**FELTHORPE NEWSLETTER**

**MAY 2022**

**Rector**: Rev’d Margaret McPhee Tel. 01603 893108

**Church Warden**: Brian Rowlands Tel. 01603754763

[www.horsfordbenefice.org.uk](http://www.horsfordbenefice.org.uk). revmargaretmcphee@gmail.com

The Rector writes:

As we journey through this glorious period of the church’s calendar, from the joy of Jesus’ resurrection at Easter to the coming of the Holy Spirit at Pentecost, it’s a time when our gardens and wild spaces are going at full throttle to produce their tender green leaves and a profusion of flowers. Nature really is bursting into life. During this time we celebrate what is known as Rogation Sunday. Rogation is an ancient church festival which asks for God’s blessing on a particular community and especially on its agriculture and industry. Since mediaeval times there has been a tradition of “beating the bounds” of the parish, asking God to bless the crops and for the well-being of that particular village or settlement.

This year, on Sunday 22nd May, we invite you bring a picnic and join us to celebrate and ask for God’s blessing on our Benefice (the 3 Parishes of Felthorpe, Hevingham and Horsford) in a very special way. We will gather for our 10.30am service at Horsford Church and then enjoy our picnic lunches in the churchyard. After lunch we will all walk together (or cycle if you would rather) through Horsford village and across the footpath to Felthorpe Church where we will be greeted with tea and cake, and then finish the day with Evening Prayer in the church. Everyone is welcome to join us for whichever parts of the day you can attend, and families with children and young people are especially welcome. If the weather has been dry then the footpath should be manageable for small bikes and pushchairs. If it is wet then we will gather in the churches for picnics and refreshments. It will be a great opportunity to enjoy nature and have fun as we gather to celebrate all the good things that God provides for us.

Services at St Margaret’s

 **1st May**  10.30 BENEFICE SERVICE at All Saints – Horsford

 **8th May** 5.00pm Evening Prayer BCP

**15th May** 5.00pm BENEFICE SERVICE at All Saints – Horsford

**22nd May** 5.00 pm Evening Prayer BCP

**29th May** 10.30 BENEFICE SERVICE St Margaret’s – Felthorpe

 **5th June** 5.00pm Holy Communion BCP

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FROM THE PARISH RECORDS

There were no entries for April 22

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**Baptist Chapel**, Mill Lane, Psalm 46.vs1: “God is our refuge and strength, a very present help in trouble”. We would be pleased to see you at any of our meetings. Ian Mckemmie, email ianmckemmie@btinternet.com.

**FELTHORPE PAVILION & RECREATION GROUND COMMITTEE**

**BINGO** - **Thursday May 19th** and **June 16th at 7.30** FOR PLAY AT 8 O`CLOCK. £5 per session. Then every THIRD THURSDAY IN THE MONTH. Please join us for a fun evening.

**TABLE TENNIS** – **Tuesday** evenings at 6pm to 8pm and **Wednesday** mornings 10 to 12.

Refreshments provided at each session, All abilities welcome. Any questions please contact June on 01603 754400 or 07552 724440

**ZUMBA GOLD** – **Tuesday** mornings - 10am to 11am. £5 per session. Any questions please contact Sarah-Jayne on 077789 561224.

**FITNESS PILATES** – **Monday** mornings - 11.45am to 12.45pm. £6.00 per session. Improves posture, movement, mobility and flexibility. Helping to identify basic postural imbalances through Pilates based exercises. Any questions please contact Jo on 07969 863078 or email jo@mojofitnessandwellbeing.co.uk

**BALANCE & STRENGTH PILATES** - **Thursday** mornings . 11am till 12 pm. £6 per session. This is an exercise programme aimed at the over 55`s. Jo takes you through a variety of seated and standing exercises which helps to improve confidence and mobility. Leg weights will be available to purchase at a reasonable cost. Any questions please contact Jo on 07969 863078 or email. jo@mojofitnessandwellbeing.co.uk

**ROCKBOX** – A drumstick boxing workout – **Wednesday** evenings 6.30 to 7.30 £6 per session and if required drumsticks may be purchased at a cost of £4. Please contact Steph on 07841 029555 for further details.

**JUBILEE TEA PARTY**- To be held **Wednesday** **8th June**. 2pm until 4pm in Pavilion. There will be a Cream Tea with singer Mr John. and a raffle. cost £3.00 Please book. Sonia 01603 755351

**QUIZ NIGHT FOR UKRAINE.** **Saturday 2nd July** . starts 7pm entry £5-00bin Pavilion Please bring your own Food, Drinks, Nibbles. Tables 6-8 persons. Raffle to raise more funds for Ukraine. Donations of raffle prizes would be welcome. Please contact Jackie 07766548295 or Nick 07733876398 to donate a prize or buy a ticket.

**MINI FETE and FAMILY DAY,** **Sunday 24th July**, The MUSTANGES will join us for an afternoon outdoor event. Bar, BBQ, Raffle, Tombola, Children’s activities, Ice Cream, Bouncy Castle, Teas. Donations of prizes for Raffle and Tombola would be very welcome.

**SOUP LUNCH**- Has been very well attended, helping us to raise £916.40 to send to various charities, for this we would like to send a big thank you to all who supported us. Next Soup Lunches will start again 12th October. Enjoy the summer break.

**RECYCLING** – Many thanks to everyone who uses our recycling facilities. Just a reminder, we recycle paper (not cardboard) , glass, clear and coloured, clothes and shoes.

**NEXT COMMITTEE MEETING WILL BE HELD ON THURSDAY MAY 12th** when we will also have the AGM starting 7.30 with committee meeting to follow. June meeting will be **Thursday June 9th**. Visitors made very welcome so please come and join us.