

# The BROADSIDER

March & April 2016



Covering the Broadside Benefice parishes of  
Ranworth with Panxworth, South Walsham, Upton & Fishley, and Woodbastwick

Dear Friends,

Recently, Helen and I watched a DVD of 'The Walk', a film based on a true but scarcely believable story. In 1974, Philippe Petit, a French tightrope walker and street entertainer successfully (and illegally) crossed the gap between the twin towers of the newly-built World Trade Centre in Manhattan. At the time it was the world's tallest building. If you wish to see the outcome of the film for yourself, as they say on the TV news just before announcing the football results, GO OUT OF THE ROOM NOW! Read no further. However, if you're still curious, I'll continue.

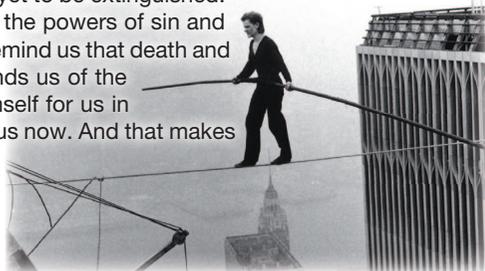
Sitting in a Parisian dentist's waiting room, Petit sees the twin towers in a magazine and becomes obsessed with the notion of doing a tightrope walk between them. In order to achieve this, he gathers a motley crew of misfits who he called his 'accomplices.' The film records the many obstacles he had to overcome to achieve his plan. It is not a religious film, but we were astonished at how many parallels we found between 'The Walk' and Holy Week. The tightrope walker's incredible powers of concentration that made the difference between life and death on the high wire, somehow echoing Jesus' single-minded journey to the cross. Petit's odd, unreliable and even treacherous crew are no stranger than Jesus' disciples. Standing on a wire that is almost invisible to the crowd 110 storeys beneath, the small figure of Petit holding his balancing pole forms a cross that almost floats between the two buildings. Police on top of the towers shout to him to come down from the wire, as he hangs between the heavens above and the earth beneath. Jesus, lifted from the earth so that he could draw all people to himself (John 3 verses 14-15), would be jeered at by the authorities, demanding that he proves his powers by coming down from the cross.

It says on 'The Walk's' DVD cover, that it is rated 'PG', (or Parental guidance) and contains 'mild bad language, mild threats, drug references.' In contrast the gospel accounts of Christ's passion could be described as containing 'scenes of an upsetting nature, strong bloody violence.' Holy Week is not for the faint-hearted. In the film, Petit appears at the beginning, so we know he survives. But the scenes of his tightrope walk are still agonizing to watch. We know the outcome of Holy Week, that Jesus will rise again, but that doesn't make it much easier.

What makes the film's ending so poignant is knowing that although Petit is alive, the twin towers have not survived. Just as Petit was attracted to them in order to perform the ultimate tightrope walk, terrorists would also use them to draw the world's attention in acts of tragic and terrible destruction, fanning the flames of wars that are yet to be extinguished.

At Easter, we give thanks that Jesus overcame the powers of sin and death, but "9/11" and its associated tragedies remind us that death and sin are still with us. However, Easter also reminds us of the reason for our hope. That Jesus, who gave himself for us in suffering and death, has risen again and is with us now. And that makes all things possible.

Wishing you a holy Lent and  
Happy Easter, Nick Garrard



## THE BROADSIDE BENEFICE

Rector

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### CHURCHWARDENS

#### RANWORTH with PANXWORTH

Mark Cator

John Ley

01603 270158

#### WOODBASTWICK

Alby Cator

Kit Cator

01603 721050

01603 720276

#### SOUTH WALSHAM

Gill Hood

Trevor Nelson

01603 270397

01603 270547

#### UPTON

James Chaplin

Tony Moore

01493 750518

#### FISHLEY

Ivan Barnard

Chloe Ecclestone

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### Pastoral Care of Parishioners

If anyone requires visiting or wishes to make arrangements for a baptism, marriage or funeral, please inform Revd. Nick Garrard, Revd. Helen Garrard or one of your churchwardens listed above.

## POPPY Results for 2015

The collection for the Royal British Legion service held at South Walsham Church amounted to £289.62. The total collected in this area was £2,280.81 and the total for Norfolk currently stands at £570,958.83 with additional amounts still awaited.

May I thank all of you who gave so generously once again this year, along with those businesses which had collection boxes.

