



OCTOBER 2025

CONTACT

**EAST HARLING – WEST HARLING – BRIDGHAM –
ROUDHAM – BRETtenham – LARLING – RUSHFORD**

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***EARLY CHRISTMAS SHOPPING – GET THE
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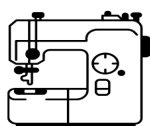


DON'T FORGET TO TURN YOUR CLOCKS BACK 1 HR AT 2AM ON SUNDAY 26th OCTOBER

A lso 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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~ Welcome to our Services in October 2025 ~

Midweek Communion every Wednesday at 11.30 am in E Harling Church

| Date | E Harling | Garbl'sham | Wretham | Bridgham | Larling |
|---|---|--|--|-------------------------------|------------------------------|
| Sunday 5 th Oct Trinity 16 | 11.00 am All Age 6.00pm Soul Café O S Hall | 9.30 am Holy Com'union | 9.30 am Harvest Service of the Word | 11.00 am Holy Com'union | |
| Sunday 12 th Oct Trinity 17 | 9.30 am Harvest Service of the Word | 9.30 am Holy Com'union | | | 11.00 am Holy Com'nion |
| Sunday 19 th Oct Trinity 18 Mathew | 9.30 am Holy Com'union 6.30 pm H. Praise Methodist | 11.00 am All Age | 9.30 am Holy Com'union | 11.00am Harvest | |
| Sunday 26 th Oct Last Sunday Trinity | 9.30 am Holy Com'union | 9.30 am Harvest Service 12.30pm Harvest Lunch | | 11.00 am Holy Com'union | |

| Date | Rushford | Shropham | Brettenham | Riddlesworth | Blo'Norton |
|---|-------------------|--------------------|------------------------------|----------------------------|----------------------------|
| Sunday 5 th Oct Trinity 16 | 1100am Harvest | | | | 16.30 Harvest |
| Sunday 12 th Oct Trinity 17 | | | | | 11.00 Holy Com'union |
| Sunday 19 th Oct Trinity 18 | | 9.30 am Harvest | | | |
| Sunday 26 th Oct Last Sunday Trinity | | | 11.00am Holy Com'union | 6.30 pm BCP Evensong | |

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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

16th September – LOVERIDGE

"In loving memory of a wonderful Husband, Dad and Grandad. Happy First Birthay in the Stars. You are loved and missed so much."

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



Jam & Chutney now available in East Harling Church

The Chutney making day was a great success although we only had one session. Nevertheless, the EcoChurch team received generous donations of Blackberries, Apples, Plums Pears, courgettes and chillies. They managed to produce over 40 jars of chutneys and jams including a delicious courgette chutney and a superb Blackberry and apple jam. These were promptly jarred up and delivered to the Church where you can now purchase a jar although they are going fast. The funds raised going towards church funds!

Thanks to all who donated produce, lent equipment or took part in the production of the finished products!

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 6th 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

METHODIST CHAPEL WHITE HART STREET METHODIST SERVICES FOR OCTOBER

5th Oct 10.30am Pat Mottram

6pm Soul Cafe

12th 6.30pm Pat Mottram

19th United service at Garboldisham

Parish Church

26th 6.30pm Rev David Ely

Quidenham Carmelite Monastery Chapel (Roman Catholic) Public Worship

Daily Mass 8.00am

Sunday Mass 10.30am

Holy Days 8.00am

For further information contact:

David & Gerda Bailey (01953) 717639

Tool Collection for Tools with a Mission

A massive thank you to everyone who donated tools to be reused in development programmes in Africa. Many of the tools we received were beautiful and much loved possessions belonging to family members. We filled half a transit van!

Thanks from Revd Lynn and Tony Fry

IMPORTANT CHURCH NOTICE RE THE CHRISTMAS TREE FESTIVAL

Many of you will know that, for many years, the church has held several fundraising events to raise money, often for the major repairs needed to the very leaky church roof.

For the last four years at Christmas, we have held a magical Christmas Tree Festival thanks to so much local support. However, this year we are sad to announce that there will not be a festival this December, as planning will have begun for the long awaited and necessary work on the roof.

We apologise for any disappointment this may cause, and look forward to holding our next Christmas Tree Festival in December 2026.

