



AUGUST 2024

CONTACT

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

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Sunday 11 th August Trinity 11	9.30 am Holy Communion	9.30 am Holy Communion			11.00 am Holy Com'union
Sunday 18 th August Trinity 12	9.30 am Holy Communion 6.30pm Harling Praise	11.00 am All Age	9.30 am Holy Communion	11.00am Service of the Word	
Sunday 25 th August Trinity 13	9.30 am Holy Communion	9.30 am Holy Communion			11.00 am Service of the Word

	Rushford	Shropham	Brettenham	Riddlesworth	Blo'Norton
Sunday 4 th August Trinity 10	9.30am Holy Communion				
Sunday 11 th August Trinity 11					11.00am Holy Communion
Sunday 18 th August Trinity 12		9.30am Holy Communion			
Sunday 25 th August Trinity 13			11.00am Holy Communion	6.30 BCP Evensong	

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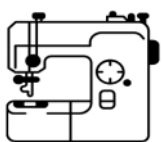
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~ Parish Records 2024 ~

~ Weddings ~

Congratulations to:
Rupert William Sharrock and Phoebe Kristina Parker
who were married in East Harling Church on
Saturday 29th June 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.

August

21st Treasured memories of our dear mum
Daphne Holden taken from us on 21st August 2003.

LOVING YOU AND MISSING YOU ALWAYS, SUE
AND BILLY.

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 East Harling PCC please).

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

PLEASE REMEMBER THE FOOD BANK

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 etc) 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 August

August 4th 10.30am Mr Pat Mottram
No Soul Cafe
August 11th 6.30pm Rev David McAloon
August 18th 10.30am Local Arrangement
6.30pm Harling Praise Methodist Church
August 25th 6.30pm Local arrangement



East Harling Methodist Church invites YOU to...

'Monday Craft Café'

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Next on 5th and 19th August

In the Hall behind
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White Hart Street.



Bring along any craft you would like to, have a chat, and coffee/tea and cake will be available!

CARPET BOWLS

Roll Up Roll Up. Come to the Old School Hall and have a game of Carpet Bowls.

We meet every Friday from 2pm till 4pm. Tuition will be given by John who is a County Bowler. First day is free and £2 per session thereafter if you enjoy it! We are a friendly bunch and have refreshments and biscuits half way through. Hope to see you there.



Christmas Tree Festival
AT ST PETER & ST PAUL CHURCH, EAST HARLING

After another successful Christmas Tree Festival in December, 2023, we are now starting to put together our list of participants for the Christmas Tree Festival, 2024. As in previous years we are hoping for local schools, clubs, businesses, shops and individuals to take part by decorating a tree.

Last year we had a record of 84 trees on display for all the visitors to enjoy. We are setting ourselves a target this year of 100 trees so we really need your help to achieve this.

Please contact Susan Wilson to express an interest in taking part in the 2024 festival.
Phone: 07890 102392.
Email: susanmwils@gmail.com

Further details including dates of the festival will be confirmed in the Autumn.



Dear friends

On Sunday July 14th, I conducted the annual service in the Churchyard of St Andrew's, Roudham. It is a beautiful but ruined Church which you can easily visit by driving for a couple of miles down the Roudham Road, off the B1111 between East Harling and Larling. At one point there was a mediaeval village around it ... but nowadays, there are just a few houses and farms.

One of the things I took from this celebration was that, although Churches are buildings built of stone, and built to last, they are just as subject to the changes of time, of society, of the climate as is anything. When St Andrew's was built, the founders probably imagined it would be there for all time ... now it is open to the sky, and a beautiful but ruined reminder of time past.



However, Churches are always built to point beyond themselves to a greater reality. Whether a Church is solid and triumphant, or broken and dilapidated, the Love that has built the entire cosmos remains present to each one of us – and, of course, not limited or confined to those buildings.

As it feels like the world is falling apart ... and at moments when it can feel like our own lives might fall apart ... the invitation always remains to place our trust in the One who is the same yesterday, today and tomorrow. *What exactly* this means is the quest of a lifetime – but I would argue strongly that it is a quest infinitely worth engaging in!

