



NOVEMBER 2020

CONTACT

EAST HARLING - WEST HARLING - BRIDGHAM
ROUDHAM - LARLING - BRETTENHAM

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**East Harling Church remains open for
private prayer under Covid 19
safety conditions**



The electronic version of the magazine which we hope many of you can enjoy is now on the Bridgham Parish Council Website thanks to Jacqueline Howell-Youngs, as well as on the Roudham & Larling web site courtesy of Julian Gibson. Many thanks to Kate Filby East Harling Parish Clerk for enabling this e-version to appear on the Harling Council website under the News page.

Following the Government's announcement on Saturday, please be aware that the helpline is still open for calls and will continue Monday to Friday 9am - 5pm. If you or anyone you know needs help with shopping, collecting medication, dropping off post, dog walking or just a friendly chat please do call: 07936 305 761

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HARLING BENEFICE

Priest in charge: Benefice in vacancy

Ministry team: Rev'd Caryll Brown
Rev'd Varlie Sheldrake

01953 717451
01953 717404



Both members of our Ministry team are now officially retired and work on a voluntary and part time basis;
they both hold the Bishop's Permission to Officiate at Services within this Diocese.

East with West Harling, Bridgham with Roudham, Larling and Brettenham

Arrangements for November 2020

To comply with current regulations regarding the opening and use of Church buildings, Churches in this benefice will be open as follows:

East Harling Parish Church: will be open for private individual prayer (in the Lady Chapel only)
Monday and Friday 10.00am to 3.00pm

Bridgham, Larling and Brettenham Parish Churches for now will remain closed apart from Services.

SUNDAY SERVICES

Sunday 1 st November	9.45am	East Harling Church	Service of Thanksgiving and Remembrance for all our departed loved ones.
Sunday 8 th November	9.45am 3.00pm	East Harling Church Bridgham Church	Holy Communion with Remembrance Theme. Remembrance Day Service. (No parade; wreaths will be laid at Memorial in churchyard)
Sunday 15 th November	9.45am	East Harling Church	Holy Communion
Sunday 22 nd November	9.45am	East Harling Church	Holy Communion
Advent Sunday 29 th November	9.45am	East Harling Church	Holy Communion.

All are welcome but numbers are limited so if you plan to come to any of these services, please let a churchwarden or a Minister know in advance so that appropriate seating can be arranged. Please also arrive in good time as you will need to register your details on arrival.

East Harling Church has a QR Code displayed in the porch and inside the building – please use it if you have the App on your phone.

Remembrance: There will be no parades of Standards at the Church services on 8th November this year and the RBL is encouraging people to stand at their doors at 11am on Armistice Day 11th November to observe a 2 minute silence and to display poppies in their windows.

There will be an Act of Remembrance held at the East Harling War Memorial on Wednesday 11th November 10.50am with a 2 minute silence at 11am. Entry to the Memorial Green will be limited to the Standard bearer, the officiating clergy and the wreath layers. The police will not be in attendance and members of the public should therefore be aware of passing traffic and also observe social distancing.

We have regular meetings on Zoom for:

**Morning Prayer on Monday at 10.00am and
Evening Prayer on Friday at 5.00pm.**

The ID numbers and passwords required to join these meetings are subject to change so if you would like to join us please call either Caryll or Varlie for the current numbers (telephone numbers see above). Everyone is welcome to join us!

Wednesdays 7.15pm Fellowship and Bible Study:

Saturdays 9.30am Prayers: All comers are welcome. .

ID numbers and Passwords for these two meetings are available from Stuart 01953 714900

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Daily Hope is a daily podcast from the Church of England. Phone free 0800 804 8044

Sundays:

8.10am	Morning Worship BBC Radio 4
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1.15pm	Songs of Praise BBC One

Plus lots of live-streamed services from across the country on Facebook and on YouTube.

OCCASIONAL SERVICES:

Weddings and Baptisms: Please contact Rev'd Caryll Brown (01953 717451) with any enquiries.

Funerals: During lockdown funerals have taken place either at the graveside or in a crematorium. Now that the church buildings are opening up for worship it may be possible to hold small services in church but numbers attending the service will have to be limited, depending on the layout and size of the church. Social distancing has to be observed and no singing is currently permitted although music can be played.