THANK YOU

Caroline Jan and Family wish to thank all our friends in Harling Bridgham and Brettenham for all the cards and messages of love and support to us after the loss of our dear Mum Betty. It has brought us great comfort in knowing that she was so well loved and held in such high regard, we know she will be truly missed by many. Thank you all so much.

Please see short obit for Betty on page 9

Benefice News

Reverend Lynn writes:

R.S.Thomas was a rather gloomy Welsh priest who was also a poet – or a poet who was also a priest - - often quoted by other priests. In his poem *The Moon in Lleyrn*, is the line *Why so fast, Mortal?* It is a line that resonates in my ear as I look at the slow arrival of autumn in the garden and see the seedheads appearing on the flowers and the fruit ready to fall. The seasons teach us that we are made to be fruitful but also to take time to rest and restore. Many of us spend a lot of time scurrying around ‘doing things’ – and when the time comes to rest it can be very hard to just switch off.

I love to walk. I have learnt that walking pace is just about right for me to get my body and my head in the same place. Whether it is a short walk round the block, a day walk or an extended long distance walk – I have learned to love the feeling of getting my walking boots on. On long distance walking I have loved the simplicity of getting up each morning, packing my bag, putting on my boots and hitting the path. As the rhythm of my pace settled down, I could feel everything coming together – mind, body and spirit. Walking is not just getting somewhere – it is more of a journey. One of the things I like the most when Tony and I walk together are the breaks we take (there are often many of them!). We find a sheltered spot in the sun, we take off our jackets and sit on them, we take off our boots and enjoy a snack and a drink and look at the view. If it is really nice, we might even close our eyes for a while and enjoy the peace.

For many people, the working life is a series of goals to be accomplished – and often at a pace that is faster than we would like. And in our down time – we live in a world of fast food, quick service tills and express lanes. We can get anything, buy anything and get anywhere much faster than we ever used to. If we happen to slow down or stop, it can be an uncomfortable place and we start looking round for something to do or use our phones or computers as a distraction. This pace of life exacts its price. By cramming so much in, we neglect our need for rest, reflection and renewal.

The Slow Movement began with Slow Food, but there are now Slow Cities, Slow Travel (getting off the beaten path), Slow Parenting (just enjoying hanging around together) and Slow Fashion (buying fewer things and enjoying them more).

Think about the last time you had some time to yourself. Did you enjoy the moment or were you thinking about the list that you had full of jobs, or the people you could have rung, or the floor that needed cleaning?

And when you have finished something, how much time do you give yourself to enjoy a job well done? And when you have experienced something new do you just clock it up as a ‘done that’ or do you allow ourselves time to think it through and gain some wisdom from it?

One person who never seemed to be in a hurry was Jesus. He had a plan and a purpose but he always had time. Time to notice flowers and sparrows. Time to go and enjoy a wedding or a meal with friends. He allowed himself to take detours and to be distracted. He travelled at a pace that allowed him to see. And when he met people, he was attentive to them. And because he spent time with them, he knew what they needed.

Michael Leunig wrote –

Nothing can be loved at speed. God, lead us to the slow path: another way of being, another way of knowing.

What could you do this month to really slow down and be still? Enjoy the rest!

Lynn

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BETTY WOOD

Babette Rosemary Palser known to all as Betty was born in 1930. The family lived in Shoreditch but she was not born there. Her mother had

gone on a bus trip to visit a friend but having fallen off the bus and gone into labour Betty was born in Dagenham! She had two brothers and one sister. Growing up in East London was hard - a lot of love in the family but not a lot else. Her father died when she was just a teenager and Betty and her mum then moved to Tottenham. It was here that Betty as a school leaver trained as a ballroom dance teacher and set up her own studio, working with Queenie her sister for a short while. It was through her teaching Betty met Rod and they married in 1958, the beginning of a long and happy marriage. In 1961 Betty gave up the dancing and started working at Plessey's where she had to sign the official secrets act even though she was only doing the staff wages!

A few years later along came two daughters Caroline and Jan. Family life was of happy memories-the girls were loved and cared for but not mollycoddled. "Pick yourself up, dust yourself off and get on with it", being part of her general positive attitude which has helped all the family to deal with the general ups and downs of life ever since. In the early 70's the family started attending church at St Lawrence's in Barkingside, the whole family being confirmed together a few years later. Betty became a Sunday School teacher and ran prayer groups and bible study groups.