Responding to that invitation doesn't always give us the answers we had hoped for ... but it does help us to live with far more interesting questions while we carry on searching.

Yours with blessing

Simon.

Revd Br Simon.

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CANCELLATION OF THE FETE 2024

Harling Old School Village Hall and those who volunteered to help organise this year's fete were devastated to have to cancel at such short notice. Sadly the forecast of thunderstorms made it too risky to run given we'd have 23 loaned marquees and gazebos around the site, which also is surrounded by large trees. When the thunderstorms then didn't arrive, our mood was rock bottom. 6 months of hard work went into organising the Fete, and it's a vital source of fundraising for our much loved village hall. You can imagine the heartbreak and frustration of the organisers.

We would like to thank you all for your understanding and kindness- we appreciate the fete is a popular addition to our village calendar. Ultimately we made the best decision we could with the info we had at the time. We do aim to bring it back bigger and better than ever next year. If we can start our sunshine dances collectively from Easter, it would be appreciated!

We'd like to thank everyone who helped us on our pre fete journey, from the people who made us signage, games, painted woodwork, wrapped bottles, offered gazebos the list goes on.

Particular thanks to our sponsors, Abel Homes, Harling Plumbing, Harling Electric, Shadwell Stud, Trinity LTD, The Pantry, Rachel Stitched it, Becky's cakes and bakes, Newton press and Combat Paintball, many of whom are happy to carry their sponsorship forward to our next event- The Yard Sales and Scarecrow festival on 15th September.

To sign up for a yard sale or to display a scarecrow, please register by 13 September, by emailing eastharlingeevents@gmail.com or calling 07851 098652. We're hoping to channel our disappointment about the fete into our best ever yard sales and scarecrow festival. There is no theme for your scarecrow, it can be as basic or elaborate as you like. For inspiration and videos to help you build your scarecrows, check out the village hall website at harlingoldschoolvillagehall.co.uk/scarecrowfestival

The village hall will be open on the day for refreshments and we'll have bbq's on the go elsewhere. We'll also have some traditional games at the village hall and some of our stall holders that were due to attend the fete.

Thanks for your continued support.

The Old School Hall Committee

WHAT'S ON AT THE VILLAGE HALL
CHECK OUR WEBSITE WWW.HARLINGOLDSCHOOLVILLAGEHALL.CO.UK

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 **WED 7 AUG**
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Six Inches of Soil
EcoChurch Community Screening
7th October 2024 | East Harling Parish Church

Join us in the historic church of St Peter and St Paul in East Harling for a special EcoChurch themed screening of the popular film exploring regenerative agriculture.

6:00pm
Doors open.

6:30pm
Film screening starts.

Following the film there will be a marketplace of EcoChurch themed stalls to engage with and a Q&A with a panel including the Bishop of Norwich, the national lead Bishop for the Environment.

7:50pm
Free locally sourced food available and marketplace open.

8:30pm
Q&A panel featuring the Bishop of Norwich.

This event has kindly been sponsored by local businesses meaning it is completely free to attend!

Get your free tickets here:
www.ticketsource.co.uk/harlingguiltcross

THE GARDEN IN AUGUST

Lawns: Mow regularly, water during dry spells (?). Apply weed killer if you must, please don't!

Cuttings: Take semi-hard cuttings of flowering shrubs. (Wait until next month for rose cuttings). Take cuttings of heathers with a heel. Cut below a leaf of pelargoniums to give a softwood cutting of about 3 to 4 inches, remove the lower leaves and put several into a large pot of free draining cuttings compost. Loosely cover with a clear plastic bag to keep humid. Protect from frost over the winter.

Hedges: Cut or trim hedges. Make sure there are no active birds' nests (I was going to cut my beech hedge early last month, but a blackbird had decided to have another brood!).

Roses: Tie in long shoots of climbing and rambling roses. Leave some rosehips for the birds (they are quite good in Christmas wreaths as well).

Wisteria: Shorten long whippy growth back to 5 leaves to encourage bud formation.

Rhododendrons and camellias These plants form next year's flower buds in August and September, and drought will adversely affect this. Keep them watered thoroughly in dry spells (remember the 7-inch rule if in pots - an inch of water soaks down 7 inches of compost). If possible, use rainwater.

