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# INGHAM PARISH MAGAZINE

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Photo by Lee Hyde, Stalham

We wish you all a very  
Happy New Year!

**January 2023**

## Editorial

Dear Reader,

So a new year has arrived. I hope it will bring you lots of good things throughout its length.

Over the past few months there have been problems in getting this magazine printed. In the past the printing of the magazine was done by Simon and Emma until they sadly had to leave. For a few months it was very helpfully printed by someone who had access to the Church printer, but that ended as the machine had to be returned as the rental period was over. We looked at other places to get the printing done for us and at one point we thought we might have to fold (not a pun, or is it?) due to the cost of getting it professionally printed. Darren and Lesley rose to the occasion and printed the magazine on his home printer for a couple of months. Of course it is not just the printing, it also needs collating and folding. Now, fortunately, Rev Helen has had a new printer installed which she tells me is 'fabulous' and printing will be a lot easier from now on.

If you would like to contribute an article to your magazine, please get in touch with us. It would be wonderful to add more stories, pictures, history, or whatever it is that interests you.

*Angela, Andreas, Darren, and Lesley*

The magazine is available for download from the Ingham Village website: [www.inghamvillage.co.uk](http://www.inghamvillage.co.uk).

If you have any questions, comments, or ideas for improvement, please send them to us. You can email us too: [magazine@inghamvillage.co.uk](mailto:magazine@inghamvillage.co.uk)

### **Mobile Library Van**

On Wednesday 12th January at 4.35pm

On the Village Hall car park

## **INGHAM VILLAGE HALL - Registered Charity No 303988**

Happy New Year to all!

Our Christmas Bazaar and Jumble Sale on 19th November set a new record for fund raising. The amount made was £547. This in only about 1 and a half hours of selling! We would like to thank all who contributed to such a good result by donating raffle prizes, items to sell, especially to the Cake Stall, and by attending, A very special thank you to our loyal band of helpers, we could not manage without them!

Seven teams entered the Quiz 'n' Chips on 3rd December and certainly made it a happy and festive event. Christmas jumpers and head ware added to the atmosphere! Thanks to all who attended and donated raffle prizes, £102.30 was raised. The draw for the Luxury Christmas hamper was made and this added another £72 to Hall funds. A word of praise here for Broadland Fish & Chips. We gave them an order 2 days before the quiz and this was delivered beautifully cooked and still piping hot.

Two dates for your diaries: **Saturday 18th February - Jumble Sale** and **Wednesday 15th March - AGM**. Full details next month.

### **Regular hirers for January** (Contact numbers in brackets)

**Agni Yoga** - every Tuesday, Chair yoga at 6.00pm, Yoga at 6.45pm (Pre-booking, Pam 07971 398284)

**Bridge Club** - every Wednesday from 1pm to 5pm (Paul Fuller 581472)

**Cliff Knight Art Class** - every Wednesday 10am to 12 noon (Pre-booking, 01692 580212)

**Ingham Art Club** - Tuesday 17th from 2pm to 4pm (Anne 580814)

**Ingham Craft Club** - Tuesday 10th and 24th from 2pm to 4pm (Faith 583338)

**Zumba Gold** - every Monday at 6.30pm (Tina 07341 360389)

**Broadland Group Norfolk Wildlife Trust** - Friday 13th (David Mole 650826)

**Ingham Parish Council** - Wednesday 25th at 7.30pm

**All Hall Booking** enquiries to Darren Rogers 01692 580202

Or book online: [www.inghamvillage.co.uk](http://www.inghamvillage.co.uk)

## Free Carbon Monoxide Alarms

# Do you have a Carbon Monoxide alarm?

If you use gas, oil or any solid fuel for heating or cooking we can provide a free Carbon Monoxide alarm

This support is for households with someone of pensionable age, a child under 5, households with someone who has a medical condition and households struggling financially.

**To book a free Carbon Monoxide advice call**

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visit

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or scan the QR code below



citizens  
advice



You can call 0772 430 2057 for further help and advice.

## Rock salt poisoning

With winter on its way, rock salt is commonly used to clear roads and paths to keep them from snow and ice but this can be dangerous to pets!