She went back to work after the girls started school first at Nan's Pantry banqueting suite as a waitress, becoming head waitress and supervisor. She took no nonsense from the chefs, and wouldn't allow them to use bad language around her waitresses. Calling them out for any inappropriate behaviour. Her daughters sometimes thought the "me too movement" started with Betty.

The arrival of grandchildren Thomas and Grace gave her a great deal of pleasure especially as they all lived close by and she was able to be involved as they grew up.

She finished her working life with Close Brothers of London a merchant bankers, initially employed as a tea lady going on to cooking lunches and providing buffets for business meetings and board directors meetings. On retirement she had to be replaced with a fully trained chef!

Betty and Rod retired to East Harling in the late 90's becoming involved once again in village life centred on the Church. Over the years she was a member of many different groups Gardening Club, Film Club, Ladies Conservatives, Mothers Union, Meals on Wheels and many more.

At the Wedding Exhibition fund raiser in 2008 one of our local priests Revd Varlie held a Service of Re-Dedication of Wedding Vows in which Betty and Rod took part. A re-dedication of their wedding vows in their 50th year of marriage! After some 63 years as Betty's devoted husband, Rod passed away in December 2021. The family planted a crab apple tree in the Churchyard to Rod's memory in 2023, the crab apple being known in Celtic mythology as the "tree of love". In these last years since Rod died, family and friends were pleased to see that Betty was able once again to enjoy life to the full. She was particularly delighted to welcome her great grandson Theo into the world.

Betty always loved gardening and could be found pottering whatever the weather, and continued as an enthusiastic member of the Gardening Club taking part in table competitions and talks, the last being in August this year. She was a great one for collecting and saving snippets from newspapers or sayings she had read - known in the family as "Words according to Betty". For example one was:

"Experience is what you get when you didn't get what you want! "...

She loved quizzes like University Challenge and Only Connect, not to be disturbed when these were on TV. She had a keen interest in current affairs, and also loved theatre, opera and cinema, attending the filmed National Theatre showings at the Light Cinema with Jan. Just recently the family had a special holiday at Centre Parcs to celebrate Caroline's birthday and hired a wheelchair for Betty for the occasion. Betty enjoyed pushing this chair around the site, hopping on for a lift up a hill when necessary! The precious memories of that happy time have given great comfort to the family.

Betty's deep faith has been an abiding thread throughout her life, she wasn't afraid of death only of the pain it would cause others. To her family and friends Betty seemed ageless, as she related to all, young and old, had a great sense of humour, and was kind and caring to all she befriended. Her witty comments were a source of amusement for all she came into contact with. Her home-made lemon curd appreciated by all lucky enough to receive a jar. Her cakes were legend, particularly her shortbread and scones. She is much missed not only by her family but also by her church family and friends.



Dear Betty, we miss you so much, but we have many special memories, including thinking of you, dancing once again with Rod! Right foot forward, one two three, one two three

(with thanks to Caroline and Jan – Editor)

SUPPORTING EACH OTHER THROUGH BEREAVEMENT

Everyone suffers from bereavement at some time in their life. When my parents died last year, I was surrounded by many people offering me practical support and love and prayers. And the classic British way of dealing with it is a stiff upper lip. When people ask 'How are you doing?' you answer 'Fine' but what you want to say is – lost, bewildered, exhausted... As a priest, it was very difficult for me to say that I didn't know how to deal with it, especially as they were both very elderly and ready to go.

Grief can feel very isolating. Everyone else is getting on with their lives, while you feel stuck in a slow lane or stopped altogether.

As a church we try to support people in grief. Sometimes a little extra is needed. In October we will be offering an opportunity to explore the journey through grief for people who have been bereaved, whether recently or from a while ago.

The 6-week course is run by a team from the church but is for people of any faith or none. There is an optional extra session to hear a Christian perspective on death and dying.

The course will be held on Thursday evenings at the Methodist church starting on October 9th. For further details or if you would like to register for the course, you can ring me for a chat or send me an email.