Perennials: Make sure perennials don't dry out, particularly Autumn flowering ones such as Michaelmas daisies. Dead head all faded flowers not wanted for seed.

Dahlias: Continue dead heading and tying in.

Annuals and Biennials: Dead head regularly and keep watered. Collect seeds from hardy annuals and biennials. Harvest them on a dry sunny day. Sow immediately, or store on an airtight container in a cool dry place. Don't forget to label them!

Bulbs: You can start planting daffodils and narcissi this month as they become available. Catalogues are available now online and in paper form.

Vegetables: Earth up May - sown celery. Sow outdoors for over wintering in a cold frame – autumn and winter lettuces, onions, winter radishes, winter spinach. Sow quick growing lettuces and radishes in a greenhouse border. Harvest whatever is ready. Check sweetcorn (may be next month this year because of lack of heat and sun).

Fruit: Cut down fruited raspberry canes. Plant out rooted Strawberry runners. Support fruit tree branches if they are heavily laden with fruit.

Wildlife: Leave small piles of grass clippings under shrubs or hedges to encourage earthworms (a gardener's best friend).

Create a hedgehog home for hibernation - somewhere covered and dry. Can be a loose pile of logs or a purpose-built house.

Remove faded flowers and leaves from pond plants and cut them back if necessary. Leave cut material on side of pond for a couple of days so that any wildlife can find its way back into the water. Top up water levels with rainwater if necessary.

Important: A poem I found which sums up what a garden is for:

In August, when the days are hot,
I like to find a shady spot
And hardly move a single bit,
And sit,
And sit,
And sit,
And sit
Good gardening!

Kevin

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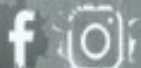
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To Make a Scarecrow

What you'll need

- 1 sturdy stick or bamboo cane, about 2m long
- 1 sturdy stick or bamboo cane, about 1m long
- 1 sturdy stick or bamboo cane, about 30cm long
- Old clothes – shirt or jumper, trousers, hat
- Old pair of tights
- String
- Straw, leaves or even old newspapers

What to do

Make a frame

1. Tie tightly the 1m stake to the 2m stake about 15cm from one end, in a cross shape and then tie the other stake in the same way about half way down. This is the frame for your scarecrow.

Make a head

1. Cut one leg from the tights and fill with some straw.
2. Push the straw firmly to the end and make it into a head shape. Tie a piece of string around the tights to stop the straw from falling out.
3. Paint a funny or scary face on it; you could make some glasses and maybe a beard.
4. Now tie the head on to the top of the frame.

Dress your scarecrow

1. Placing a shirt on the top crossbar and the trousers on the smaller bar is the standard scarecrow design but you can clothe your scarecrow as you wish.
2. Tie off the bottom of the legs of the trousers with string and stuff them with straw or leaves.
3. Button up the shirt and tie the ends of the arms then stuff the sleeves with straw or leaves.
4. Push some straw under the hat and leave it dangling out to look like hair.
5. You can design your scarecrow to look like a favourite book or film character.

Don't forget to enrol your scarecrow into our village Scarecrow Festival - Enter your scarecrow(s) by 13 September by emailing eastharlingeevents@gmail.com or calling/texting 07851 098652.

EAST HARLING 10K RUN 2024

As reported in the July issue, the date for this years' Harling 10 k is **Sunday September 1st** - race start 10-30 am at East Harling Rec.

If you would like to take part you can register online at totalracetiming.co.uk/race and follow the link.

As usual I will be contacting our Marshalls and Helpers in due course, hopefully most of you will be available again to help us stage another great event to make Harling proud.

We are looking forward to the day with another good race in prospect.

Chid Blades and Harling Athletics Club.

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Saturday 14th September 2024
9.00 am - 5.00 pm

EAST HARLING WI

In June, a few members met at Lynford Arboretum, on a pleasant summer evening (which have been few and far between!!), and had a nice walk round one of the lakes. We welcomed our newest honorary member - baby Thea, and managed to drag the pushchair across the sandy bits. We then had a nice picnic outside the cafe, and proceeded to put the World to rights.

