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# INGHAM PARISH MAGAZINE

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## Sociable Seniors

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THE MONTH  
2 - 4PM  
AT INGHAM VILLAGE  
HALL

February 2024

## Editorial

Dear Reader,

How cold it has been, never mind how wet!

We went away for a couple of weeks and when we came back, I looked at the grass in the back garden and thought, it has been cut. But by whom? My neighbour? How kind! Nope, rabbits! Rabbits have not only been happily nibbling back the lawn, but also my vegetables. Time for some chicken wire.

The days are starting to lengthen and I can see that the bulbs in the garden are starting to show themselves. I for one am looking forward to the spring, drier weather and warmer days.

As you can see from the front cover, there is a new group starting at Ingham Village Hall. This sounds like it will be a very welcoming and enjoyable social club where you can chat, have a cuppa, and play cards and or board games. Why not pop along and find out what it is all about. Who knows, you might meet someone you haven't seen in ages.

*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 wish to send an article to the magazine for publication, the cut off date is 20<sup>th</sup> of the month. Please send it to: [magazine@inghamvillage.co.uk](mailto:magazine@inghamvillage.co.uk)

### **Mobile Library Van**

On Wednesday 7<sup>th</sup> February at 4.30pm

On the Village Hall car park

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

Our first fund raiser of 2024 is a **JUMBLE SALE on Saturday 17th February**, starting at 2pm. Stalls to include books, cakes, gifts, nearly new, white elephant, raffle, and refreshments. Entrance fee 20p, children free. If you have any items to donate (no electrics, please) and would like them collected, call Anne 580814 or they can be left at the Village Hall on the morning of the sale after 9.30am. All proceeds to Village Hall and Recreation Ground maintenance.

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

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

**Bridge Club** - Is able to continue! Wednesdays 1 to 5pm (Paul Fuller 581472)

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

**Ingham Art Club** - Tuesday 6th and 20th from 2pm to 4pm (Anne 580814)

**Ingham Craft Club** - Tuesday 13th and 27th from 2pm to 4pm (Faith 583338)

**Sociable Seniors** - Monday 19th 2pm to 4pm (Brenda 07879 888453)

**Zumba with Tina** - every Monday Zumba Gold at 6.30pm, Zumba Toning at 7.30pm (Tina 07341 360389)

**Broadland Group Norfolk Wildlife Trust** - Friday 9th - Topic: "Wild Isles"  
Illustrated talk by Patrick Markham based on David Attenborough's TV series (David Mole 650826)

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

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

**The members of Ingham Craft Club** (there are just 5 of them)

would like to say **Thank You** for the kind comments in this magazine and the church visitors book about their Knitted Nativity Scene which was on display in Ingham Church over the Christmas and New Year period. We did enjoy working together on the project.

# LESSINGHAM VILLAGE HALL

Saturday 17<sup>th</sup> February 11am 4pm

Sunday 18<sup>th</sup> February 11am 4pm

## OUR CHANGING COAST, HAPPISBURGH THEN AND NOW

A large display of photos of the village, its people and organisations, plus a record of the drastic erosion of its coastline.

Also maps and information sheets

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## Recipe of the month from Alistair Wright

### Winter Warmer Soup

This is a quickly made seasonal vegetable soup.

Preparation time: 20 mins

Cooking time: approx 30/45 mins.

#### *Ingredients*

A handful of pearl barley( soaked in water 40 mins before cooking and drained a couple of times)

2 Onions

2 Carrots

1 large Maris Piper potato

2 cloves of garlic

2 parsnips

Handful of Falafel pasta

Splash of mixed herbs spice

Splash of salt and pepper

Curry powder approx 2 teaspoons or to taste

#### *Method*

- Peel the potato, carrots, onions, and parsnips, cut everything into small approx 1cm chunks and add to a reasonably large saucepan.
- Add cold water so everything is just covered (you may need to top up the water during cooking).
- Bring just to the boil and then reduce heat to a simmer, cook until vegetables are just turning soft, turn off the heat and let it sit for a short while.
- Cooked meat can be added during cooking if you require.

Sit down and enjoy!!



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## News from Holy Trinity Church

Dear Friends

“All you need is love, da da da da daaa...” Or so the song goes. And February is a month where love is in the air as Valentine’s Day dawns. The hearts and flowers of February 14<sup>th</sup> have almost nothing to do with the actual Saint Valentine, but many of the best stories are ‘true, if not historically accurate’! The legends that tell about a priest not letting anything get in the way of true love would certainly have something in common with what Saint Valentine actually was doing. His work would have been telling people just how loved they were, and it’s work that people are still doing, all around the world today.

We might show one another love in some of the traditional ‘Valentine’s Day’ ways, with presents and treats and such like. But, and perhaps more importantly to our sense of being loved, we show each other love in a million little ways through life - by making time for someone, kind words, little things that show a person that we see them, we know them, and we want the best for them.