Miri Colk

Local Area Organiser, Royal British Legion

## We Need Cakes!

As I revealed in last month's Broadsider, we're having extra Monday Munches in Lent, so there will be two in March, on the 7th and 14th at the usual times. Extra Munches means that we need extra cakes, so if you're happy to provide some baking for either of these dates, please contact Lee Smith (01603 270340) or Helen Thurtle (01603 720686), who will be very happy to hear from you.

All proceeds from the Lent Munches will go towards building two classrooms, funding equipment and scholarships for Christ the King School in Orobada, Papua New Guinea.

Nick

## Basic First Aid Training

Tuesday 1<sup>st</sup> March 7.30pm

Woodbastwick Village Hall

**Basic emergency first aid tuition  
delivered by St John's Ambulance.**

The tuition covers:  
choking, administering CPR and  
instruction in the use of a defibrillator as  
well as other important issues.

Please contact Sue Hitchcock 01603  
270212 if you need further information.

# EVENT ORGANISERS PLEASE NOTE

The next issue of Broadsider covers MARCH & APRIL

Deadline: Monday, April 11<sup>th</sup>

Please send your copy to David Benham

david@benham.eclipse.co.uk

## Welcome Back Bitternes!

We're enjoying having Anne and Andy Hamilton living in our midst, and on April 3<sup>rd</sup> we welcome the rest of the Bitternes' crew back to South Walsham as they join us and help to lead worship at 11am Communion in St. Mary's. We wish them a good week's sailing as well.

## Joint Annual Parochial Church Meeting and Benefice AGM

This year's Broadside Benefice Annual Meeting takes place on April 20<sup>th</sup> at Fairhaven School, beginning at 7.30pm. Please come along as we review the past year, elect members to our church councils and look forward to the future – and enjoy some cheese and wine together!

## Ranworth Symposium 2016

Following the successful completion of the nave roof restoration at St. Helen's, we are holding a one-day Symposium.

The day focuses on two of Ranworth's best known medieval artefacts, the rood screen (c.1470) and Antiphoner service book (c. 1460). The screen is viewed from material perspectives in the morning, and the afternoon is given over to the experience of medieval worship, with the Antiphoner as one of its musical, liturgical resources. Dr. Matthew Salisbury will lead a group of singers who will perform its unique St. Helen Vespers. The registration fee for the day is £20, and there is an optional lunch package for £5 (limited availability). You're welcome to pick up a form in the back of Church, or e-mail NickGarr39@aol.com

On the following day, the morning service at Ranworth will be a thanksgiving for the restoration work, made possible by the vision and enthusiasm of the local community and supported by a substantial Heritage Lottery Fund grant.

For live news, have a look at the Ranworth Symposium Facebook page. Please contact Nick for further details.

# Sunday Plus

## MOTHERING SUNDAY PLUS

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## GOOD FRIDAY PLUS

MOTHERING SUNDAY PLUS in St. Lawrence's promises to offer fun for families and a relaxing time for mums! The event begins at 10am, with music at the 11am Family Service led by the Acle St. Edmund Youth Orchestra.

GOOD FRIDAY PLUS on March 25<sup>th</sup> will be an opportunity to share in the story of Good Friday and help create the Family Service.

For more information about these activities please contact Helen Garrard (01603 270769) or Julia Nelson (01603 270547) or for more details find us on:

Facebook  +SundayPlus

## Surviving Winter Appeal

If you have received a Winter Fuel Allowance this year and feel you do not need all of it, you may consider donating to the following appeal. Your donation will help to keep someone less fortunate safe and warm this winter as they give grants to help with heating bills. The details are: Surviving Winter Appeal, Norfolk Community Foundation, St James Mill, Whitefriars, Norwich, NR3 1TN. Cheques to be payable to "Norfolk Community Foundation". You can also donate at Barclays Bank using the following details: Account no. 03282503 Sort code 20-62-53 Ref. Surviving Winter Appeal, or you can donate online at [www.norfolkfoundation.com](http://www.norfolkfoundation.com) and key in "surviving winter appeal" in the search box, this will also give you more information on this worthwhile project. For many local older people, your donation is vital in helping them stay warm and healthy over winter. This appeal is administered by Norfolk Age UK.

If you know of anyone who is having difficulty paying for heating they can contact Norfolk Age UK on 0300 500 1217 and apply for a grant under this scheme.

# FAIRHAVEN C OF E VA PRIMARY SCHOOL NEWS

As the days are finally beginning to lengthen we are pleased to see the meter connected to our newly installed PV panels registering the electricity we are generating. Hopefully this is an investment which will benefit future generations of pupils at Fairhaven.