In August, East Harling WI will be holding their Annual Garden Party at Elizabeth Kemp's barn - many thanks to Elizabeth for agreeing to host yet again. If members could come for 1.30pm, and bring a plate of goodies and a raffle prize.

East Harling WI usually meet on the third Tuesday of each month at the Old School Hall for 7.30pm, and all are welcome.

If you have any questions or would like to give a talk or demonstration please feel free to ring me Jackie Underwood on 07725126115.

SUPER SWING BIG BAND

We were very sorry that we had to postpone the Swing Band event in May, due to unforeseen circumstances.

However, we are pleased to say that we have booked them again for May next year.

So please make a note in your diary:

Super Swing Big Band
East Harling Parish Church
Saturday May 10th 2025

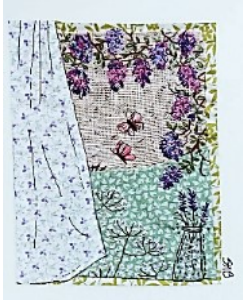
To celebrate the 80th Anniversary of VE Day.

THROUGH THE GARDEN GATE – TEXTILE WORKSHOP

We had an excellent turnout for this event, run by Sharon Blackman. Her husband accompanied our activities on his guitar, and also played various selections of music throughout the day.

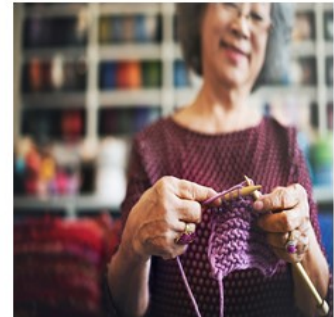
We started the day by making the picture “frame” base on which the picture could be created. The pictures were all postcard size. Then using scraps of recycled shirts, blouses, dresses and other clothing each member of the group made a colourful picture of the world around us. The wonderful thing about this whole day was that you just needed to “go with the flow” and other than the frame base you could do anything you wanted - no special skills other than basic sewing were needed. Some of the results are

below, some truly accomplished and some not quite so!



We will have another opportunity to be creative with recycled fabrics at our workshop in the church “Make and Create” on 28th September.

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KNATTER...**



NEXT MEETING:
THURSDAY 22nd
August 2024
9.30 to 11am

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This unicorn is found on one of the misericord bench arms in the Chancel of East Harling Church. It was carved out of oak in the 15th century by a top craftsman of the time.

The Unicorn was one of the heraldic symbols of the Herling family and there are many unicorns on the family tombs in the church and also on the screen at the back.

The Unicorn represents strength, purity and innocence. It was originally reported in myths and legends from India and China in pre-Christian times as being a beast the shape and size of a horse with a single horn to its forehead. The horn was thought to have magical and medicinal properties, which made it much prized as a trophy. However, the Unicorn was said to be fierce by nature and could only be calmed or tamed by a virgin Lady. There is no known physical evidence of their existence, but the legends still persist.



**MAKE AND CREATE – A DAY FOR EVERYONE
AT ST PETER AND ST PAULS CHURCH EAST
HARLING
28TH SEPTEMBER 11-3.00 PM**



In September, we will be hosting the Loving Earth exhibition – a nationwide community textile project featuring 75 different panels celebrating nature. At Make and Create you will have the chance to make your own panel – from the simplest stick on design to the more intricate and skilled. No previous

experience required! All materials will be provided. Suitable for adults and children and its free! Come for 5 minutes or for the day – a simple soup lunch will be served.

WHICH REPORT – EXTRA VIRGIN OLIVE OIL

Olive oil prices have gone wild, but WHICH found a Great Value supermarket bottle. Blind taste test of extra virgin olive oils uncovered a brilliant bottle for just over £5.

Some big-brand extra virgin olive oils have nearly quadrupled in price in the past two years, Which pricing research shows. Extreme weather – including floods, storms, droughts and the resulting wildfires – has caused poor harvests, and disease has also impacted some olive groves. This has led to shortages and higher prices for olive oil. Climate Change is impacting farmers all over the world. However, Which expert taste test has shown that you can still nab a top-notch olive oil for less.

