

VOLUME 17 NO. 10 JULY 2022

Platinum Jubilee Weekend

WELL DONE EVERYONE!

Huge thanks to everyone in our villages for making this a celebration to remember. Even the inclement weather on the Sunday didn't dampen spirits. Turn to the centre of the magazine for more Jubilee photos in full colour.



Geoff Pepper invites veteran gardener Eric Stockdale to open the Wangford Community Garden

PULL-OUT JUBILEE COLOUR SUPPLEMENT INSIDE



Coronets worn at the Coronation by the Earl and Countess of Stradbroke

Grand Henham Steam Rally

17th & 18th September

The Rally is back after its Covid-enforced absence. Please put the dates in your diary.

This popular event is the main fundraiser for Sotherton, Uggeshall and Wangford churches and Wangford Community Council, which maintains the Community Centre. Its success relies upon volunteers from our communities.

We are now recruiting help both on- and off-site for the week before the rally, as well as on-site help on the Saturday and Sunday to run the Village Pantry marquee and Hot-Dog/Burger stall.

Please contact Sue at suethemusic@gmail.com or Sara at farrands.mars@gmail.com or Malcolm on 578701 with your availability or for more information.



THE MONTHLY PARISH NEWSPAPER FOR WANGFORD, UGGESHALL, HENHAM & SOTHERTON

Wangford Help If you need any help, simply call or email us. Email: wangfordhelp@gmail.com Phone: 07941 156508 or 01502 578408

Wangford Village Store Monday to Saturday 8.00am - 6.00pm Sunday 8.00am - 4.00pm



Wangford Post Office

Tuesdays from 10.00am - 12 noon Thursdays from 1.00 - 3.00pm

> Wangford Farm Shop

Monday - Saturday 9.00am - 5.00pm Sunday CLOSED

Community Garden Working Party The next working party is on Sunday 10th July from 10.00 am to 12 noon. Please bring your own gloves and hand forks/ trowels if you have them.

Food Bank

Thank you for all your support for The Sole Bay Foodbank. Please bring your donations to John and Jan Collins house at 19 Lakeside Park Drive or phone 01502 725731 for collection. There is also a basket for

your donations at the foot of the font in Wangford Church.



WHAT'S ON IN JULY

Wangford Parent and Toddler Group Mondays 9.30 - 11.30am Community Centre

Body Conditioning Tuesdays from 9.30 - 10.30am Community Centre

Blythburgh Bowls Tuesdays from 2.00 - 4.00pm Community Centre

Wangford Art Group Thursdays from 9.30am to 12.30pm Community Centre

Mobile Library at Wangford Wednesday 6th July 1010 - 1030 Community Centre 1035 - 1045 Church

Book Club Thursday 7th July 8.00pm Community Centre

Summer Fayre Saturday 9th July 2.00pm Community Centre

Community Garden Working Party Sunday 10th July10.00 am Community Garden

Wangford with Henham Parish Council Tuesday 12th July 8.00pm Community Centre

Uggeshall Coffee Morning Thursday 14th July 10.30am Old School Hall

Uggeshall Cinema Thursday 14th July 7.00pm Old School Hall

Wangford Church Coffee Morning Wednesday 20th July 10.30 am - noon

Blyth Valley Labour Monday 25th July 7.30pm Community Centre

Afternoon Tea Thursday 28th July 2.30pm Community Centre

South Cove Church Flower Festival Saturday 30th/Sunday 31st July 11.00am - 5.00pm

Uggeshall Country Teas Saturday 30th/Sunday 31st July 1.00 - 5.00pm

Wrentham Film Night

Wrentham Village Hall

WEST SIDE STORY

The latest film version of the 1957 musical.

Saturday 23rd July 6.45 for 7.30pm screening. Only £5, including refreshments. All are welcome.

Wangford Vets

Sunburn and pets The most common places for pets to get sunburnt are their ears, nose, eyelids and tummy - and they are especially at risk if they are light coloured (ginger/ white), or have any thin fur/bald patches. It's important to protect your pet from sunburn, not only because it's painful but because it can also sometimes lead to skin cancer.