METHODIST CHAPEL, WHITE HART STREET

Services in November

1 st	Mr Pat Mottram	6.30pm
8 th	Revd Chris White	6.30pm
15 th	Mrs Jane Mottram	6.30pm
21 st	Revd Chris White Communion service	6.30pm
31 st	Mr & Mrs P Mottram	6.30pm

~ Parish Registers ~

FUNERALS

We extend our condolences to the families of:

Jeanne STARTUP whose funeral was held in East Harling Parish Church on 6th October 2020 followed by interment in the church yard.

Peter and Jean SELLENS for whom a joint funeral was held at West Suffolk Crematorium on 9th October 2020.

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FLOODLIGHTING

Requests to sponsor the floodlighting of East Harling Church are still accepted and should be posted/delivered in writing to: The Rev'd Varlie Sheldrake, 12 Kems Barns, East Harling. NR16 2TS

NOVEMBER 2020

22nd In loving memory of my darling wife **JENNIFER** who completed this life's journey 7 years ago. In my thoughts today and every day with many happy memories. **Eric SMITH**.

Please make sure your requests include the date and add your name and contact number in case of any queries. Donation of minimum £5/night should be enclosed. Cash preferred, please, during the current situation.

A big THANK YOU to those who have continued to sponsor the Floodlighting of East Harling Church.

22nd November: St Cecilia – patron saint of musicians

In these unusual times we have been unable to sing in church or in other public places for that matter until very recently and then only with Covid Secure arrangements. Currently, this allows a socially distanced choir to sing, but not for the congregation to join in. So maybe it is appropriate to offer up a prayer to St Cecilia the patron saint of musicians to help and support us in making music once again!

Cecilia is one of the most famous of the Roman martyrs of the 2nd century. As far as is known, she was born a noble lady of Rome who, despite her vow of virginity, was forced to marry an older pagan nobleman named Valerian. During the wedding, as the musicians played, Cecilia sat apart singing to God in her heart, and for that she was later declared the saint of musicians. When the time came for her marriage to be consummated, Cecilia told Valerian that watching over her was an angel of the Lord, who would punish him if he sexually violated her but would love him if he respected her virginity. Understandably startled by this, Valerian then asked to see the angel for himself. Cecilia replied that to do so, he must go to the third milestone on the Via Appia and be baptised by the Bishop of Rome. Valerian followed her suggestion, was baptised a Christian, and sure enough, saw the angel protecting his wife. Being a Christian in those days was dangerous, and when the next wave of Roman persecutions began, Valerian and Cecilia were among those arrested. It is said that they died at the hands of the Roman prefect Turcius Almachius, sometime between 176 and 180 AD. In the centuries since then, a number of musical compositions have been dedicated to her, and her feast day has become the occasion for many concerts and musical festivals. St Cecilia is frequently depicted playing a viola, a small organ, or other musical instrument.



Curates Corner – November 2020

Remember, Remember – the theme of November

November is traditionally the time when we are called to remember: - All Saints, All Souls, Guy Fawkes and, on Remembrance Day, all who have given their lives in conflict.

All Saints day falls on 1st November and in Churches around the globe, congregations will be reminded that as Christians, we are part of a great company of ordinary people who were touched by God and responded by living lives that in some way made the world a better place and gave glory to God. Saints are not just extraordinarily holy people; in the Bible we are told that all who believe are saints.



Then, on 2nd November comes the remembrance of All Souls when we think of those we have known and loved who have gone before us - the people who have touched our lives and made a difference; and we give thanks for them remembering times spent together. (**Join us in a service to commemorate your loved ones in East Harling Church on Sunday 1st November at 9.45am**)

Perhaps the main focus of our remembering this month will be Remembrance Day – originally called Armistice Day when it was first observed in 1919, commemorating the armistice agreement which ended the First World War on 11th November 1918 at 11am.

It was to have been the ‘Great War to end wars’ but it ended up being the precursor to WW2 in 1939. And, in the years since WW2 we have been engaged in many more conflicts.

This year marks the 80th Anniversary of The Battle of Britain and The Battle of Dunkirk and 75 years since VE Day and VJ Day, which marked the end of the 2nd World War.



It is important to remember that great sacrifice that was made by so many – the lives cut short and families devastated.

