



NOVEMBER 2025

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# CONTACT

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

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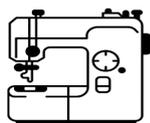


Also published on line on the following web pages:

<https://www.harlingguiltcrossbenefice.org.uk/our-churches/east-harling-st-peter-and-st-paul/contact/>

<https://roudhamandlarlingparishcouncil.gov.uk/2025/03/05/contact-magazine/>

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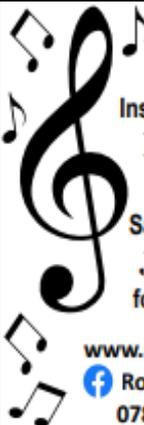
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~ Welcome to our Services in November 2025 ~

**Midweek Communion every Wednesday at 11.30 am in E Harling Church**

Date	E Harling	Garbl'sham	Wretham	Bridgham	Larling
<b>2<sup>nd</sup> Nov All Saints Sunday</b>	<b>11.00am BENEFICE Service</b>  <b>18.00pm Soul Café in OSH</b>				
<b>Sunday 9<sup>th</sup> November Remb'rance Sunday</b>	<b>10.00 am Remembr- ance service</b>	<b>10.45 Rememb- rance service</b>		<b>15.00 Remembr- ance service</b>	
<b>Tuesday 11<sup>th</sup> Nov Armstice day</b>	<b>11.00 am at Memorial Green</b>			<b>11.00am at Church War Memorial</b>	
<b>Sunday 16<sup>th</sup> Nov 2<sup>nd</sup> before Advent</b>	<b>9.30 am Holy Communion</b>	<b>11.00am All Age</b>	<b>9.30 am Holy Com'union</b>	<b>11.00am Service of the word</b>	
<b>Sunday 23<sup>rd</sup> Nov  Christ the King</b>	<b>9.30 am Holy Com'union</b>	<b>9.30 am Holy Com'union</b>			<b>11.00am Service of the word</b>
<b>Sunday 30<sup>th</sup> Nov Advent 1</b>		<b>10.00am BENEFICE Service</b>			

Date	Rushford	Shropham	Brettenham	Riddlesworth	Blo'Norton
<b>Sunday 2<sup>nd</sup> Nov All Saints</b>					
<b>Sunday 9<sup>th</sup> November Rem'bamce Sunday</b>	<b>16.30 Remembr- ance service</b>	<b>10.45am Rembrance Service</b>			<b>15.00 Rembrance Service</b>
<b>Sunday 16<sup>th</sup> Nov 2<sup>nd</sup> before Advent</b>		<b>9.30am Holy Com'union</b>			
<b>Sunday 23<sup>rd</sup> Nov Christ The King</b>			<b>11.00am Holy Com'union</b>	<b>6.30 pm BCP Evensong</b>	
<b>Sunday 30<sup>th</sup> Nov Advent 1</b>					



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## Parish Records 2025 ~

None this month

### ~ Floodlighting ~

Requests to sponsor the floodlighting of East Harling Church should be posted/delivered to: Susan Dolling 4 Hamblings Piece, East Harling. NR16 2PZ

5<sup>th</sup> November

Remembering FRED SIMMS who would have been 93 on the 5<sup>th</sup> November – A true gent – A Legend the Best Dad, Grandad and Great-grandad. Missing you always. Belinda, Beverley, Chris and families.

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

### Christmas Swaps!

Reduce, Re-use or Recycle.



Now that our tool collection is over, we turn our attention to Christmas.

What have you got in your cupboard that you are a bit tired of? Baubles, Christmas ornaments, tree lights, Christmas jumpers or party dresses.

We will be having a Christmas Swap at our December Coffee Morning on 6<sup>th</sup> December in church. You can deliver your swaps to the box at the back of the church in November or bring them with you to the coffee morning. We only have table-top space so please don't bring giant Christmas trees!