Pets are going to lick off any cream applied, so never use human sunscreen on your pets. These contain ingredients that are likely to be toxic if ingested. It is safer to stick to sunblock especially formulated for animals.

Being eco-friendly

At WVC we believe we have a duty to be kinder to the planet and are committed to constantly finding ways to do that. Walter and the team try to incorporate environmental factors into all business decisions and will this year be installing Solar Panels on the practice roof. We already have electric charging points and vehicles. Where possible we look for sustainable solutions for office supplies, cleaning materials etc. To see our environmental policy go to: www.wangfordvetclinic.co m/page/10105/ Environmental-Policy

Wangford 100 Club 2022

Winners in the June Draw were 1. James Woolnough 2. Samantha Amphlett 3. Carolyn Robertson

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JULY'S TEAM LETTER

This is my first article for Heart & Sole. We retired during Covid in June 2020. I had been Team Rector of 15 tiny churches on the Essex-Suffolk border just south of Sudbury. We knew this area well from holidaying summer and winter in Dunwich. I want to thank all the churches in Sole Bay Team for your lovely warm welcome. It has been a joy to get to know you.

We first visited East Anglia for the Aldeburgh Festival in 2001 and at a concert in Holy Trinity Blythburgh I recognised this church as a very special place, a thin place where the divine comes close and we are caught up into something beyond ourselves. I applied and was amazed to be interviewed for the post of Team Vicar when David and Julie Eaton were appointed. So the Sole Bay Team has been a very significant part of my journey.

I am writing between Pentecost and Trinity Sunday, when we think about the Holy Spirit. Sometimes we focus more on Jesus or God and pay less attention to the Spirit. The Holy Spirit is there from the very beginning in Genesis 1 and 2. John Bell and Graham Maule of Wild Goose publishing wrote a song about the Holy Spirit:

> She sits like a bird, brooding on the waters, Hovering on the chaos of the world's first day; She sighs and she sings, mothering creation, Waiting to give birth to all the Word will say.

In Hebrew and in Aramaic (Jesus' own language) the Holy Spirit is feminine.

I think of the Holy Spirit inspiring people, whether they know it or not, to paint wonderful art, to compose beautiful music, to write literature, to excel in sport, to make incredible scientific discoveries, to go that extra mile in helping others.

For the next three weeks we attend concerts during the Aldeburgh Festival. Music transports us away from the ordinary to extraordinary places. I hope to visit the Waveney & Blyth Arts Sculpture trail at Potton Hall. The theme this year is "Between Two Worlds" and as Christians we live in that space between two worlds: the divine life and the earthly life. The joy of living is where the two meet and interact and flourish: where we can see glimpses of the kingdom of God, and we are invited to join in with God's Spirit towards making it happen.

God bless

Revd Margarét

Beauty on Buss Creek

Photo: Rod Tassinari





Wangford and District Community Council



Stalls include Sandra's Dandelion Wishes clothes, Janna's Norfolk Originals, Carolyn's Cakes for the Santa Paws Appeal, Plants and Produce, Giftware, Brand-new and Nearly-new, Bric-a-Brac, Tombola, Bus Stop, CDs/DVDs, Books, and the Raffle with many prizes

Saturday 9th July in Wangford Community Centre at 2.00 pm Admission free;

Proceeds to Wangford Community Council

News from Wangford Church

Firstly I would like to say what a great success the Platinum Jubilee exhibition in the church was. 200 visitors over three days was fantastic and the feedback was very positive indeed. A massive thanks to everybody who helped in any way with the setup of the exhibition, the displays, the flowers, the stewarding and the lovely refreshments. It was great to see the village and church working together so well and we look forward to more events in the future. The photo displays will remain in church during the summer months if you were not able to see them.

The Songs of Praise service on Jubilee Sunday was also excellent and thankfully the weather held up for the village celebrations at the community centre.