Sadly, 2020 has been a year like no other; we find ourselves in the midst of a very different kind of World War – a battle in which almost every nation is united in fighting the pandemic caused by the Corona Virus. Our way of life has been turned upside down and corporate activities severely restricted. Many of us are probably feeling that our bins have been out more than we have!!! This year there will be no large gatherings as we remember Guy Fawkes with bonfires and fireworks. Parades to War Memorials won’t happen, but at the 11th hour of the 11th day of the 11th month, our nation will still fall silent for 2 minutes as we stop to remember all those who gave their lives for the freedom and rights of others in conflict. Maybe this year we will also remember the 1.16 million people who have died in the battle against Covid 19 around the world. Maybe, this November, we can remember too the importance of the role of each one of us in continuing to fight this battle with renewed energy. As in any war time situation, everyone must play their part to protect one another, support those on the front line and to keep up moral for all!

The media paints a dark picture for the winter months ahead, but the Bible tells us:

‘You are the light of the world..... people do not light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.’ Matthew 5:14-16

Each one of us ‘shining our light’ and helping wherever we can will make a huge difference in the world. Consider how far the ripples spread when you throw even a small stone into a pond! We really CAN make a difference.

When I was a child in Sunday School, we used to sing a chorus:

**‘Jesus bids us shine with a pure clear light,
like a little candle burning in the night.
In this world of darkness, so we must shine...
You in your small corner and I in mine.’**



The world is a huge place, probably more turbulent in 2020 than ever before. The prospect of world peace and well-being seems overwhelmingly impossible to achieve; but, maybe, if each of us – in our own small corner - ‘shines’ out with the love that Jesus asks of us, **together** we will begin to make a difference! Isn’t it worth a try?

Every Blessing, Caryll

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Church News!

A lot has been going on in the church in the background for the past 9 months unbeknownst to most of you I am sure! Following our last quinquennial the roof on the North isle was found to have a serious sag in it suggesting the supporting timbers were failing. In addition the leaks were getting worse with rainwater managing to find its way into the building. This led to a roof inspection and to the need to file an application to the Diocese for permission to deal with the repairs. In addition there is the issue of the access to the lower churchyard and the matter of the large elm at the entrance to the Lych gate showing signs of weak branches needing to be lopped. Dealing with these issues is made a little more difficult in the absence of an incumbent but the PCC are doing their utmost and we are tackling many of the difficult tasks left to be completed which include these faculty applications. Then there is Covid 19 and much of the responsibility for making us safe has fallen on our Churchwardens who have done an amazing job.

Two of these permissions or faculty applications are still ongoing. One is now competed! The PCC decision to deal with the large tree by the Lych gate with weak branches likely come down on to the path took priority. A faculty application was prepared and granted four months later and that work has now been carried out. We are still in the process of sorting out the access to the lower churchyard which has proved more difficult than at first thought. More on that saga in a later edition!



Permission to carry out repairs to our very, very, leaky church roof is now at the examination stage. In order to prepare a Faculty to do **anything** to the building you have to have a specification of the works to be carried out authorized by an accredited Church architect. To prepare the specification required a detailed inspection of the roof, an assessment of the damage done to the roof timbers by the egress of water and to find out why the lead covering has failed to do its job. This work was then put out to tender and a detailed statement of the costs prepared. In addition because it was proposed by the architect to remove a redundant Victorian chimney where the lead flashing was in poor repair, English Heritage had to be consulted and consent sought from Breckland Council.

Then of course there were the Bats! Fortunately Natural England have found no evidence of bat nurseries in the roof and no evidence of ongoing bat roosts. We do have bats flying around in the church occasionally but no constant presence. However works can only be carried out outside the breeding season which meant we could not commence the inspection of the roof until early August. The inspection showed that some of the lead had perished and you could push a screwdriver through one of the main timbers. The proposed plans are now awaiting inspection and consent from the Chancellor. The documents are open for public inspection in the Church for the next 28 days. **Please do make time to go and look at them.**

We do now need to look at a massive fundraising effort and grant applications are in the process of being prepared. Unfortunately grant bodies require applicants to have all the necessary permissions in place first, and the work must not have commenced. So we are pushing forward with the support of the Diocese fund raising office. One grant body specifically requested us to make an application for funds because of the Church's historic importance. This is now completed but we are still waiting for the results. We are also looking for local support and we will be offering a chance for local people to get involved in our fund raising effort. More details in future magazines.