Best supermarket extra virgin olive oil

Sicilian olive oils from M&S and Tesco impressed WHICH experts, earning Best Buy recommendations.

Aldi's extra virgin olive oil, the cheapest on test, wasn't far behind- a great choice if you're on a budget.

Best Buy: M&S Collection Sicilia Nocellara del Belice Extra Virgin Olive Oil - 75%

£10 for 500ml, Italy (PGI) the experts thought this versatile olive oil would enhance any dish, whether served on its own with bread, or drizzled over soups and salads. **Available from M&S (in-store only).**

Best Buy: Tesco Finest Sicilian Extra Virgin Olive Oil - 74%

£9.95 for 500ml, Italy (PGI)

Fresh, fruity and full bodied, a delicious oil for dipping, dressing salads or cooked vegetables - one expert said they would use it for 'just about everything'.

Available from [Tesco](#).

Great Value: Aldi Specially Selected Terra Di Bari Castel Del Monte Extra Virgin Olive Oil - 71%

£5.19 for 500ml, Italy (PDO)

A peppery, pungent olive oil from Puglia with intense bitterness and spice, typical of southern Italy. The mild green apple aroma didn't quite match up to its fierce flavours, but it's still a great choice. One expert said it would pair perfectly with barbecued steak. At just over £5 a bottle, it's outstanding value and is a great cheaper alternative to our Best Buys.

EAST HARLING GARDENING CLUB



This year seems to be one of why plan, it will only change at the last minute. The fete was cancelled because of the weather forecast and our speaker cancelled. This turned out to be a lucky combination for the club.

Marie from Morley Nurseries stepped in at the last minute and gave us a fascinating talk about the history of the nursery and about growing Japanese maples, camellias, azaleas and rhododendrons for the trade. She had been due to have a stall at the fete on the Sunday, so brought a fabulous collection of plants for sale at wholesale prices – there should be some good displays in members gardens next year! She also brought a free dwarf rhododendron or azalea for everyone, so a huge thankyou to Marie both for stepping in at the last minute and for her generosity. It's a pretty good metaphor for gardening – things might not grow as you expect, but Mother Nature makes sure it all works out in the end.

Our meeting on 13 August will be the member's annual flower and vegetable show. Schedules were handed out at our July meeting, and a copy is available on the "East Harling gardening club" Facebook page for any members who missed the meeting.

As well as our regular meetings we still have some exciting events to come.

Tuesday 10 December Christmas ☐ 🍷 lunch. Members only.

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

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.



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ON THE 1ST AND 3RD WEDNESDAY MONTHLY

GRAHAM JUBB LIFETIME SERVICE AWARD

On Monday 20th May, [Breckland Council](#) Chairman , Cllr Peter Wilkinson attended the Parish Council meeting to present a Special Recognition Award for a lifetime of Service to the Community of East Harling, to Graham Jubb.

Sadly Graham was too unwell to attend, so the award was accepted on his behalf by Parish Council Chairman Philip Edge. The award was then presented later to Graham at home.



Graham will be known by so many of you, but if you don't know Graham, or you do, here is a brief summary of some of the amazing work Graham has done for our village of East Harling.

Graham started playing football for East Harling in 1975. He joined the committee and in the late 1970's became Chairman, a post he held for over 40 years. Over Grahams 48 years of involvement with East Harling Football Club he did lots of fundraising for the club. Graham became a member of the Anglian Combination Football League Committee in 1993, rising to Chairman, a post he held for 20 years.

In 2021 Graham became President of the Fosters Anglian Combination Football League, a post he still holds. Graham was also on the Harling Recreation Users Committee, becoming vice chairman and eventually chairman. Again a post he held for a good few years.

Graham joined the Parish Council in 1992/93 and is still a member. His contribution at meetings are valued, and is still is a very committed individual to what is considered best for the East Harling Community. Graham was chairman of the Youth Centre and Booking Clerk. Over the years, Graham has also been involved in some of the village trusts, at one time being Chairman of the Education Trust, and is still a member of Town Lands Trust and also the Recreation Trust.