The coffee mornings are running in church on the third Wednesday of each month at 10.30 and are open to everybody. Tea, coffee and cakes are available and a raffle is held too. Please do come along and invite your friends.

At the end of July, we will welcome Rev Alan back fully refreshed from his sabbatical and I join everybody in thanking Margaret, Paul, Judy and Susannah for the lovely services they have conducted during the past few months.

Alan's first service will be a Team service at St. Margaret's, Reydon on Sunday July 29th at 11.15 and it would be nice to see as many there as possible from Wangford.

Our church is now open again daily after a short period of closure due to some unfortunate incidents in May, and we look forward to welcoming visitors again. All we ask is that visitors respect it as a church and place to reflect, pray or just look around, but not as a place to play.

Mark Notton, Churchwarden (578691)

Book Club

As part of the Jubilee celebrations we held a pop-up book exchange meeting in the Church. The Jubilee committee provided 20 copies of Julietta Henderson's "The Funny Thing about Norman Foreman" which were left in the telephone box book exchange with the idea that as many people as possible would read the book and come along to the meeting to discuss their opinion. Not many people attended the meeting but there was a lot of discussion around the village beforehand. As is usual with any book, there was a huge variety of comments - some people could not get past chapter 1 and found it irritating, some enjoyed the comedic aspects and some considered other things that emanated from the book.

The story centred around 12 year-old Norman following the unexpected death of his best friend and how their dream of performing a comedy act at the Edinburgh Fringe initially died too. Through various events and introspection, Norman drew up a shortlist of things to focus on: 1) look after mum, 2) find out which man of several possibilities was his dad and 3) perform at the Edinburgh Fringe.

The narrative style was deceptively light but underneath there were many things going on - Norman's mum Sadie had never dealt with her anger and grief at the death of her father, Leonard (their very much older friend) was devastated at his wife's dementia and not being able to care for her, and the various possible fathers had their issues too. The narrative asked many questions - is a child responsible for a parent and how does he cope with death? What is a family? Ageism, school bullying and physical struggles also feature.

We begin to see that the strength of each individual is in the relationship with others and their journey to the Fringe was also metaphorical as each character journeyed to understanding, acceptance and renewal.

Norman did perform and his very well received comedy act was to stand up and tell the story of their adventures on the way to the festival.

There are several copies of the book at the pop-up exchange in the telephone box so if you haven't read the book yet, pick up a copy and see what you think - there is so much more to this book than what is on the surface.

We next meet on Thursday 7th July at 8 pm in the Community Centre to discuss 'Dark Angel' by Elly Griffiths.

Gill Smith 578620

South Cove Church Flower Festival

South Cove Church Flower Festival will take place again on 30th and 31st July between 11.00am and 5.00pm. You are most welcome to come and enjoy the artistic floral displays on show. Refreshments including ice cream will be available.

There will be a ticketed Preview Evening on Friday 29th July from 6.00pm to 8.30pm to include fizz and canapes. Tickets are £10.00 in advance. Please telephone Alison Evans on 01502 675610 or Caroline Barnes on 01502 450671.

We look forward to welcoming you to our lovely thatched church for our annual fund raising event. Free parking. Find us on the B1127 NR34 7JD

News from Uggeshall

Uggeshall Coffee Morning

This month we meet on Thursday 14th July from 10.30am in the Old School Hall. Everybody's welcome.

Uggeshall Cinema

I hope you are enjoying the fine weather.

July's film will be 'The Importance of Being Earnest' starring Colin Firth, Reece Weatherspoon, Judi Dench and Rupert Everett on Thursday 14th July at the Old School Hall. Doors open at 7.00 for 7.15 pm.

Matt Grady



Beccles Foodbank

The food bank at St Luke's Church is now urgently in need not only of donations of food, but also basic hygiene products such as shampoo, washing/laundry capsules, washing up liquid, toilet rolls, sun cream (small travel-type bottles are best as sold in Superdrug), antibac cleaner, nappies sizes 5,6,7, baby wipes and nappy bags. Tesco vouchers are always welcome, and, for the tinies, squash with no added sugar, blackcurrant preferred. (Normal size items are better than large ones!)