SAVE THE DATE – thanks ECO-Church Team

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### METHODIST CHAPEL WHITE HART STREET METHODIST SERVICES FOR NOVEMBER

Methodist services for November

2nd 10.30am Mrs Jane Mottram

6pm Soul Cafe at Old School Hall

9th 6.30pm Rev David McAloon

16th 10.30am Mr Pat Mottram

6.30pm Harling Praise at Methodist Church

23rd 6.30pm Mr Pat Mottram

30th 6.30pm Rev Paul Mellor

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### 'Monday Craft Café'

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the month

Next on 3<sup>rd</sup> and 17<sup>th</sup> November

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!

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**Thursday 27th November**

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**if you require any information.**

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**no need to knit, come to knatter!**

## Benefice News

Dear friends,

November is often thought of as a sombre month. The clocks have gone back, the evenings draw in, and the bright greens and golds of autumn fade into the greys and browns of approaching winter. Yet amid this season of quiet and rest, November gives us one of the most profound gifts of the Church's year – the gift of remembering.

We begin the month with **All Saints' Day** and **All Souls' Day**, when we remember those who have gone before us in faith. All Saints' Day celebrates the great company of men and women—famous and unknown—who have followed Christ faithfully and now rest in his eternal light. But the following day, All Souls' Day, draws us closer still. It is a gentler, more personal commemoration: a day to remember those we have loved and lost, those whose names are written not only in the parish register but deep within our hearts.

Lighting a candle or hearing a loved one's name read aloud in church can stir powerful emotions. Grief, after all, does not obey time. Whether a loss is recent or long past, the ache can return suddenly, as if no time had passed at all. Yet in our remembering, we also proclaim hope—the hope that love is stronger than death, and that those we love are held safely in God's everlasting arms.

Later in the month, the nation turns its attention to **Remembrance Sunday**. Once again, we pause to remember, to give thanks, and to grieve. We recall with gratitude the courage and sacrifice of those who gave their lives in the service of others, and we hold in prayer all who continue to suffer the consequences of war—those who return home wounded in body or spirit, and those who still long for peace in our world today.

In church, these moments of remembrance are never simply about looking back. They invite us to live differently now—to build a future shaped by gratitude, compassion, and peace. The poppy, so small and fragile, yet so full of meaning, reminds us that even in the darkest soil, new life can grow. The same is true for our hearts. Out of loss, hope can rise; out of remembrance, peace can take root.

As we gather throughout the benefice for services this month—whether for All Souls, for Remembrance Sunday, or simply on an ordinary Sunday morning—let us do so with open hearts. Let us remember with thanksgiving those whose lives have touched ours, and let us pray for the grace to live lives that honour their example: lives marked by kindness, courage, and faith. All are welcome at any one of our churches, whether it is simply to reflect and light a candle - or to join us in worship, come and find peace, community and hope amidst a busy world.

As we journey through these darkening days toward Advent, may we find comfort in the promise that the light shines in the darkness, and the darkness has not, and will not, ever overcome it.

With every blessing,  
**Revd Josh**

*A special All Souls 'Service of Remembering' will be taking place on the 2nd of November, 6pm in the Old School Hall, East Harling. All are welcome to light a candle in remembrance of a loved one and share in fellowship and company with others.*

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new bin. 🐶🐾

Let's all do our bit \*\*bag it and bin it!\*\* ❤️

## BOOK REVIEW —SALLY MAC

Now that autumn has arrived, it is the perfect time to be reading or listening to new books. Everyone has their own way of reading books; I'm a great fan of using a Kindle and audio books whether by the Libby app or BorrowBox via Norfolk County Council or the Amazon Audible app. They are all great applications to use on your phone or tablet, most of all as the ones via Norfolk County Council are free.

I have recently joined an online book group organised by Norfolk County Council. The meetings are run once a month; the books are decided by the group and there are always lots of other book ideas that are mentioned during the group session. It is certainly an enjoyable book group that I would recommend. Just look <https://www.norfolk.gov.uk/article/40272/Reading-groups-and-author-events>

These are some books you may be interested in trying, enjoy.

### Both of you: The stunning psychological domestic crime thriller – Adele Parks

The reviews of this book mention “chilling and entirely un-put-down-able” and “smart and thought-provoking.”