Simon Jenkins' Guide to "The Thousand Best Churches" gives the Church two stars and refers to the tower as a rocket ready to fire into the sky! The magnificent interior incorporates a wealth of important and highly decorative woodwork including medieval misericords, 15th-century screens and a hammer-beam roof to the nave rising 45 feet above the floor. There are a number of significant tombs and memorials from the 14th to 17th centuries. The east window is a triumph of painted 15thC glass from the Norwich school.

Despite the leaks, the church remains a beautiful calm and quiet space to visit and to pause for a while and take stock, highly recommended as being good for your mental well being. It is open on Mondays and Fridays every week. The weekly services continue and the church is still first and foremost a peaceful house of prayer and praise. There are lots more photos on the facebook page St Peter & St Paul's Church, East Harling.

A BIT OF CHURCH HISTORY - HATCHMENTS *thanks to Chloe Cockerill and Susan Wilson*



A Hatchment or Funerary Hatchment is a depiction of a deceased's heraldic achievements. They were painted on wooden panels or on canvas within a wooden frame & were often hung over the door of the deceased's house. After the burial they were put up in the local church. The hatchment shows the relationship of the deceased to his or her spouse, living or dead by using black & white background colours. Black is put behind the deceased's part of the shield & white behind the surviving spouse's part. In East Harling church there are 4 hatchments. This one can be seen hung to the right of the chancel door.

The motto 'Resurgam' means 'I shall rise again'. The mottos do not specifically relate to the members of the Wright family commemorated here. They are very common appropriate mottos that are often found on hatchments. This hatchment was for Robert Wright of Downham, not his brother, Thomas Wright of East Harling. The custom of painting hatchments started at the end of the 17th Century.



Fig 1

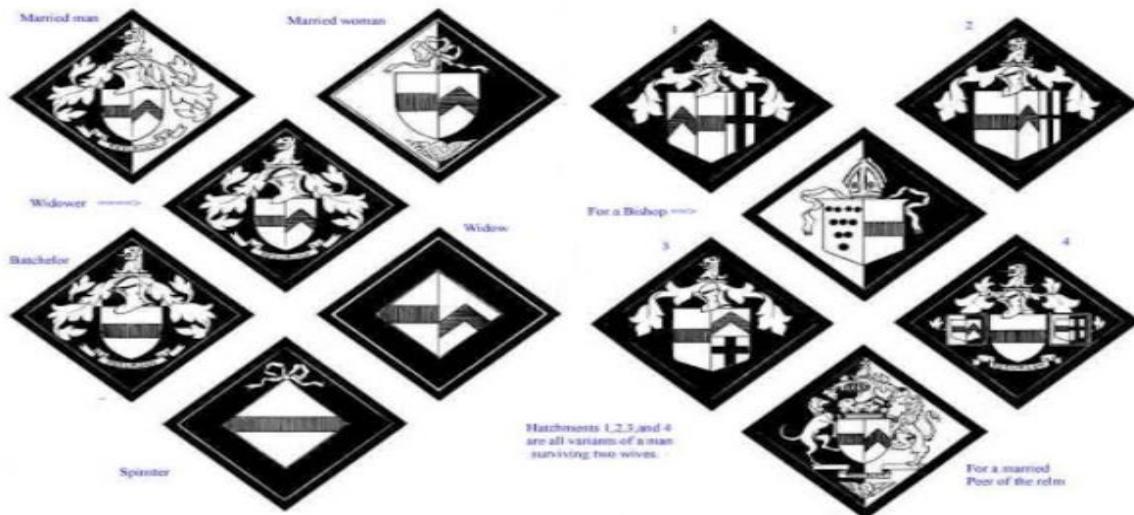


Fig 2



Fig 3

This motto, in Fig 1 Festina Lente', means 'Make haste slowly', ie. 'don't be impetuous'. The motto in Fig 2 reads. 'In Coelo Quies', which means 'There is rest in Heaven and Fig 3 shows the motto "Mors Janua Vitae" which means Death is the Gate of Life! This illustration below gives some idea of how they were designed according to the deceased's status.