Items can be left in the foyer at St Luke's in the boxes marked "foodbank" or at Hungate chapel on a Friday morning.

News from Sotherton

St. Andrew's Our next service is a 9.30am Communion on Sunday 17th July. Do join us!





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ABRAHAM

I recently read an inspiring book by Susan Hill, titled Howards End is on the Landing, in which she tells us that early one autumn afternoon in pursuit of a particular book among her vast collection, she came across lots of others that she had not read, forgotten she owned, or wanted to read again. She then undertook a year long journey through her books to get to know her collection again. Thinking this is a good idea I thought I would give it a go, hoping against hope that my half dozen loyal readers might find it faintly interesting. But where to start? The obvious place is the downstairs lounge where all the biogs/autobiogs live, in alphabetical order, naturally.

I may however flit around here and there, and to avoid boring the pants off you I shall do it in short instalments Righto - top shelf lounge: skipping along to The Astaires, a fascinating read about brother and sister Fred and Adele. Adele was the more talented dancer. While Fred sweated it out Adele pranced along naturally, entertaining London and Broadway. She called a halt to the partnership when she married Charles Cavendish, son of the Duke of Devonshire, and retired to live with him in the magical setting of Lismore castle in Ireland. Charles was an alcoholic and died. Adele loved him and cared for him to the end. None of the Devonshires attended his funeral. In the meantime Fred was determined not to become involved with another dancing partner. That resolution didn't last long. Along came Ginger and the rest, as they say, is history.

I shall read that book again. Then 5 books about Francis Bacon; couldn't understand his art but found his life interesting. These books will stay. And inevitably comes the greatest, 27 volumes on J. M. Barrie. They will remain forever to give me comfort.

The Fox and the Ghost King

Elona Rogers and Brian Barnes (in full costume!) re-told this tale as part of the Uggeshall Jubilee Jamboree entertainment.

One of the Queen's ancestors, Richard III, was killed in 1485. He was buried in a tomb in Grey Friars Priory, Leicester, but during the Reformation, Richard's tomb was removed and his remains were buried in the grounds in a crude grave.

The Priory was subsequently demolished and subdivided. A car park was built over the ruins and under it were discovered, in 2011/12, the skeletal remains of Richard III. He was reburied in Leicester Cathedral in the presence of Queen Elizabeth in March 2015.

This whimsical tale of Richard's discovery, 'The Fox and the Ghost King', was written by Michael Morpurgo in 2016.

Basically, the king's ghost promises to give a fox cub and his father whatever they most wish for if they will dig a tunnel to guide the archaeologists to his remains. Belonging to a family of Leicester foxes, all great fans of Leicester City (the 'Foxes'), they naturally ask that after a disastrous losing streak, Leicester City might win all their next games, and become league champions. As we know, the king kept his word and, against all the odds, Leicester duly won the Premier League for the first time in 2016! I re-read regularly his rectorial address to the scarlet gowns of St. Andrews University (1922) entitled Courage in which his concluding rallying cry never fails to inspire me: 'Courage, my children, and greet the unseen with a cheer'. More next month (subject to your approval).

Did I read that correctly? Tyson Fury, heavyweight boxing champion of the world needs a minder?

Having endured too many leatherings as a child I am naturally opposed to corporal punishment. What does it say about physically strong adults towering over and hitting a small child? Simply that they are incompetent parental bullies. For sure when they finally abolished the dreaded tawse in Scottish schools they took away the only portion of power these sadistic so-called teachers possessed. I find myself conversing with extremely interesting people during my volunteering at the Red House. The other week I came across a lady who recognised that I had some sort of accent, goodness knows how. When telling her that I started off in the Wee Kingdom, she informed me that she taught for a short while at Bell Baxter High School in Cupar. That piece of information brought me out in a cold sweat.

A peculiar thing happened to me doing my scribbles for the May edition of this estimable publication. Having pressed 'SEND' to the sainted editor, the computer refused to do so, muttering something about offensive material. Crumbs, moi poor old mild-mannered Uncle Abe cancelled? What is Big Brother thinking about?