I would have to agree in that it most certainly is a chilling crime book; it most certainly is not a standard one. The start to the book is slow, but stick with it, so worth it. I'm a great fan of this author but it's hard to tell you too much about it at the beginning without giving away further details of the book.

### What I ate in one year (and related thoughts) – Stanley Tucci

Something completely different, well it was for me. I'm a great fan of Stanley Tucci, following his acting career. This was recommended by a friend who knew I was a fan of his work and approach to life. Away from acting he certainly makes the full use of his day packing in as much as he possibly can. You may think that reading a book about what Stanley Tucci ate everyday would be really boring, not so. It's the “related thoughts” that is of equal enjoyment. I enjoyed reading each day like a chapter and it set me up for the day.

I appreciate I wasn't able to enjoy the food or activities he was enjoying, it gave me ideas though. It was a great thought for the day. The good thing is you don't have to read it all in one 10

go and can dip in and out of it as and when you wish. You may be surprised. Rather than purchasing a book, if you're not sure, use of the online apps available.

### Travelling to Infinity – Jane Hawking

I hadn't intentionally meant to read this book, but Dr Stephen Hawking came up on a radio programme I was listening to. I had always wondered about his family life, his wife, and children, hence this read. I thoroughly enjoyed the honesty of this book, it is very well written, and you can imagine her writing it describing her every day's. It is brutally honest but not in a way that detracts from her story. She describes her life travelling with her children all over the world to support her husband, an incredible and determined person. A joy to read.

### Raising Hare by Chloe Dalton

Several members of the Norfolk County Council book group recommended this book. I had to see what all the fuss was about. I am so glad I did. I wasn't quite sure what to expect, it was certainly a book that grew on me.

The beautiful story of the author looking after a young hare/leveret in her garden is so very well described. To be honest I didn't think I would like it at all, but hearing their story was lovely and the tales that came out of. You must hear/read the epilogue which just finishes the story completely. I am almost tempted to read it again.

---

### HARLING HUB'S MACMILLAN COFFEE MORNING

A huge *thank you* to everyone who supported the recent **Macmillan Coffee Morning** at the **Harling Hub** — together we raised an amazing **£896** for Macmillan Cancer Support!

Whether you baked a cake, donated a raffle prize, popped a few coins in the pot, or simply came along for a cuppa and a chat — your support made it a truly wonderful morning.

A special thank you also goes to our fantastic **Hub volunteers**, who give up their time each week to keep this community space running.

The **Harling Hub** runs every **Monday from 10am to midday**, followed by a **free gentle exercise class** for one hour. The class offers a relaxed workout designed to support balance and mobility — everyone is welcome to join.

Harling Parish Council



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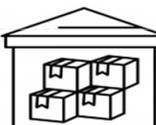
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**Borders:** the ground is warm and moist. It is a good time to dig out new beds and borders. Weed several times before planting new shrubs, trees and perennial ornamentals or fruit bushes.

**Lawns:** If necessary, trim with the blades set high when the grass is dry.

**Trees and shrubs including roses and fruit bushes:** Check ties on tall shrubs, trees and climbers to prevent wind damage.

A good month to plant bare root plants – these can be purchased and planted up until early March. Soak the roots in a bucket of water for about half an hour (no longer) before planting.

Stake trees to prevent rocking.

Plant deciduous hedges – bare root plants are available from some nurseries.. You should be able to see the level they were in the soil, aim to plant at the same depth. Dig the hole about twice the width of the root spread, cover the roots loosely with soil and shake the plant to so that it settles round the roots then top up and firm in with your foot. Water and leave to Mother Nature. Check occasionally and refirm if the wind has loosened them. If like me, you are plagued with muntjac you may need spiral tree guards (available cheaply on the internet).

**Perennials:** Split established perennials and plant new ones. Don't let short biennials and perennials get covered by leaves.