There is so much history in St Peter & Paul's church, of which these hatchments are just a very small part. At present the church is open on Mondays and Fridays from 10.00am to 4.00pm. due to coronavirus safety restrictions. There are loads of photographs on the church facebook page St Peter & St Paul's Church, East Harling

<https://www.facebook.com/pages/category/Religious-Organization/St-Peter-St-Pauls-Church-East-Harling-109754247463657/>

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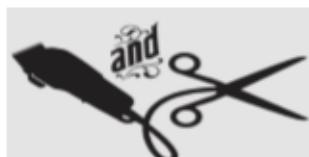
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In our gardens it is no different if we want to attract a wide variety of birds we need to lay out a wide variety of different foods. In fact our birds are very similar to ourselves in that they prefer different foods at different times of the year and those in the west of the country prefer different foods to those further south or further east! The best advice is to try lots of different options and wait to see what disappears really quickly and what hangs around for a long time.



If you set up a covered platform of some kind or a bird table then ground feeding birds like blackbirds and starlings will be safe from predators and the food is kept dry and fresh. Also you are less likely to attract unwanted creatures like rats and mice. I don't mind the odd squirrel but if they become a pest you can fit a piece of wire netting or other material around the central support to prevent them accessing the table. You can hang your bird feeders up underneath. Please ensure that bird tables and feeders are cleaned regularly to make sure no infections from bacteria or other pathogens pass from one to another and clear up under the feeders to avoid attracting rats, mice or other unwanted visitors.

Sunflower hearts in a hanging plastic feeder placed right in front of our kitchen window attracted lots of different small garden birds such as finches, sparrows and blue tits and the odd enterprising starling. They took no notice at all of us going about our daily round and were really entertaining to watch. We hung up a wire feeder with peanuts which were great for blue tits. We also went to town with fat balls hung in two special bird feeders made by ourselves which all the birds seemed to love starlings and blackbirds included. The other entertainment is watching many small garden birds having a bath in our home made bird bath on the lawn which lots of birds use to drink from. Using an old metal dog food bowl, we put a few handfuls of gravel in the bottom and made sure the base was covered added some larger stones and kept it topped up throughout the summer. Lately it's not been necessary to worry about it given the downpours we have had!

We finished up our bird bistro laying out dishes of mealworms and making fat balls and mixtures of oat/fruit/fatty nibbles for robins and blackbirds from recipes given by the National Trust. This has proved especially popular with the children, "making Bird Cake".

Some helpful advice from the RSB follows. The fat ball recipe is on the back page with a delicious cake recipe to make and eat whilst watching your birds!

Feeding the Birds - practical advice

1. Place the feeders high enough so they are out of reach of ground predators like cats. They should be a couple of metres away from thick cover like bushes, so that small birds can beat a hasty retreat from aerial predators such as sparrowhawks. If you don't get any visitors, try a different location.
2. Move the feeders to different locations over the course of a year so that you don't get a build-up of debris underneath.
3. It is fine to feed all year-round - just adjust the amount you put out. In summer, when many birds leave to breed in the countryside, they'll need less food. There's a lot more food available naturally in autumn and even early winter, as flowers set seed and berries ripen. Fatty foods can go off in summer, so remove any which are past their best.
4. Keeping it healthy. Clean your feeders. Wash them down with a mild disinfectant and hot water, rinsing them fully and drying them out before filling them back up with food.
5. Dealing with unwanted visitors. You may attract creatures other than those you were hoping to help! Rats, mice, squirrels, pigeons, and members of the crow family can wolf down what was meant for smaller birds. The best solutions are; feeders with 'guardian' cages around the outside - small birds can slip through the gaps but larger creatures are excluded, weight-activated feeders which close off the feeding ports when something heavy like a pigeon or squirrel sits on them.

Enjoy the show! Once you've got your feeders up in the right place with the right food, sit back with a cup of tea and a piece of cake and watch!

See recipes on page 20

Thanks to the RSPB for the above - Editor

TEA AND TOTS EAST HARLING

T&T would like to take this opportunity to send a huge thanks to the staff and customers of the village shop, who have donated us some money which will be used to replace craft supplies when we return.

2020 has been a very peculiar year so far and we are sad that we have not been able to run as we would like to. Unfortunately, and I guess you are all feeling it, Covid has left most of us feeling vulnerable and or isolated. But remember you live in a village with some of the best support networks, I personally have seen in a long time. At T&T we are always available if you need a natter or someone to talk to. So please, just message the facebook page and we will get back to you.

We do not know when we will be able to return, but be reassured that when we do it will be with our usual smiles and laughter.....Please everyone take care and stay safe....we will see you again. X All our love and best wishes.