Reverend Lynn Fry' Email : lynnandtony@outlook.com

Phone: 07554930054

HARLING RAINBOWS-GIRLGUIDING GROUP IS LOOKING FOR A VOLUNTEER LEADER

1st Harling Rainbows is a thriving unit which meets on a Thursday. It is a flourishing group currently full to capacity with a waiting list.

This is a fantastic opportunity to make a difference to Girl Guiding in Harling. With enough interest already to be built upon to help more girls be the best they can be. Make new friends, challenging themselves, learning new skills and being equipped to go on to future clubs or organisations with confidence!

-WITHOUT VOLUNTEERS THIS UNIT WILL CLOSE

We are asking for your support in finding a new leader - where training, help, support and guidance will be given to keen volunteers, so as to keep this flourishing unit going. Please contact Sonia Ewbanks [on soniaguiding@outlook.com](mailto:soniaguiding@outlook.com)

What's on at the Village Hall

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Our current clerk is moving from the area.

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EAST HARLING COMMUNITY GARDEN

The Community garden was started in October 2020 during Covid. After the Parish Council cleared an overgrown and neglected piece of land by the track leading to the Poplars play area. The aim was to make a positive difference to the ecosystem and regenerate the area as well as provide a colourful and peaceful area and lift spirits during Covid.

A small group of willing volunteers joined us and we now have about nine regular and three Duke of Edinburgh award Students.

To celebrate five years we are holding an open day at the garden on Sunday 12th October from 10 am to 12 noon and we very much hope you will be able to join us.

To raise funds for the garden we will be having a sale of mixed bags of bulbs for £10. A bag will have approximately 40 bulbs in each bag. The bulbs will consist of a mixture of large flowered mixed crocus, Narcissus Pipit, Tulip dwarf mixed bulbs, Allium purple sensation and Narcissus Tête-à-tête. They were all purchased from a well known and reliable company. The bulbs sale will be on a CASH only basis and we also add that we can't guarantee every bulb will flower, and we accept no responsibility for any that don't grow.

If the weather is wet we have gazebos we can put up to provide shelter!

We would like to thank all the residents who have supported us over the years and hope you will continue to do so. We look forward to seeing as many of you as possible on the 12th October at the garden.

Many thanks from Liz, Rachel and our wonderful volunteers.

AUCTION OF PROMISES (and other items)

Friday 17th October 2025

Old School Hall, East Harling

We will be raising money for the
CHURCH ROOF

Please can you help by donating things or promises that we can auction?

Any new items that you don't need

(No electrical items unless they are new and in the original box)

or maybe you can promise....

A Morning's gardening

Wine & Chocolates for a Romantic evening

A pot plant

Bake a Cake

Fruit basket etc.

Or if you have a business...

Vouchers for Meals; Manicure; Pedicure; Hair-cut;

Or maybe you would like to sponsor the event?

We will be very pleased with anything we receive

Promises or Items can be donated until

Mon 13th October contact Dorothy on the number below.

Catalogues available from 14th October
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CHILDCARE SUPPORT FOR FAMILIES

Last month, across South West Norfolk, many parents were busily preparing their children for the new school year. For some it marked the very start of their education journey – the first day at nursery, pre-school or reception.

In every surgery I hold and in many of the conversations I have on the doorstep, the discussions touch upon childcare, both the cost and the urgent need for more spaces.

Delivering on a manifesto pledge to create thousands of new spaces through school-based nurseries, I was thrilled with the recent opening of the first Labour Government-funded school-based nursery in the constituency, at Swaffham Church of England Primary Academy.

Childcare is a big issue, and one that is particularly gendered. In a report conducted last year by UN Women UK, it found that 25% of women are forced to leave the workplace because of childcare issues, compared to just 7% of men. The rollout of school-based nurseries will make a real and tangible difference, as will the landmark expansion of the Free Childcare for Working Parents Scheme. In England, eligible working parents of children aged 9 months to 4 years old, can now access 30 hours of free childcare a week. This doubles the number of government-funded free childcare hours and will save families up to £7,500 a year on average.

For many parents across South West Norfolk, the new school year also marked the first time their child with special educational needs and disabilities (SEND) entered the education system. As one of the only MPs in the country who has hired a SEND Specialist Caseworker, I know first-hand of the difficulties facing families of children with SEND. That's why I was so pleased to welcome the Minister responsible for SEND to the constituency last month, to share with her what we have discovered through our work.