**Dahlias:** If you have Harling "Brecks soil" cut dahlias back, mark with a cane and forget about them until most of them will reappear in late April or early May. If you are in one of the parishes where the ground gets waterlogged over the winter you may need to dig up the tubers, turn upside down in a dry place for a couple of days to drain off excess water, then store in damp sand or compost in a dry, frost free (not heated) place until February.

**Bulbs:** Plant tulips. Not too late to plant daffodils, they should be reduced at the garden centres by now.

Check potted bulbs planted in September and move any that are ready to a greenhouse, cold frame, or well-lit cool room.

**Pots** Raise up pots onto feet or bricks to prevent waterlogging.

**Vegetables:** Harvest whatever is ready. You may need to stake taller varieties of Brussels sprouts to prevent wind damage. Protect winter/spring brassicas from pigeons. Plant individual garlic cloves 3cm deep and 15 cm apart, check them from time to time- blackbirds have a habit of pulling them up to look for bugs!

Sow broadbeans (aquadulce and aquadulce Claudia are good overwintering varieties)

**Rhubarb:** Dig up old woody crowns and split (an axe or saw may be needed on older crowns). Make sure that each piece you are going to replant has at least one bud. Dig plenty of compost or well rotted manure into the soil before replanting.

**Fruit trees:** Plant new hardy fruit such as raspberry canes blackberries, currants and gooseberries as well as fruit trees. Begin winter pruning of established apple and pear trees

**Seeds:** Start browsing the seed catalogues (paper copy or online). Be wary of listings on eBay, and if tempted check that they are from plants grown in the UK or the EU (a lot of destructive diseases, particularly of trees, have come from abroad, mainly from Asia

**Birds:** keep bird feeders stocked up with high energy food. Leave water for them. Remove netting from fruit cages to prevent birds becoming caught up in them. They will repay you by eating overwintering insects and slugs

**Ladybirds:** Look out for clusters of ladybirds on trees and shrubs when pruning. Do not disturb them and they will come out of hibernation in the spring ready for a good meal of aphids

Good Gardening

*Kevin*

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At St Peter and St Pauls, East Harling, we have achieved a bronze award from EcoChurch and aiming for silver. We are growing a culture within our church that recognises that caring for the earth is a partnership between us and nature.

**What are we doing to engage with global and community environmental issues and campaigns?**

We are ..

- Having a collection for Tools with a Mission

**What are we planning to do?**

- A community jam and chutney day
- A Christmas clothes swap
- Swap to green electricity

**What are we doing in the church?**

We are...

- Recycling our rubbish
- Using reusable or paper cups and plates
- Twinning our toilet
- Using only environmentally cleaning products
- Using recycled paper towels and toilet paper

**What are we planning to do?**

- Swap to LED lightbulbs
- Swap to a green electricity supplier

**What are we doing to encourage others?**

We have begun to provide information to help everyone change something in their lives and reduce their environmental impact by...

- Having regular displays in church
- Having regular articles in Contact magazine and on our Facebook page
- Holding occasional information stops at the monthly Coffee Mornings e.g. gardening advice, bee display homemade Christmas wreath making

**What are we planning to do?**

- Organise talks by local people on environmental issues
- Hold a Promise Auction

**What are we doing in the church grounds?**

We are working with the PCC to make our churchyards more accessible to wildlife and people. We have ...

- Implemented a mowing regime appropriate to the conservation of the grassland, wild flowers and wildlife.
- Started to remove invasive plants eg ragwort
- Started surveys on iNaturalist to record our plant and wildlife
- Made log piles and a bug hotel
- Created a management plan for the church grounds

**What are we planning to do?**

- Put gutters and water butts on the sheds
- Look at ways to make the lower churchyard more accessible

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## **A FOCUS ON RENEWING BRITAIN**

Last month, I attended the Labour Party Conference in Liverpool.

Conference is a fantastic opportunity for the Government to set-out our ambitions and vision for the country, and the Prime Minister was very clear – this Labour Government is focused on renewal and investment, and a Britain built for all.

A Britain with Free Breakfast Clubs in every primary school, where young people can learn technical skills through a world-class Further Education system, and where the most disadvantaged students will receive grants to support them to study at higher levels to ensure opportunity for all.