Graham has also been a member of the management committee of the Harling Old School Village Hall.

Congratulations Graham!



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DIARY DATES 2024 for fundraising events, outings etc. in the parishes in the Harling United Benefice. Full details appear in the magazine

AUGUST

- 2nd EHSSC Whistle Stop Rock 'n' Roll Club 7:30pm
3rd East Harling Church Community Café 10-12
3rd Feline Care Pop-up shop 10-1pm weather permitting
4th Gardening Club coach trip to RHS Hyde Hall
5/12/19/26th East Harling Welcome Hub 11-2pm
6th East Harling Film Night Old School Hall 7.30 pm
7th OSH Coffee Morning 10-12noon
7th Bridgham Village Hall Wednesday Social 11-1pm
8th EHSSC Camera Club Rudd Room 7pm
9th EHSSC Bingo, eyes down 7:30pm
13th E Harling Gardening Club OSH 7.30pm
15th **Accordion Duo Concert in East Harling Church 7.30pm – retiring collection for UK-Aid**
19th Roudham & Larling Parish Council meeting at Roudham & Bridgham Village Hall 7.30pm
21st Bridgham Village Hall Wednesday Social 11-1pm
22nd E Harling Church Knit & Natter 9.30-11am
23rd EHSSC Live music with Lick and A Promise 8pm
24th Bridgham Church Coffee Morning 10-12 noon
25th EHSSC Live music with Jonny B Good 8.0pm

SEPTEMBER

- 1st 10K run race start 10.30am EHSSC recreation ground
3rd East Harling Film Night Old School Hall 7.30pm
4th Bridgham Village Hall Wednesday Social 11-1pm
6th EHSSC Whistle Stop Rock n Roll Club 7.30pm
7th E Harling Church Community Café 10-12noon
7th Feline Care PopUp-Shop10am-1pm weather permitting
7th EHSSC Live music with Dave Thomas and the Syndicators Blues Band 8.30pm
10th E Harling Gardening Club OSH 7.30pm
12th EHSSC E H Camera Club Rudd Room 7pm
13th EHSSC Bingo eyes down 7.30pm
14th **Norfolk Churches Bike Ride 9am – 5pm**
15th **OSH East Harling Village Yard Sale & Scarecrow**
18th Bridgham Village Hall Wednesday Social 11-1pm
19th Roudham & Larling Parish Council meeting at Roudham & Bridgham Village Hall 7.30pm
24th E H Parish Council OSH 7pm
28th E Harling Church Make and Create day 11-3pm
28th Bridgham Church Coffee Morning 10-12noon

OCTOBER

- 1st East Harling Film Night Old School Hall 7.30pm
4th /5th OSH DEATH BY RADIO Murder Mystery
5th E Harling Church Community Café 10-12noon
7th Six Inches of Soil Eco Church Community screening East Harling Church 6.00pm
8th E Harling Gardening Club OSH 7.30pm
19th EHSSC Quiz Night
22nd E H Parish Council OSH 7pm

NOVEMBER

- 16th EHSSC BIG QUIZ 7pm for 7.30pm

DECEMBER

- 7th OSH Christmas Lights Switch On
10th Gardening Club Xmas Lunch for members
7th Cromer Christmas Show coach trip (see Gardening Club notices on p16)



SATURDAY 3rd August
East Harling Church
10am-12.00 noon

Coffee, tea and soft drinks will be served all morning. You will find a warm welcome, the opportunity to chat with neighbours and friends, to sample some delicious home-made cakes and browse the second hand book stall.

Everyone Welcome!

Tuesday 6th August

FILM NIGHT

In Harling Old School Hall
Film starts at 7.30 pm
Open at 7.15pm for crisps, popcorn, soft drinks, teas & coffees
Bring Your Own Bottle!

Based on a true story about the redemptive power of music, a journalist discovers a former classical music prodigy playing on the streets of LA. In trying to help the homeless man the two develop a unique friendship that transforms both their lives.

Rated 12

£5.00
EVERYONE WELCOME

CONTACT is published monthly by East Harling Parochial Church Council and. items for the September edition should be submitted to the editor by email by 12th August 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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