Abraham

	Sunday 3rd July		3rd Sunday after Trinity		
S	11.15 am	Wangford	Holy Communion (CW)		
ш			Patronal Festival		
()	6.00 pm	Uggeshall	Evening Prayer (BCP)		
\bigcirc	Ĩ	00			
$\overline{>}$	Sunday 10th July		4th Sunday after Trinity		
>	11.15 am	Wangford	Holy Communion (CW)		
\propto	6.00 pm	Uggeshall	Evening Prayer (BCP)		
$\Box \Box$	Sunday 17th July		5th Sunday after Trinity		
S	9.30 am	Sotherton	Holy Communion (CW)		
	11.15 am	Wangford	Holy Communion (CW)		
—	6.00 pm	Uggeshall	Evening Prayer (BCP)		
T	0.00 pin	Oggeshan	Evening Player (DOI)		
\bigcirc	Sunday 24th July		6th Sunday after Trinity		
\sim	11.15 [°] am	- ,	Morning Prayer		
	6.00 pm	-	Holy Communion (BCP)		
UR	0.00 pin	Oggeshan	Holy Communication (DCL)		
	Sunday 31st July		7th Sunday after Trinity		
Т	,	- /	Team Communion		
	11.15 am	-			
\bigcirc	No service at Uggeshall due to Uggeshall Country Teas				



RECTORY

Team Rector Team Vicar Team Admin	The Reverend Simon Pitcl The Reverend Alan Perry Tania Birtwistle	her	725424 453624 724115
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JUNY えのええ CENITRE DIARY

JULLY 2202222 CENTRE DIARY					
1st July	Private Hire	Hall	4.00pm		
2nd July	Private Hire	Hall	till 1.00pm		
4th July	Toddlers	Hall	9.30-11.30am		
5th July	Body Conditioning	Hall	9.30-10.30am		
	Post Office	Bar	10.00-12noon		
	Blythburgh Bowls	Hall	2.00-4.00pm		
6th July	Salsa	Hall	7.30-8.30pm		
7th July	Wangford Art Group	Hall	9.30-12.30pm		
	Post Office	Bar	1.00-3.00pm		
	Yoga	Hall	6.30-7.30pm		
	Book Club	Cttee Room	8.00pm		
9th July	Summer Fayre	Hall	2.00pm		
11th July	Toddlers	Hall	9.30-11.30am		
12th July	Body Conditioning	Hall	9.30-10.30am		
	Post Office	Bar	10.00-12noon		
	Parish Council	Cttee Room	8.00pm		
13th July	Salsa	Hall	7.30-8.30pm		
14th July	Wangford Art Group	Hall	9.30-12.30pm		
	Post Office	Bar	1.00-3.00pm		
	Yoga	Hall	6.30-7.30pm		
18th July	Toddlers	Hall	9.30-11.30am		
19th July	Body Conditioning	Hall	9.30-10.30am		
	Post Office	Bar	10.00-12noon		
	Blythburgh Bowls	Hall	2.00-4.00pm		
20th July	Artmakers East	Hall	10.00-3.00pm		
	Salsa	Hall	7.30-8.30pm		
	Steam Rally Meeting	Cttee Room	8.00-9.30pm		
21st July	Wangford Art Group	Hall	9.30-12.30pm		
	Post Office	Bar	1.00-3.00pm		
25th July	Toddlers	Hall	9.30-11.30am		
	Blyth Valley Labour	Cttee Room	7.30pm		
26th July	Body Conditioning	Hall	9.30-10.30am		
	Post Office	Bar	10.00-12noon		
	Blythburgh Bowls	Hall	2.00-4.00pm		
27th July	Salsa	Hall	7.30-8.30pm		
28th July	Wangford Art Group	Hall	9.30-12.30pm		
	Afternoon Tea	Hall	2.30-4.30pm		
	Post Office	Bar	1.00-3.00pm		

Pakefield Singers

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