Throughout the autumn, I will be holding SEND roundtables with local families and schools in addition to conducting surveys. I will then directly report these conversations, insights and findings to the government as we look ahead to how we can provide a better system of support and assistance to children with SEND and their families.

Should you or someone you know need SEND support, or should you want to register your

interest in taking part in one of the roundtables or surveys, please email me: terry.jermy.mp@parliament.uk

To find out what childcare government support you are eligible for, please visit the Gov.uk website for further information.

EAST HARLING GARDENING CLUB

September's meeting was a slight change from our normal. We had a talk by Bridget, a field officer for World Horse Welfare from Snetterton. It was a fascinating and thought-provoking insight into her work and the work of the charity.

Details of the club Christmas dinner were revealed, which this year we are going back to our pre Covid format with an evening event. Further details in due course.

Next year the Community Garden are hoping to organise a Harling in Bloom event. As part of that the Gardening Club committee have decided to organise a proper old fashioned village show which will be on Saturday 5 September 2026. It will hopefully include crafts and home produce such as cakes and jams as well as a junior section. Some categories will be open to the whole village. WATCH THIS SPACE

There was a really good response to the table competition.

October competition 3 home grown apples or pears on a plate and / or a small seasonal arrangement of flowers, fruit foliage, vegetables in any combination

October meeting: Norfolk Wild Life Trust on Adders.

7.30 in the Old School Hall on Tuesday 14 October.



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Well after a weird first half of the year Autumn seems to have started normally. Here's hoping it continues!

THE GARDEN IN OCTOBER

Lawns: The beginning of the month is ideal for sowing or laying a new lawn. The ground is warm, and it will get natural watering (rain). Grass grows more slowly at this time of year, so it won't need much cutting. If new sown grass reaches ¼ inch (6cms) in height before the end of the year mow it on a high setting.

Trees and shrubs: a good month to plant container grown trees and shrubs for the same reason. Depending on the season bare root plants may be available towards the end of the month – these can be bought and planted until early March. Stake new trees to prevent rocking.

Cuttings: continue taking hardwood cuttings of shrubs, trees, and shrub roses.

Dahlias and Chrysanthemums: keep dead heading. Water if necessary and check your supports. Strong winds have become common in October.

Annuals: hardy annuals including sweet peas can still be sown in an unheated greenhouse or cold frame for the next couple of months ready to plant out in early Spring. Tender annuals can be removed as they get to the end of their life and replaced with bulbs, pansies, etc.

Biennials: such as wallflowers, foxgloves, hollyhocks and forget me nots can be planted out so that they get off to a good start next spring.

Bulbs: Try to finish planting spring flowering bulbs by the end of the month (tulips can be planted in tubs below other spring flowering plants, otherwise wait until November).

Vegetables: cut asparagus down to ground level to prevent rocking. Keep clear of weeds. Plant out spring cabbage plants (protect from pigeons). Plant garlic and winter hardy onion sets plant individual cloves of garlic flat side down about 1 inch (2 cm) below the surface, 6 inches (15cms) apart and 12 inches between rows. Plant winter hardy onion sets in loose soil pushing them about 1 inch below the surface the same distances as the garlic. Sow broad beans Aquadulce Claudia for an early crop. Harvest whatever is ready.

Pots and tubs: clear out as soon as summer bedding is finished. If there is no permanent planting tip them onto the garden – if there are any pest eggs they will be cleared up by the birds. Clean the tubs and fill with a good quality soil-based compost. Good drain holes are particularly important in the winter as we often get prolonged periods of rain. Remove saucers and group together for added winter protection. Stand off the ground on feet or bricks to aid drainage. If there is permanent planting remove any dead annuals and perennials, feed and replant with pansies, violas, and primulas.

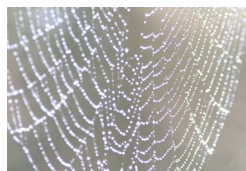
Tip if you are not ready to clear out the tubs buy pansies etc in packs and pot them in 9cm pots to grow on and they can be transferred to the tubs later.