When pets go outside for walks or play, they may be stepping on gritted snow and getting it all over their bodies. Rock salt not only causes irritation on skin and foot pads but can also be hazardous if ingested, which your pet will do as they try to lick their body clean.

If your pet is vomiting or lethargic after going out in the snow, they may have rock salt poisoning! Please contact your vet immediately as even small quantities of rock salt can cause damage to the kidney and pancreas.

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## News from Holy Trinity Church

Happy New Year from me to you. What will 2023 hold for us all? After the last few years I've given up trying to guess! Whatever comes to pass, as the seasons roll by again, I know our fantastic community will pull together when times are hard and celebrate when times are good. Nowhere and no-one is perfect, and I don't believe in new year's resolutions (why try and do difficult things at the darkest, dullest time of the year?!), but I don't think it'd do us any harm to have a think about how we watch out for one another, and how we look after ourselves. It seems pretty certain that this coming year will have its trials and tribulations, so it's more important than ever to do both of those things. Jesus told us to love God, and love one another *as we love ourselves*. We have to show ourselves a bit of love too, in order to have the capacity to love one another.

What the world needs now, as the song goes, is love, sweet love. This feels truer and truer by the week. How are you going to spread the love in 2023?

Very best wishes to you and yours for this new year.

Rev Helen

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Having said above that I don't believe in new year's resolutions, there *is* something I'd encourage you to think about doing this year. It might not sound like a particularly fun thing to do, it might even seem a bit scary, but actually it's something that might be quite comforting.

I'd love to have a conversation with you about your funeral. Not in a morbid way - but as a chance to chat about what you would like, and get that written down so that you can share your wishes with your loved ones. If you'd be interested just give me a ring or an email - I'd love to talk about it with you. Or any other local minister would be happy to talk to you too I'm sure.

Rev Helen 07902 447821 [lynch.helen@outlook.com](mailto:lynch.helen@outlook.com)

## Holy Trinity Church Services for January

Sunday	8th	Morning Prayer	9.15am
Sunday	15th	Holy Communion	9.15am
Sunday	22nd	Morning Prayer	9.15am

**Sunday 29<sup>th</sup> January - no service at Ingham  
Candlemas Combined service, Stalham 10.30am**

### A New Year's Blessing



2023

May God make your year a happy one!  
Not by shielding you from all sorrows and pain,  
But by strengthening you to bear it, as it comes;  
Not by making your path easy,  
But by making you sturdy to travel any path;  
Not by taking hardships from you,  
But by taking fear from your heart;  
Not by granting you unbroken sunshine,  
But by keeping your face bright, even in the shadows;  
Not by making your life always pleasant,  
But by showing you when people and their causes need  
you most, and by making you anxious to help.  
God's love, peace, hope and joy to you for the year ahead.

### Volunteers please!!

Could you spare an hour once a fortnight to help keep our beautiful old church clean and tidy. We need a couple of volunteers to join our team of cleaners to make lighter work for us all.

For cleaning we divide the church into sections and each volunteer is given a section to clean so it doesn't take too long. Would you be willing to come along and give us a hand? If you can, please ring Irene English 583311 or email [ireneenglish@hotmail.com](mailto:ireneenglish@hotmail.com)

Your help would be greatly appreciated.

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**Do you need help to lift or move them?**

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**0344 800 8020**



**Norfolk** County Council

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**PILATES CLASSES**



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**Stalham Town Hall**

**Wednesday**

9.30am, 11.30am

5.30pm or 7.30pm

Stalham Slimming World

## Sea Palling Independent Lifeboat

A Happy New Year from Sea Palling Independent Lifeboat

What a year 2022 has been for Sea Palling Independent Lifeboat, the year started with much anticipation of our new boat "Canon Portal" and ended with not only the new boat arriving but also a new replacement for our quad bike which is an "ArgoCat". The crew and committee have worked hard raising funds for these and we now look forward to being ready for what we hope will be a quiet year, but we will be ready 24/7 for every rescue we are called to attend.

The station will not only cover our normal 7 mile radius from Sea Palling with the two boats but also assist Bacton Coastguards with our ArgoCat when needed for beach and dunes search and rescue together with casualty evacuation.

