed!

Lawns. Don't walk on it if it waterlogged, you will just compact the soil and make it more likely to flood next time it rains. Normally a good month to sow a new lawn the soil is moist, and the temperatures are rising. If you have an established lawn weed and feed if you didn't get round to it last month. Don't feed wildflower meadows.

Patios. Clean well to remove moss and weeds. Clean off the BBQ.

Rhododendrons, azaleas, citrus etc in pots. Scrape away any loose compost and replace with a mixture of new ericaceous compost and fertiliser. Water with rainwater.

Shrubs and young trees. When the ground is reasonably dry check that the plants are firmly in the ground, they may have rocked loose with the combination of never-ending rain and strong winds. Prune lavenders, but don't go into the hardwood.

Perennials. Put in any supports while the new growth is still short.

Annuals. Finish off sowing hardy annuals such as calendula and love in the mist in the ground. Sow half hardies, such as cosmos, french marigolds and zinnias, in trays in the greenhouse or on a windowsill.

Biennials. Sow winter pansies, primroses, sweet Williams, forget me nots and bellis to flower next winter and spring. Deadhead pansies and primroses to encourage more flowers.

Spring bulbs deadhead daffodils and tulips so that they can concentrate on building new bulbs for next year's blooms.

Dahlias. Plant tubers outside. Take cuttings from potted plants when they are about 10cm (4inches) long. Label the cuttings, they all look broadly similar until they flower.

Gladioli. Plant a few 10-15 cms deep (4-6inches). Continue planting a few every couple of weeks until late June. They will flower over a much greater period.

Vegetables

Sow in the greenhouse or cold frame without heat. French beans, runner beans. Ridge cucumbers and toward the end of the month sweet corn.

Sow/plant outdoors broad beans, broccoli, cabbage, carrots, cauliflower, kale, lettuce (a few), peas, potatoes, radishes (a few each week until July)

Plant out. Broad beans, cabbage, cauliflower, leeks, lettuce, onion sets and peas.

Harvest anything that is ready.

Greenhouse keep ventilated on hot days.

Good Gardening
Kevin

LOOKING AFTER WILDLIFE IN YOUR GARDEN

Creating a damp ditch

Many of our gardens have been flattened, unlike the natural rise and fall of the landscape. By adding a shallow ditch, you can create a wider variety of homes for nature. Your garden damp ditch will mimic natural features in the countryside, giving hedgehogs and reptiles a lush byway to travel along, and song thrushes a perfect hunting ground. It's also a great way of dealing with any drainage problems, run-off from patios and excess water from your water butt when it overflows in these more recent rainstorms we have been suffering from.

First mark out the line of the ditch with string it should be at least one metre long and choose somewhere shady that's not in a walkway. Dig out the ditch to about 1 foot is plenty, remember the deeper it is the wider it will need to be. Make sure the sides are gently sloping (by 30 degrees or less) so creatures can get in and out and across your ditch. Firm up the base. You can use the dug-out earth to create a bank on one side of your ditch and sow wildflower seeds in the damp soil. Give your new plants and damp ditch a good water. Now all that's left to do is leave it and watch for wildlife.

(Thanks to the RSPB for these hints and tips. Editor)





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Bridgham Church

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28th April
NB Still in the Village Hall!!



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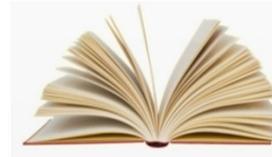
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SPICY SPAGHETTI WITH GARLIC MUSHROOMS

Prep:10 mins: Cook:15 mins; Serves 4

A low fat, fail-safe pasta dish that proves that it's just as easy to whip up a meal as it is to turn on the microwave

INGREDIENTS

- 2 tbsp olive oil
- 250g pack chestnut mushroom, thickly sliced
- 1 garlic clove, thinly sliced
- small bunch parsley, leaves only
- 1 celery stick, finely chopped
- 1 onion, finely chopped
- 400g can chopped tomato
- 1/2 red chilli, deseeded and finely chopped, (or use dried chilli flakes)
- 300g spaghetti

METHOD

STEP 1 - Heat 1 tbsp oil in a pan, add the mushrooms, then fry over a high heat for 3 mins until golden and softened. Add the garlic, fry for 1 min more, then tip into a bowl with the parsley. Add the onion and celery to the pan with the rest of the oil, then fry for 5 mins until lightly coloured.

STEP 2

Stir in the tomatoes, chilli and a little salt, then bring to the boil. Reduce the heat and simmer, uncovered, for 10 mins until thickened. Meanwhile, boil the spaghetti, then drain. Toss with the sauce, top with the garlicky mushrooms, then serve.

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Thank you to Juliet our advert manager of 17 years and also Welcome to Ben Yorke our new advertisement manager

First, we must thank Juliet for all her hard work looking after our advertisers, without whom this magazine would probably not be published, certainly not in the format we all know and love. Juliet completed over 17 years and handed over to Ben in December 2023. So THANK YOU JULIET!!

Juliet took over from another dedicated soul, Gordon Jones, who many will remember. He held a database of advertisers on a card index and had also transferred the details to computer, although the advertisers correspondence was sent by post and used copies of the adverts cut and pasted from the magazine. So renewal letters took some doing.

Juliet took over from him around the end of 2007. At that time the magazine was 8 pages and Gordon also passed on a long waiting list of advertisers, plus a large card index with the advertisers details. The card index has since been updated and is still referenced today.