Wildlife Build a minibeast hotel – Create shelter for bugs by stacking up twigs, logs, bamboo canes, pine cones, terracotta pots, tiles, and leaves to make lots of small spaces to encourage guests.

Install nest boxes – Birds often roost in nest boxes and can start looking for nesting sites as early as January. Clean out old boxes or buy new ones and put them up for sparrows, wrens and tits in the autumn or early winter ready for next year.

Leave windfall apples and other fruits which provide an energy rich food for birds and insects. If you find them unsightly throw them to the back of a border or under a tree or shrub.

Leave sunflower heads for goldfinches
Enjoy the morning sculptures prepared by orb spiders and decorated by dew.



Greenhouse Clean your greenhouse inside and out (quite tricky if it's like mine – full of trays of cuttings and young plants). Replace any broken glass and clean out gutters.

Good Gardening

Kevin



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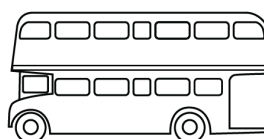
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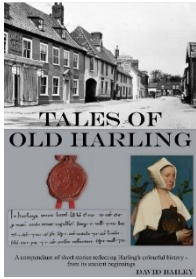
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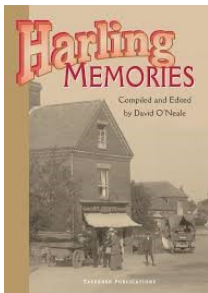
TALES OF OLD HARLING By David Bailey Tales of Old Harling have been



published over the past 15 years as a series of articles in the CONTACT magazine and they cover some of the more interesting milestones of Harling's fascinating history from its very beginnings. This compendium richly illustrated with many maps and photographs, will appeal to old timers & newcomers alike.

Harling's Ghosts – Queen Boudica's burial site – a rediscovery of its Roman Road- its first settler 5,000 years ago – its key role in dark-age history – how it got its name – how a donkey was flown here in a Flying fortress during WW2 The book is available from Market Stores at a cost of £10, with any profits

going to "The CONTACT Magazine" to ensure it continues to drop through your letter-boxes free of charge every month.



HARLING MEMORIES BY DAVID O'NEIL this fascinating book is full of photographs, memories and ephemera of East and West Harling, Norfolk, spanning the period from 1899 to the outbreak of the Second World War. The photographs and memories were sourced from various accounts including Harling School log books, a scrapbook of newspaper cuttings which date back to the 1890s and the diary for 1912 of Evelyn Nugent of West Harling Hall. It's a great book if you're from Harling and a great and interesting read in its own right if you're not. The book is available from Market Stores in Harling at a cost of £10, and is being sold to support Harling Church funds

ARE YOU A RESIDENT OF BRIDGHAM.

Do you like to see village traditions continue?

If so, you could be the person we would like to recruit as a volunteer for the third member of the Reverend Risley Charity of Bridgham.

The charity has been active since the reign of Henry VIII providing help where possible to residents of Bridgham.

Duties are not onerous with two meetings per year and returns to the Charity Commission.

If you are interested then please contact:-

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|---------------|--------------------------|-------------|
| Mike Welton | 52 The street, NR16 2RS | Tel: 717786 |
| Janette Hines | 101 The Street, NR16 2AE | Tel: 718250 |
| Gary Francis | 34 The Street, NR16 2RY | Tel: 718732 |

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Money that may be available from the Trust this year it will be distributed at the end of November 2025.

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|---------------|--------------------------|-------------|
| Mike Welton | 52 The Street, NR16 2RS | Tel: 717786 |
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One-Pan Mediterranean Protein Bowl

This is one of my favourite meals, not only is it quick to make it is also easy to change between variety of tastes and flavours with simple adjustments.



Ingredients

(Serves 4 - all measurements can be adjusted to)

Base:

- 1 cup uncooked quinoa or couscous or brown rice
- 2 cups vegetable or chicken stock
- 1 tbsp olive oil

Vegetables:

- 1 red onion, sliced
- 2 cloves garlic, minced
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1 cup cherry tomatoes, halved
- 1 tsp smoked paprika
- 1 tsp dried oregano
- Salt & pepper, to taste
- 2 tbsp olive oil

Protein Options (choose one):

- Vegetarian: 400 g firm tofu or halloumi, cubed
- Meat: 400 g chicken breast or thigh, cubed

Finishing Touches (optional but recommended):

- ¼ cup crumbled feta (or vegan feta)
- Fresh parsley or basil, chopped
- Lemon wedges
- Drizzle of tahini or tzatziki

Method

Cook the Base

· Rinse quinoa. In a pot, bring the stock to a boil, add quinoa, lower heat, cover, and simmer for 15 minutes (or cook rice/couscous as directed).