We are open to anyone who would like a tour and if anyone feels they would like to join our Sea Crew / Shore Crew or Fundraising Team please just get in touch or call in to see us on Sunday Mornings or Thursday Evenings [mark@seapallinglifeboat.co.uk](mailto:mark@seapallinglifeboat.co.uk)

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**Sam**   
**the Lady Sweep**

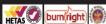
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**HICKLING RURAL CINEMA**

Friday 20 January at 7.30 pm, doors open at 7.00 pm

**THE LOST KING (12A)**

The Lost King is a comedy-drama based on the 2012 discovery of the remains of King Richard III beneath a Leicester car park. Stars Steve Coogan with Sally Hawkins as Philippa Langley, the amateur enthusiast who was proved right despite being sneered at by archaeology experts.

**QUIZ EVENING**

Saturday 28 January  
7.00 pm, doors open 6.30pm

The Big Fat Gym Quiz is here again, raising funds for our Hickling Health & Fitness Community Gym. Join us for an evening of entertainment to chase away the post Christmas blues. Entry £10 with a meal included in the price - but please bring your own drink.

To reserve your seats (maximum 8 per table) contact Shirley at [shirley@briarleylodge.co.uk](mailto:shirley@briarleylodge.co.uk). Tel 01692 598882.

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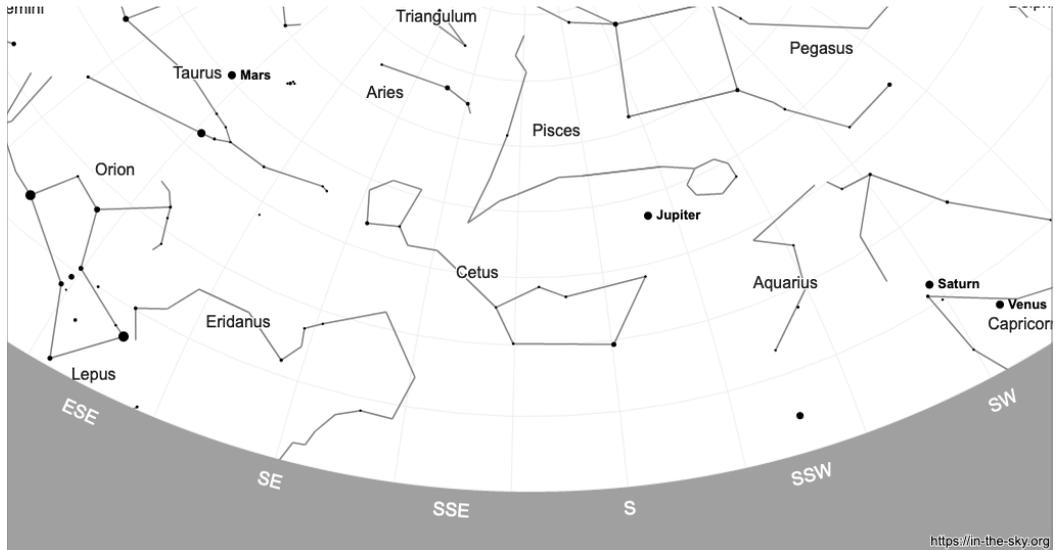


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# The Night Sky in January



A new year has begun and with it comes the anticipation of longer days and shorter nights. In the beginning it seems like nothing much is changing, but in the middle of the month the Sun already sets at 16:15, which is half an hour later than in December. By the end of the month we will have gained another half hour. On the 15th at 17:00 the southern sky looks like the chart above. Low on the south-western horizon you might spot a bright light. It is easily mistaken for an approaching plane, but it is actually the planet Venus. Saturn, Jupiter and Mars are also prominent in the night sky and are good targets for binoculars or a small telescope. From the eastern horizon the hunter Orion is rising and begins his nightly journey across the heavens. Until the end of April Orion will now dominate the night sky. But he will rise earlier each day, so that in the summer months he will be invisible in the day sky.

Full Moon: 6<sup>th</sup>, Third Quarter: 15<sup>th</sup>, New Moon: 21<sup>st</sup>, First Quarter: 28<sup>th</sup>

*It's the Honey Cart Man...*

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