Thanks to a visit from the RSPB, which saw the children mapping animal habitats around the school, we now have a new camera for the bird box in which a family of blue tits normally nest. We also have a new bird box to add to the ones in the garden and a bat box. This will be a new addition to all the other animal homes we provide.

All of the children, except those in reception, were involved in the recent Cluster Poetry and Prose Festival. The children enjoyed learning a range of poems and performed them confidently in front of other children of a similar age from the Cluster. The event is spread across a day and a half and the children returned with two bronze, five silver and four gold awards.

One of the Cluster events later this term is a film festival to be held at Cinema City. One class from each school is making a short film which will be shown at Cinema City to all of the children involved. Lacking sufficient technical knowledge and equipment within school, Fairhaven decided to join the 'Our Norfolk

Project' which enabled us to access support from BBC voices. The children in Beech Class had a fantastic experience filming and then editing their material to produce the finished product. We are particularly grateful to Fairhaven Water Gardens who allowed the children to film in their grounds which added greatly to the overall success of the film.

The early part of the term has seen our Key Stage 2 pupils receiving extra rugby training from coaches from Norwich School. We sent teams from Years 4 and 5 to the partnership Tag Rugby competition and were delighted that the Year 5 pupils qualified for the next round. Here, against much bigger schools, they were less successful but they played enthusiastically and enjoyed the day. The half term finished with the Cluster Tag Rugby Festival.

Other sporting events this term have been the Partnership Basketball competition, which we won, and the County Cross Country finals for which seven of our pupils qualified. All finished well up the field with Gracie winning the Year 4 race and Eva achieving third place in the Year 6 race.

As ever, all that we achieve is due to the enthusiasm and hard work of pupils and staff supported by parents, governors and The Friends.

## **Ranworth Visitors' Centre Volunteers' Coffee Morning, Saturday, March 5<sup>th</sup>**

An invitation to all of our present volunteers, their friends and family and to anyone who would like to join the band of volunteers for the coming season, to a Coffee Morning get-together on Saturday, March 5<sup>th</sup> from 10.30 – 12 Noon (call in when you want during these hours).

The Visitors' Centre at Ranworth is one of those places where we try to give a good Norfolk welcome to tourists and local folk alike. Volunteering not only gives you the opportunity to help our Broadside Benefice churches in a very practical way but it gives you the opportunity to welcome our visitors and simply by having a friendly chat with them, about day-to-day matters, you will get a great deal back. Volunteers work in pairs or threes on busy days and training will be provided. There are two sessions every weekday and an afternoon session on both Saturdays and Sundays. To fill our rota we need all the help we can get — so come along!

We are hoping to organise the rota on the day so please bring your 2016 diary. The Visitors' Centre will open for the season on Monday 21<sup>st</sup> March at 10 am. If you cannot make the coffee morning or just want further information, please contact John Ley on 01603 270158.

# What's on in Holy Week and Easter:

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March 20th – 27th

- ❖ Holy Week begins on **Palm Sunday** (March 20<sup>th</sup>). As we recall Jesus' entry to Jerusalem in triumph, before his arrest and trial, the Benefice churches are joining with Fairhaven School families for a special **Palm Sunday Family Service**. As a change from previous years, we're gathering at St. Mary's, South Walsham at 11am, with music provided by the Acle St. Edmund Youth Orchestra.
- ❖ For the next three evenings we will hold **Night Prayer** at 7.30pm at St. Mary's South Walsham, Upton and Woodbastwick churches in turn. This short, simple but moving service will include a series of reflections.
- ❖ At the **Passover Meal** at St. Lawrence's on **Maundy Thursday** (March 24<sup>th</sup> 6.30pm) we recall the Last Supper through food and words from the Jewish Passover and Christian Communion services. There is a small charge for the meal. Please contact Nick or Helen if you wish to attend (01603) 270769.
- ❖ **Good Friday** (March 25<sup>th</sup>) the **Family Service** at St. Lawrence's, 11am is an all-age opportunity to hear and respond to the story of Jesus' crucifixion. **Good Friday Plus** activity morning for children and young people also takes place at St. Lawrence's from 10.00 to 12 Noon with coffee and hot cross buns for grown ups wishing to stay a while or attend the service.
- ❖ At 2pm the **Watch by the Cross** in St. Margaret's, Upton, Nick will lead an hour of reflections, silence, prayers and music, as we gather to remember the time of Jesus' death.
- ❖ **Holy Saturday** (March 26<sup>th</sup>) marks the beginning of the Easter celebrations with the **Lighting of the New Fire** at St. Helen's Ranworth at 7.30pm. This candlelit service welcomes back the light of Christ, and in his light we have an opportunity to renew our baptism vows.
- ❖ On **Easter morning** (March 27<sup>th</sup>) we join Acle Churches Together for the **Sunrise Service** at St. Mary's, Fishley at 6.15am. Don't forget to change your clocks on Saturday night! There is also an invitation for worshippers to make their way to Acle Methodist Church for breakfast afterwards. **Communion** will be celebrated at Upton and Ranworth at 9.30am, and South Walsham and Woodbastwick at 11am.