A Britain where people can see NHS specialists without needing to leave their homes, and where families will be able to build a life and community in new towns with first-class local GP surgeries, schools, green spaces and transport links.

As a constituency-focussed MP, conference is also a chance to meet with different national organisations to discuss matters in South West Norfolk.

A core issue in rural constituencies like South West Norfolk is transport, and ensuring connectivity – be that through infrastructure (e.g. roads, rails) or internet – is a key focus of mine. It was great to meet again with Greater Anglia to discuss train services in South West Norfolk. As a regular commuter, I know first-hand the frustration caused by delays and how crucial upgrades to Ely Junction are.

Services in rural areas must be firmly on the map, and I will continue to push Greater Anglia and other transport providers to address these as a matter of urgency.

I met with the Stroke Association who I work closely with both in Parliament and the constituency, Dementia UK, and Pancreatic Cancer UK to discuss the importance of early diagnosis and health inequalities in South West Norfolk.

I also met with national charity, Scope, to talk support for the disabled and the ways we can work together to ensure an equal future with disabled people.

As a passionate advocate for animal rights, I was thrilled to meet with the Animals Matter coalition, formed by the RSPCA, Humane World for Animals, Compassion in World Farming, and Four Paws, charities with which I have strong ties, given our joint work in successfully opposing the Methwold megafarm proposal.

Farming is at the heart of much of the work I do, and I was honoured to be invited to speak at an event hosted by the National Farmers' Union.

I also met with the Country Land and Business Association and the CPRE to talk protections for the countryside – a matter of huge importance here in South West Norfolk.

*Terry Jermy MP for South Norfolk constituency since 2024.*

## **HARLING LADIES FRIENDSHIP GROUP**

In November, Jackie Long will be giving a demonstration and a chance to make our own chocolate truffles. Please let me know if you are interested so we know the numbers for ingredients. There will be a cost of £5.00 to cover the ingredient cost.

We look forward to seeing old and new faces. The Harling Ladies Friendship Group meet on the third Tuesday of each month at The Old School Hall at 7.30pm. If you have any questions please feel free to ring me Jackie Underwood on [07225 126115](tel:07225126115)

## **EAST HARLING GARDENING CLUB**

At our October meeting we had a well-attended meeting with some new faces – welcome to you all. We had a fascinating illustrated talk by Tom Booth (one of the senior field officers from Norfolk Wildlife Trust) about adders. Thanks Tom it was very informative.

In a November there is a change to our programme. The topic will now be Gardening for wildlife by Barley Wilson who is an RHS Chelsea Gold Medal winner. This is a topic which should be close to all of our hearts. It is as always on the second Tuesday of the month (11 November) in the Old School; Hall at 7.30 Members Free, Visitors always welcome £3 on the door.

November table competition: A small seasonal arrangement of flowers/ fruit/ foliage/ vegetables AND / OR 3 parsnips.

Our December venture will be a Christmas Supper to be held in the Old School Hall for the first time since the Covid lockdown.

It will be on Saturday 13 December at 6.30 for 7.00pm for members and spouses / partners. It will comprise a main course of Turkey or Roast Beef followed by a choice of desserts. If you wish to join us and haven't already done so, please contact Mary Wright (her number is on the back of your membership card). If you have any special dietary needs or want a vegetarian option, please let her know when booking. Last date for booking is our November meeting when payment is also due. We have a maximum number that we can cater for, so don't leave it too late.



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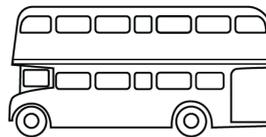
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**10-12 noon**  
*22nd November*  
**back in Bridgham Village**  
*Hall*

An illustration of two steaming coffee cups on saucers, one on each side of the text. Below the text is a blue three-tiered stand holding three red and blue items, possibly Christmas decorations or treats.

## Smoked Mackerel Pate

We have been making this recipe for years, as a great little TV snack and sometimes as a light dinner or lunch with some salad. The beauty of this recipe is that all your ingredients have a less expensive option and still deliver a superior end product.