Juliet immediately took the magazine to 10 pages starting publication in April 2008. At that time the circulation was around 1,000 copies delivered to around 940 households in East Harling and the surrounding villages. New houses in Poppyfields and Rusina Fields pushed circulation to 1,150 and In 2023 the print run was 1,540. This has now increased to 1,650. When the new 3 Squirrels development is completed we will have a further 85 households to add to our circulation.

At the time of the handover to our new Advertising Manager correspondence with advertisers was by

postal hard copy, with Juliet hand delivering letters to the Harling advertisers to save costs. All the renewal letters and reminders were on computer as were the adverts and this data plus Gordon's updated card index were passed to Ben Yorke in December 2023.

The hand over went very smoothly with Juliet advising in the background for a while. Since then Ben has set up a complete new database which somehow or other (I am not as computer savvy as he is!) is able to generate correspondence and copies of adverts and circulate to all customers by email with an attached copy of the relevant advert and details of how to pay and pay on line. It is these funds that enable us to produce the magazine that is delivered free of charge to every household.

As Ben said in his renewal letter to the advertisers :- "We have gone digital!! As the cost of printing rises month on month, stamps getting more expensive - we had to start phasing out using the standard way of communicating to you by post. Even though we are trying to phase out our dependency on paper copy be assured - CONTACT will always remain a printed magazine for your customers to put next to their phone, an easy way of finding you. If you are advertising with us, you will have a guaranteed distribution to every household in the villages in our benefice". Currently we are attempting to persuade all our advertisers that Digital is best. It is taking a little more time than we had anticipated to convince recipients that Ben's emails are not scams and should be retrieved from junk mail!! It is hoped this article will go some way to persuading everyone that this is ok! Of course postal communication is still possible if requested as are cheques or cash payment! (Editor 20th March 2024)

DIARY DATES 2024

For fundraising events, outings etc. in the parishes in the Harling United Benefice. Full details appear in the magazine

APRIL 2024

- 2nd East Harling Film Night OSH 7pm for 7.30pm
3rd Bridgham Village Hall Wednesday Social 11-1pm
5th Whistle Stop Rock 'n Roll Club
6th E H Church Community Café 10 – 12 noon
6th Roudham Feline Care Pop-Up Shop 10-1pm weather permitting
8th East Harling Welcome Hub OSH 11-2pm
9th East Harling Gardening Club OSH 7.30pm
10th OSH Coffee Morning 19-12
11th East Harling Camera Club EHSSC Rudd Room 7.30
12th EHSSC Bingo – Eyes down 7.30pm
13th E H Church Spring Family Fun Day 2.30-4.30pm
FREE EVENT (see page 10 for details)
15th East Harling Welcome Hub OSH 11-2pm
17th Bridgham Village Hall Wednesday Social 11-1pm
18th Roudham & Larling Parish Council 7.30pm at Roudham & Bridgham Village Hall
21st OSH Sunday Social Breakfast 9-11.30am
22nd East Harling Welcome Hub OSH 11-2pm
23rd East Harling Parish Council OSH 7pm
24th OSH Lunch 12 for 12.30
29th East Harling Welcome Hub OSH 11-2pm

MAY 2024

- 3rd EHSSC Whistle Stop Rock 'n Roll Club
4th East Harling Church Community Café 10-12
4th Roudham Feline Care Pop-Up Shop 10-1pm weather permitting
7th East Harling Film Night Old School Hall 7.15 for 7.30pm
8th OSH Coffee Morning 10-12
9th East Harling Camera Club EHSSC Rudd Room 7.30
10th EHSSC Bingo Eyes down 7.30pm
10th Harling & Kenninghall Singers, Musical Evening in East Harling Church 7pm £10 tickets with interval refreshments
14th East Harling Gardening Club OSH 7.30pm
16th Roudham & Bridgham Parish Council meeting at Roudham & Bridgham Village Hall 7.30pm note Annual Parish Meeting
18th Gardening Club Annual Plant Sale OSH 10 -12 noon
18th E H Church Super Swing Band 7-11pm
22nd OSH Lunch 12 for 12.30
28th E Harling Parish Council OSH 7.00pm

JUNE 2024

- 1st East Harling Church Community Café 10-12
4th East Harling Film Night Old School Hall **Start 7.00pm**
5th OSH Coffee Morning 10-12
11th East Harling Gardening Club OSH 7.30pm
13th East Harling Camera Club EHSSC Rudd Room 7.30
15th BIG QUIZ EHSSC 7pm for 7.30
28th OSH Lunch 12 for 12.30

**CALLING ALL ADVERTISERS
SPECIAL NOTE ON PAGE 19**

**Thank you to Juliet
and welcome to Ben**

**AND THANK YOU TO ALL
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Starring Maggie Smith, Laura Linney and Kathy Bates. It has many funny moments as well as some poignant ones all bound up in a great narrative.

**£5.00 per entry
EVERYONE WELCOME**

CONTACT is published monthly by East Harling Parochial Church Council and. items for the May edition should be submitted to the editor by email by 12th April at the ABSOLUTE LATEST.

Please ensure that the sender's name and address or telephone number is included in all communications.

Please don't wait until the last day as we cannot guarantee last minute items will be printed.

EDITOR: email sue.wall@uwclub.net

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