We hope that you will be able join us we journey in heart and mind towards the cross and the empty tomb beyond it.

# BENEFICE PRAYERS

## MARCH: Lent Appeal Prayer

God our Father, Lord of all the world,  
we pray during this Lent and Holy Week  
for our fellow Christians in Papua New Guinea;  
holding before you in particular church schools  
throughout the Anglican Province,  
in particular the School of Christ The King,  
Orobada Settlement, Port Moresby.  
Give them your blessing as they seek to witness  
to your love and glory, growing in numbers  
and in confidence, and to create a home from home,  
building a vibrant and joyful community  
in a place of few resources;  
deepen their understanding of your way  
and your purposes for their lives;  
hallow their life together and both them and ourselves  
within your Kingdom and in common bonds  
of affection and mutual service:  
through Jesus Christ our King,  
our crucified and risen Lord.  
— Amen

## APRIL: Easter Prayer

When everything was dark  
and it seemed that the sun would never shine again,  
your love broke through.  
Your love was too strong, too wide, too deep  
for death to hold.  
The sparks cast by your love dance and spread  
and burst forth with resurrection light.  
Gracious God, we praise you for the light of new life  
made possible through Jesus.  
We praise you for the light of new life  
that shone on the first witnesses of resurrection.  
We praise you for the light of new life  
that continues to shine in our hearts today.  
We pray that the Easter light of life, hope and joy,  
will live in us each day;  
and that we will be bearers of that light  
into the lives of others. — Amen.

*Revd. Michaela Youngson Copyright  
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## SUNDAY BY SUNDAY PRAYERS

### March 6<sup>th</sup>

Give thanks for mothers. For the work of the Mothers' Union and all who support family life in this area. Pray for the work of Woodbastwick, South Walsham and Upton and Ranworth PCCs; their Secretaries, Treasurers, Vice-Chairs and Electoral Roll Officers. For the Benefice Advisory Council.

### March 13<sup>th</sup>

Pray for Fairhaven VA and Salhouse VC Schools, Acle High and Broadland High Schools and First Steps Pre-School. Their teachers, staff, governors and pupils. For Fairhaven's link with Mtendre primary school in Dedza, Malawi.

### March 20<sup>th</sup>

Pray for the recently-baptised and their families. For all who have recently moved into the Benefice or have begun worshipping here. For God's guidance and our faithfulness in our journey through Holy Week.

### March 27<sup>th</sup>

Give thanks that Jesus Christ is our risen Lord.

### April 3<sup>rd</sup>

Pray for Nick Garrard, Rector, his wife Helen, Assistant Priest, and their family.

### April 10<sup>th</sup>

Give thanks for the involvement of older people in our parish life. For our links with Broadlands Park, Upton.

### April 17<sup>th</sup>

Pray for all who visit the sick, troubled or housebound, sharing Christ's love through action. For those taking communion to residential homes and the housebound.

### April 24<sup>th</sup>

Give thanks to God for the outpouring of the Holy Spirit at Pentecost. Pray for our ministry to visitors. For the Committee and helpers at the Visitor Centre and the Broads Chaplaincy.