I used to have a fridge magnet which said: ‘A friend is someone who knows all about you, and loves you anyway’, and I think there’s a deep truth in that - we are who we are, with all our eccentricities, and we are loved for all of it. We all get things wrong, but we are still loveable. Saint Valentine knew that, and he knew that the prime example of that was the way Jesus showed us how God loves us. A love that knows all our foibles and failings, and loves us anyway, with no ifs or buts. A love so vast that the universe can’t contain it. A love that would, and did, go to death and beyond for us. That really is something to celebrate, beloved brothers and sisters! You are loved, just the way you are.

Helen Lynch

*Rector of the Benefices of Smallburgh & Stalham*

*Phone/WhatsApp 07902 447821*

*My rest day is Friday*

## Services at Holy Trinity Church

Sunday	4th February	Holy Communion	9.15am
Sunday	11th February	Morning Prayer	9.15am
Ash Wednesday	14th February		
		Holy Communion at Honing Church	10.30am
		Holy Communion at Sutton Church	7.00pm
Sunday	18th February	Holy Communion	9.15am
Sunday	25th February	Morning Prayer	9.15am

## Thank you

To everyone who supported the Carols by Candlelight service at Holy Trinity Church, Ingham in aid of Cancer Research UK. We were able to send them the amount of £236.50 which was collected at the Service thanks to everyone's generosity.

## The Friends of Holy Trinity Church, Ingham

The Friends of Ingham Church would like to organise an **Opens Gardens Event** to raise money for our church. Our last one was just after the pandemic and we had a really happy community event.



If you would be interested and would like to open your garden please would you get in touch with Irene English 583311.

It will take place in June, probably about 16<sup>th</sup> June or 23<sup>rd</sup> June.

Hoping to hear from you!

*Irene English*

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## Sea Palling Independent Lifeboat

It's been a fairly quiet few months for the lifeboat station so the crew have been busy carrying out our annual maintenance checks around the station, including the boats, argocat, and launch vehicle. We've had the roof repaired as it had a small leak and a general tidy up in preparation for spring.

The crew were asked to provide first aid support for the annual "Let's Do It Anyway Boxing Day Dip". Around 180 people took part raising over £1,000 for the charity. Well done if you were one of the dippers.

We are planning our events for 2024 so keep an eye on our social media pages and future editions of this newsletter for further details.

We will look forward to seeing you at our events and on the beach when the weather is a bit warmer and we can get the beach stall out again.



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[corepilatesnorfolk.co.uk](https://corepilatesnorfolk.co.uk)



## Hickling Rural Cinema

Friday 16th February at 7.30pm

### “THE MIRACLE CLUB” (12A) Comedy & Drama



Set in 1967, THE MIRACLE CLUB is a heartwarming film that follows the story of three generations of close friends, Lily (Maggie Smith), Eileen (Kathy Bates), and Dolly (Agnes O'Casey) of Ballygar, a hard-knocks community in Dublin, who have one tantalising dream: to win a pilgrimage to the sacred French town of Lourdes, that place of miracles that draws millions of visitors each year.

When the chance to win presents itself, the women seize it. However, just before their trip, their old friend Chrissie (Laura Linney) arrives in Ballygar for her mother's funeral, dampening their good mood and well-laid plans.

Tickets £5, Refreshments and Drink available

For more information please visit the Barn's website: [www.hicklingbarn.com](http://www.hicklingbarn.com)

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## The Night Sky in February

Aaaand... back again! This month I want to talk a bit about the Moon. In February we will have two “special” Moons, one of which will be visible and the other one not. On the 9<sup>th</sup> we will have a “Super New Moon” and on the 24<sup>th</sup> a “Micro Full Moon”.

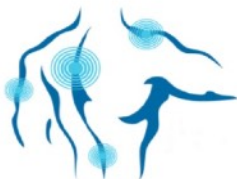
The orbit of the Moon around the Earth is not completely circular, it is an ellipse. That means that there are times when the Moon is farther away from us than at other times. The point on the orbit where the Moon is closest is called “perigee” and the one where it is farthest away is called “apogee”.

If a Full or New Moon is near its closest distance (perigee), it is called a “Super Moon”. If it is the farthest away (apogee) it is called a “Micro Moon”. The reason for this is of course that the Full Moon looks 14% bigger and 30% brighter at perigee than at apogee. Unfortunately, if it's a Super New Moon, like this month, you won't be able to see it at all because it is very close to the Sun in the day sky.

There is no astronomical definition for these descriptions, but most people would say that a Super Moon is closer than 360,000 km and a Micro Moon is further away than 405,000 km. The average distance between Earth and Moon is 382,900 km.

In the next three months you can observe the Moon in a close approach to Jupiter. This will happen on the 14<sup>th</sup> February, the 13<sup>th</sup> March, and the 10<sup>th</sup> April. Look for it in the evening sky towards the south west. If you have a camera with a long lens it will be a nice opportunity to catch both objects in the same picture. Whatever you do, do yourself the favour and get out after sunset to enjoy watching the close encounter of Moon and Jupiter.

Third Quarter: 2<sup>nd</sup>, New Moon: 9<sup>th</sup>, First Quarter: 16<sup>th</sup>, Full Moon: 24<sup>th</sup>



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