Tea & Tots East Harling

Community Garden Project from E H Parish Council

You may have noticed some work going on as you enter the Poplars area in the village just lately, the Parish Council have handed this piece of land over to a group of volunteers to create a community garden.



A small team of volunteers have begun clearing the area in readiness for planting of shrubs, spring bulbs, creating pathways, raised beds, a herb garden and a bug hotel!

This project is run purely by the volunteers with the full support of the Parish Council, and more volunteers are needed to create a full accessible and inclusive garden area for the whole community to enjoy.

Donations are welcome of bulbs, shrubs, compost and money etc. to get the project off the ground and donations will be welcomed throughout the year as the seasons change.

The group has a Facebook page if you have access to it, East Harling Community Garden Project.

If you would like to know more, join the team or make a donation you can contact:

Liz Mould – 2 Greenfields (0794 1546814) or Rachel Robb – 19 Drakes Close. Or alternatively you can contact the Parish Council anytime and speak to me.

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2020 POPPY APPEAL

Poppies will go on sale in the village shop & The Swan from Saturday 24th October. Unfortunately there is a very limited supply this year as we were unable to obtain new supplies & have only got what was left from last year. The local school will also have a limited supply. Large car poppies are available & can be obtained by contacting the new Poppy Organiser, Sonia Ewbank on 07767795211

Gardening for November

Top Jobs

Clear up fallen leaves - especially from lawns, ponds and beds, put into a separate bin or add to the compost heap, depending on whether they will rot down easily.

Lawns

Autumn is the best time to treat the lawn giving a good scarifying with a tined rake to remove all the moss and dead grass. You can also aerate the lawn at this point if it is really compacted. Then it's a good idea to top dress the lawn afterwards with a commercial top dressing or make your own from top soil combined with sharp sand and a little bit of compost. Work the dressing into the lawn with the back of a rake.

Planting

Lily bulbs can still be planted in pots this month. They can either be brought inside next spring to 'force' them into an early display, or left outside to flower naturally in summer. Plant tulip bulbs this month. Some tulips persist year to year, some perform less well and are treated as bedding, and replaced every year.

Now is also the last chance to plant out winter bedding plants. Winter bedding plants mainly flower in spring, but cyclamen, winter-flowering pansy, viola, primula and polyanthus will flower intermittently during mild spells in winter. The following can also be used, large-flowered bedding daisies (*Bellis perennis*), wallflowers (*Erysimum*), *Cyclamen persicum* (not hardy but will usually last until the new year in a sheltered location). Evergreen shrubs: these retain their green leaves through winter and make a good focal point in a large container, or can be mixed with other dwarf shrubs for a variety of foliage and flowers. Try box (*Buxus sempervirens*), bay (*Laurus nobilis*), skimmia, euonymus, ivy (*Hedera*). Ornamental cabbage and kale provide additional foliage interest.

Prune roses to prevent wind-rock

Plant out winter bedding

Cover brassicas with netting if pigeons are a problem

Insulate outdoor containers from frost – bubble-wrap works well, you can also move containers into more sheltered spots or into the greenhouse to overwinter. Some shrubs and larger plants may need to be wrapped. Materials such as fleece, hessian, bracken, straw and polystyrene can be used to insulate plants.

Happy Gardening

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RAIN RAIN GO AWAY, COME AGAIN ANOTHER DAY

– Update from Mary Wright

preferably in May – when there might be a drought or even a hose pipe ban!!

This seems to have to have been the thoughts here at Brettenham during the last few weeks.



You may remember that over the past few ramblings I have mentioned the mammoth millet we have been growing and is a first for the farm this year. Well it has now been prepared for combing & weather permitting, it might well be harvested today – 19.10.20 - certainly a year to remember when reflecting on harvest, we started in July and finished in October – **Bringing the harvest before the winters cold.**

The sugar beet campaign is well under way but the wet weather has reduced the sugars in each plant and you will see from the photograph that we have had a lot of deer damage to the crops by the fact that they are roaming the field and pulling the beet out of the ground



and leaving them to wilt and die. Please take care when walking, cycling or driving during the rutting season as there are so many deer in the area and they are not frightened or wary of any vehicle, tractor etc – **Everything grows, everything has a season.**