# SUNDAY CHURCH SERVICES

BC = Benefice Choir  
# = Children's Activities

## **Sunday, March 6<sup>th</sup> Mothering Sunday Fourth Sunday of Lent**

Ranworth \_\_\_\_\_ 9.30am \_\_\_ Family Service  
Upton \_\_\_\_\_ 9.30am \_\_\_ Family Service  
St Lawrence's, South Walsham \_\_\_ 10.00am \_\_\_ Mothering Sunday Plus #  
South Walsham \_\_\_\_\_ 11.00am \_\_\_ Family Service with *St Edmunds Youth Orchestra*  
*jointly with Woodbastwick congregation*  
Fishley \_\_\_\_\_ 3.00pm \_\_\_ Evensong

## **Sunday, March 13<sup>th</sup> Fifth Sunday of Lent**

Ranworth \_\_\_\_\_ 9.30am \_\_\_ Holy Communion  
Upton \_\_\_\_\_ 9.30am \_\_\_ Family Service followed by Vestry Meeting  
South Walsham \_\_\_\_\_ 11.00am \_\_\_ Holy Communion followed by Vestry Meeting  
Woodbastwick \_\_\_\_\_ 11.00am \_\_\_ Family Service

## **Sunday, March 20<sup>th</sup> Palm Sunday**

Ranworth \_\_\_\_\_ 9.30am \_\_\_ Holy Communion  
South Walsham \_\_\_\_\_ 11.00am \_\_\_ Benefice/Fairhaven School Family Service  
*with the St Edmunds Youth Orchestra*

## **Sunday, March 27<sup>th</sup> Easter Day - First Sunday of Easter**

Fishley \_\_\_\_\_ 6.15am \_\_\_ Sunrise Service  
Ranworth \_\_\_\_\_ 9.30am \_\_\_ Holy Communion  
Upton \_\_\_\_\_ 9.30am \_\_\_ Holy Communion  
South Walsham \_\_\_\_\_ 11.00am \_\_\_ Holy Communion  
Woodbastwick \_\_\_\_\_ 11.00am \_\_\_ Holy Communion

## **Sunday, April 3<sup>rd</sup> Second Sunday of Easter**

Ranworth \_\_\_\_\_ 9.30am \_\_\_ Morning Prayer  
Upton \_\_\_\_\_ 9.30am \_\_\_ Holy Communion  
South Walsham \_\_\_\_\_ 11.00am \_\_\_ Holy Communion with the *Bitternes*  
Woodbastwick \_\_\_\_\_ 11.00am \_\_\_ Holy Communion

## **Sunday, April 10<sup>th</sup> Third Sunday of Easter**

Ranworth \_\_\_\_\_ 9.30am \_\_\_ Holy Communion  
Upton \_\_\_\_\_ 9.30am \_\_\_ Family Service  
South Walsham \_\_\_\_\_ 11.00am \_\_\_ Holy Communion  
Woodbastwick \_\_\_\_\_ 11.00am \_\_\_ Family Service

## **Sunday, April 17<sup>th</sup> Fourth Sunday of Easter**

Ranworth \_\_\_\_\_ 8.00am \_\_\_ Holy Communion  
Ranworth \_\_\_\_\_ 9.30am \_\_\_ Family Service  
Fishley \_\_\_\_\_ 9.30am \_\_\_ Holy Communion  
South Walsham \_\_\_\_\_ 11.00am \_\_\_ Holy Communion  
Woodbastwick \_\_\_\_\_ 11.00am \_\_\_ Morning Prayer

## **Sunday, April 24<sup>th</sup> Fifth Sunday of Easter**

Ranworth \_\_\_\_\_ 9.30am \_\_\_ Holy Communion  
Upton \_\_\_\_\_ 9.30am \_\_\_ Morning Prayer  
South Walsham \_\_\_\_\_ 11.00am \_\_\_ Family Service  
Woodbastwick \_\_\_\_\_ 11.00am \_\_\_ Holy Communion

## **Sunday, May 1<sup>st</sup> Sixth Sunday of Easter**

Ranworth \_\_\_\_\_ 9.30am \_\_\_ Thanksgiving Service for the restoration  
of St Helen's Church  
Upton \_\_\_\_\_ 9.30am \_\_\_ Holy Communion  
South Walsham \_\_\_\_\_ 11.00am \_\_\_ Morning Prayer  
Woodbastwick \_\_\_\_\_ 11.00am \_\_\_ Holy Communion  
Fishley \_\_\_\_\_ 3.00pm \_\_\_ Evensong