### Ingredients:

250-300 grams of Smoke Mackerel (*I use Tesco as it seems to have less bones*)  
165g of Soft Cheese (*any soft cheese is fine, so I buy the cheaper option*)  
1 lemon or lemon juice to taste  
2 tbsp horseradish sauce  
15g fresh parsley  
Chives or dill, finely chopped (*Optional*)  
Pinch of cayenne (*Optional*)  
Toast with butter to serve (*I prefer sourdough but any bread will do*)

### How to make it:

Check Mackerel for any excessive bones and remove. Chuck it all together and blend with a mixer or for a rough texture by hand.

*For a more upmarket option and impressing your neighbours—replace the bread with a vol-au-vent as a Afternoon Snack.*



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DIARY DATES 2025 for fundraising events, outings etc. in the parishes in the Harling United Benefice.

Full details appear in the magazine pages

A note on short forms for Venues for some events

1. EHSSC is East Harling Sports and Social Club (opposite E Harling Church on Church Road)
2. OSH is Old School Hall in Harling on School Lane
3. Feline Care is on Roudham road
4. BVH is Bridgham Village Hall

### NOVEMBER

- 1<sup>st</sup> E Harling Church Community Café 10-12noon  
1<sup>st</sup> Feline Care pop up shop 10-1pm weather permit  
1<sup>st</sup> OSH Quiz Night 7 for 7.30 see P9  
3<sup>rd</sup> and, 10, 17, 24 HUB Coffee Morning 10-12 followed by Balance Class 12-1pm in OSH  
4<sup>th</sup> E Harling Film Night OSH 7.15 for 7.30  
5<sup>th</sup> BVH Wednesday Social 11-1pm  
5<sup>th</sup> OSH Coffee Morning 10-12 noon  
8<sup>th</sup> EHSSC BIG QUIZ 6.45 for 7.5th30 start  
11<sup>th</sup> Gardening Club 7.30pm OSH talk on Gardening for Wildlife by Barley Wilson RHS Chelsea Gold medal winner which promises to be very interesting!  
13<sup>th</sup> E Harling Camera club Rudd Room 7.30pm  
14<sup>th</sup> EHSSC Bingo Eyes down 7.30pm  
19<sup>th</sup> BVH Wednesday Social 11-1pm  
19<sup>th</sup> OSH Beef casserole lunch 12 for 12.30 see P9  
27<sup>th</sup> KNIT & Natter 9.30-11.00am  
30<sup>th</sup> Winter Festival of music featuring Harling Kenninghall and Attleborough singers with Saxo Fun in Kenninghall Church at 6.30pm see P9

### DECEMBER

- 2<sup>nd</sup> E Harling Film Night OSH 7.15 for 7.30  
6<sup>th</sup> E Harling Church Community Café and Christmas Swaps 10-12 noon  
6<sup>TH</sup> Feline Care pop up shop 10-1pm weather permit  
6<sup>th</sup> Christmas market OSH 1pm – 6pm with Christmas light switch on  
12<sup>th</sup> EHSSC Bingo Eyes down 7.30pm

**CONTACT** is published monthly by East Harling Parochial Church Council and items for the December edition should be submitted to the editor by email by 12<sup>th</sup> November 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.

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# Community Cafe



**SATURDAY 1st NOVEMBER**

**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 4th November

# FILM NIGHT

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

A romantic comedy where teacher Sarah Nolan (Diane Lane), divorced for eight months, is urged by her over-supportive family, to get back into dating using an online dating app. Following various dates finally she meets Jake who too was pushed into trying on-line dating by his best friend/divorce lawyer Charlie (Ben Shenkman). Charlie wants Jake solely to get some action, despite Jake wanting his love life to be more like Lara and Yuri in Doctor Zhivago!

**£5.00  
EVERYONE WELCOME**

## It's Back!



Featuring music from the award winning **Palgrave Players**

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### Bridgham Church Christmas Concert

Saturday 6<sup>th</sup> December  
2:30pm  
Including interval afternoon tea