The land has become very wet - this has delayed the drilling of the commercial grass seed crops. The seeds need to be sown before the land gets too saturated and the days begin to turn colder, but unfortunately we seem to have had rain, showers, more rain, more showers since the beginning of this month, surely it will stop today or fairly soon. - Hurray it stopped the other morning for a short period, into the field went the plough, followed by the cultivator and then the drill, hey presto, 70 acres were in the ground!! then the rain and showers came once more. The farming year begins again, and it looks as if it will not be an easy sowing season but - **Look at the world.**

As you drive between East Harling, Larling, Bridgham and Brettenham you will see that some of the maize has been harvested but there are still some crops in the fields. Some areas awaiting the harvesters have had the headlands cut in order that the crop can dry out a little before the machines go in to complete the reap – **We are his hands, stewards of all his bounty.**



St Andrew's Brettenham has not held a Harvest service this year as the Church is still closed due to the pandemic but let us all hope and pray that 2021 will be a safer year for everyone and that we may all rejoice in the wonderful words and lyrics by John Rutter – **Look at the world** – if you don't know the hymn it, listen to it on You Tube, it is a fantastic composition.

*Praise to thee, O Lord for all creation,
Give us thankful hearts that we may see
All the gifts we share and every blessing,
All things come of thee.*

<https://www.youtube.com/watch?v=kxr8QBPq1z0>

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Monday Craft Café'

10am-12noon on the 1st and 3rd Mondays of the month.

Covid regulations permitting.
on 2nd and 16th November.

(If in doubt about meeting please phone 01953 714629)
In the Hall behind East Harling Methodist Church,
White Hart Street.
Bring along any craft you would like to, have a chat,
and coffee/tea and cake will be available!
PLEASE WEAR FACE COVERING.

BIRD CAKE

Lard or suet (room temperature)
Handful of bird seed
Handful of peanuts (unsalted)
Grated cheese or raisins
Dry leftovers (oats, bread or cake)
Old clean yoghurt pots
Use one part fat to two parts dry mixture.

Melt the fat slightly if it's chilled and hard.

Mix all ingredients together in a bowl.

Make a small hole in the bottom of each of your yoghurt pots.

Thread a length of string through the hole and tie a knot to secure it.

Pack each pot tightly with the mixture. Put it in the fridge until it's set hard.

Once it's fully set, carefully cut away the yoghurt pot and recycle it. It should crack off OK if the mixture is cold enough. Then either hang up or put into your feeder sit back and enjoy the show! The birds will love them.

HALLOWEEN PUMPKIN CAKE

For the cake you will need:

300g self-raising flour, 300g light muscovado sugar, 3 tsp mixed spice, 2 tsp bicarbonate of soda
175g sultanas, ½ tsp salt
4 eggs, beaten, 200g butter, melted, zest 1 orange, 1 tbsp orange juice
500g (peeled weight) pumpkin or butternut squash flesh, grated

For the icing - 200g pack soft cheese, 85g butter, softened
100g icing sugar, sifted
zest 1 orange and juice of half

Method

1. Heat oven to 180C/fan/ 160C/ gas 4. Butter and line a 30 x 20cm baking or small roasting tin with baking parchment. Put the flour, sugar, spice, bicarbonate of soda, sultanas and salt into a large bowl and stir to combine.

Beat the eggs into the melted butter, stir in the orange zest and juice, then mix with the dry ingredients till combined. Stir in the pumpkin. Pour the batter into the tin and bake for 30 mins, or until golden and springy to the touch.

2. To make the frosting, beat together the cheese, butter, icing sugar, orange zest and 1 tsp of the juice till smooth and creamy, then set aside in the fridge. When the cake is done, cool for 5 mins then turn it onto a cooling rack. Prick it all over with a skewer and drizzle with the rest of the orange juice while still warm. Leave to cool completely.

3. If you like, trim the edges of the cake. Give the frosting a quick beat to loosen, then, using a palette knife, spread over the top of the cake in peaks and swirls. Cuts into 12 decent portions. If you're making the cake ahead, keep it in the fridge then take out as many pieces as you want 30 mins or so before serving. Will keep, covered, for up to 3 days in the fridge.

Tip if there is no pumpkin you can use Butternut Squash instead.

Contact is published monthly by East Harling Parochial Church Council and items for the December on line edition should be submitted to the editor by email by 20th November 2020 at the ABSOLUTE LATEST.

Please ensure that the sender's name and address or telephone number is included in all communications. Don't wait until the last day as we cannot guarantee last minute items will be printed.

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