# OTHER CHURCH SERVICES DURING

## LENT AND EASTER

|   |         |                              |
|---|---------|------------------------------|
| <b>Thursday, March 10<sup>th</sup></b> at Fishley _____             | 7.30pm  | ___ Compline                 |
| <b>Thursday, March 17<sup>th</sup></b> at South Walsham ____        | 7.30pm  | ___ Compline                 |
| <b>Monday, March 21<sup>st</sup></b> <i>Monday in Holy Week</i>     |         |                              |
| South Walsham _____   | 7.30pm  | ___ Night Prayer             |
| <b>Tuesday, March 22<sup>nd</sup></b> <i>Tuesday, Holy Week</i>     |         |                              |
| Upton Church _____  | 7.30pm  | ___ Night Prayer             |
| <b>Wednesday, March 23<sup>rd</sup></b> <i>Wednesday, Holy Week</i> |         |                              |
| Woodbastwick Church _____   | 7.30pm  | ___ Night Prayer             |
| <b>Friday, March 25<sup>th</sup></b> <i>Good Friday</i>             |         |                              |
| St Lawrence's Centre _____  | 10.00am | ___ Good Friday Plus #       |
| St Lawrence's Centre _____  | 11.00am | ___ Family Service           |
| Upton Church _____  | 2.00pm  | ___ Watch by the Cross       |
| <b>Saturday, March 26<sup>th</sup></b> <i>Easter Eve</i>            |         |                              |
| Ranworth Church _____   | 7.30pm  | ___ Lighting of the New Fire |
| <b>Monday, April 4<sup>th</sup></b> <i>The Annunciation</i>         |         |                              |
| Fishley _____   | 10.30am | ___ Holy Communion           |
| <b>Monday, April 11<sup>th</sup></b> at Ranworth _____              | 7.30pm  | ___ Deanery Compline         |



## MEETINGS & VILLAGE ACTIVITIES

### March

|                           |              |   |
|---------------------------|--------------|---|
| 1 <sup>st</sup> Tuesday   | 2.30pm       | <b>Womens' Fellowship</b> – Upton Village Hall  |
| 2 <sup>nd</sup> Wednesday | 7.30pm       | <b>South Walsham W.I.</b> – South Walsham Village Hall  |
| 5 <sup>th</sup> Saturday  | 10.30am-noon | <b>Visitors' Centre Volunteers Coffee Morning</b> –<br>Ranworth Visitors' Centre  |
|                           | 7.30pm       | <b>Concert: "Swing into Spring with Wind in the Willows"</b><br><b>Clarinet Quintet</b> – St.Lawrence's, South Walsham  |
| 7 <sup>th</sup> Monday    | 12.30-4.30pm | <b>Monday Munch</b> – St.Lawrence's, South Walsham  |
| 9 <sup>th</sup> Wednesday | 10.30am      | <b>Upton Organ Committee</b> – The Rectory, South Walsham   |
| 14 <sup>th</sup> Monday   | 12.30-4.30pm | <b>Monday Munch</b> – St.Lawrence's, South Walsham  |
|                           | 7.30pm       | <b>St Lawrence's AGM and Social Evening</b> – St.Lawrence's   |
| 15 <sup>th</sup> Tuesday  | 7.30pm       | <b>Ranworth Ladies Group</b> – The Coffee Shop, The Staithe, Ranworth<br>"History of the Order of St. John" with Revd. Hugh Edgell<br>For further information contact Sue Hitchcock. Tel 01603 270212 |
| 24 <sup>th</sup> Thursday | 7.30pm       | <b>Passover Meal</b> – St.Lawrence's, South Walsham   |

### April

|                            |              |  |
|----------------------------|--------------|--|
| 4 <sup>th</sup> Monday     | 12.30-4.30pm | <b>Monday Munch</b> – St.Lawrence's, South Walsham   |
|                            | 7.45pm       | <b>Ministry Team</b> – The Rectory, South Walsham  |
| 5 <sup>th</sup> Tuesday    | 2.30pm       | <b>Womens' Fellowship</b> – Upton Village Hall   |
| 6 <sup>th</sup> Wednesday  | 7.30pm       | <b>South Walsham W.I.</b> – South Walsham Village Hall   |
| 19 <sup>th</sup> Tuesday   | 7.30pm       | <b>Deanery Synod</b> – St.Lawrence's, South Walsham  |
|                            | 7.30pm       | <b>Ranworth Ladies Group</b> – The Coffee Shop, The Staithe, Ranworth<br>"What do Fire, Earth, Metal, Water and Wood mean for your health?"<br>with Deborah Trafford. For further information contact Sue Hitchcock.<br>Tel 01603 270212 |
| 20 <sup>th</sup> Wednesday | 7.30pm       | <b>Broadside Benefice AGM</b> – Fairhaven School, South Walsham  |
| 30 <sup>th</sup> Saturday  | 10am-5pm     | <b>Ranworth Symposium</b> – St Helen's Church, Ranworth  |