Prepare the Protein

Vegetarian: Pat tofu dry and cube, or slice halloumi. Toss with 1 tsp olive oil, a pinch of paprika, and salt.

Meat: Season chicken with salt, pepper, paprika, and a drizzle of olive oil.

Cook the Protein

In a large skillet, heat 1 tbsp olive oil over medium heat.

Add the chosen protein and cook until golden and cooked through (tofu ~6 min, halloumi ~3 min per side, chicken ~8–10 min). Remove and set aside.

Sauté the Veggies

In the same skillet, add 2 tbsp olive oil, onion, garlic, pepper, and zucchini. Sauté for 5–7 minutes until softened.

Add cherry tomatoes, smoked paprika, oregano, salt, and pepper. Cook for another 3–4 minutes until tomatoes soften.

Assemble the Bowl

Fluff quinoa and spoon into bowls.

Top with veggies and the protein of choice.

Garnish with feta, herbs, lemon wedges, and a drizzle of tahini or tzatziki.

taste

COOKING TIP: This can be batched cook. Prepare the base in advance and just add your protein. If using rice make sure it is completely cooled before refrigeration. Do not keep in fridge longer than 4 days. Best of all—be creative swapping vegetables and proteins.

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**Dawn L.D Dip4 FHP RFHP
07543 480171**

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

OCTOBER 2025

- 1st OSH Coffee Morning 10-2noon
 1st BVH Wednesday Social 11-1pm
 4th Community Café E Harling Church 10-12
 6th HUB Coffee Morning 10-12 followed by Balance Class 12-1pm in OSH
 7th E Harling Film Night 7.15 for 7.30pm
 9th Bereaement Course starts Methodist Hall see page 10
 9th Harling Camera Club EHSSC Rudd Room 7pm
 10th EHSSC Bingo Eyes down 7.30pm
 12th Community Garden open day 10-12noon
 12th E H Church Harvest Lunch OSH
 13th/20th/27th OSH Coffee Morning 10-12 followed by OSH Balance Class 12-1pm
 14th Catalogues for Auction of Promises Available contact Dorothy or go to the Post Office see details on page 13
 14th Gardening Club on Adders by Wild Life Trust ` OSH 7.30 EXCELLENT TALK refreshements
 15th OSH Soup Lunch with dessert 12 for 12.30
 15th BVH Wednesday Social 11-1pm
 17th E Harling Church Auction of Promises OSH 6.30pm see p 13
 18th EHSSC - Open Mic Night hosted by Mike & Gemma, 8pm
 23rd E H Church Knit & Knattter 9.30 to 11 venue tba please contact Karen see page 10
 24th EHSSC - Kids Halloween party & disco, 6:30pm
 25th Bridgham Church Coffee Morning 10-12 BACK IN VILLAGE HALL
 31st EHSSC- Harling Fireworks Display, Followed by Starbrite Disco from 8pm to late

NOVEMBER

- 1st E Harling Church Community Café 10-12noon
 1st Feline Care pop up shop 10-1pm weather permit
 1st `
 4th E Harling Film Night OSH 7.15 for 7.30
 5th BVH Wednesday Social 11-1pm
 8th EHSSC BIG QUIZ 6.45 for 7.30 start
 14th EHSSC Bingo Eyes down 7.30pm
 19th BVH Wednesday Social 11-1pm

DECEMBER

- 2nd E Harling Film Night OSH 7.15 for 7.30
 6th E Harling Church Community Café and Christmas Swaps 10-12 noon
 EHSSC Bingo Eyes down 7.30pm

Tuesday 7th October 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
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SATURDAY 4TH OCTOBER

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!

CONTACT is published monthly by East Harling Parochial Church Council and items for the November edition should be submitted to the editor by email by 12th October 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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