



INGOLDISTHORPE VILLAGE WI NEWSLETTER APRIL 2025

President's Message

Hello Ladies. Haven't we been spoiled with the weather recently, but we do need rain. The earth is rock hard and difficult to weed or dig.

Good news! I have provisionally booked Congham Hall for our 50th Anniversary Celebration Afternoon Tea for 21st August. Once I have definite numbers I can confirm the booking, so please sign the list in the small room TONIGHT if you are able to attend. Make sure you are not on holiday. This replaces our usual evening meal. The cost per person is £28 but the committee have agreed to pay £18 pp from funds, leaving members to pay £10 which I'm sure you will agree is very generous. Congham Hall needs a deposit of £5 pp when I finalise the booking, so if at all possible, please give Pam the money tonight or at the May meeting at the latest. We only have until 18th April to confirm numbers.

In the meantime, enjoy our speaker Gillian Southgate 'How guide dogs changed my life.'

Sandie Tomkinson, President

Federation Events



A visit to the Food Museum in Stowmarket on 10th July £30, 9am coach from Fakenham



Get Comfortable Online 17th July 10.30-12.30pm £7.50 at Evelyn Suffield House



Just Add Water. A beginners watercolour workshop. Friday 18th July 10 am-3.30pm at Evelyn Suffield House, Norwich. £30 includes materials, please bring a packed lunch



The WI Spring Bulb Catalogue 2025 is available from Barbara if anyone would like to purchase bulbs

Local Events



The Western Area Craft Afternoon on Tuesday 20th May 1.30 - 4.30pm. £15 which includes materials and light refreshments, still has 1 or 2 places in the flower arranging and vacancies in the glass painting group.

If you are interested, please speak to Addie Thompson on 01485 544754 or at the meeting.



The next coffee morning at The Well will be on Friday 25th April at 10.30am everybody is welcome to join us.

Barbara



Outing To Mannington Hall Rose Garden

Addie is also arranging a visit to Mannington Hall to see the Rose Garden and maybe a tour of the house if you are interested. The proposed dates are all in June. Thursday 5th, Friday 6th, Thursday 12th or Friday 20th. There will be a board out at the meeting for

you to put your name down if you are interested in going, with your preferred dates.

Heacham to Hunstanton walk



For our April walk we caught the bus to Heacham and walked along the inner bank towards Hunstanton. As it was somewhat breezy we dropped down to a well-trodden path which ran between the bank and the golf course, something none of us had done before. After refreshments at the ski ramp café we headed back along the promenade in glorious sunshine to catch the bus home.



Mary Stewart, born in 1876, was the author of the 'Collect for Club Women', a prayer that became the official creed of the Women's Institute. She was the principal of a high school in Longmont, Colorado when she wrote the Collect. The creed, also known as the Alberta Creed, was a personal meditation that gained popularity and was adopted by the WI as its creed.

The Alberta Creed

'Keep us O Lord from pettiness; let us be large in thought, in word and deed. Let us be done with fault-finding and leave off self-seeking. May we put away all pretence and meet each other face-to-face, without self-pity and without prejudice. May we never be hasty in judgment and always generous. Teach us to put into action our better impulses straight forward and unafraid. Let us take time for all things: make us grow calm, serene, gentle. Grant that we may realise that it is the little things that create differences; that in the big things of life, we are one. And may we strive to touch and know the great human heart familiar to us all, and O Lord God, let us not forget to be kind.'



Little Brown Seed

*Little Brown Seed, round and sound,
Here I put you in the ground.
You can sleep a week or two,
Then - I'll tell you what to do:
You must grow some downward roots,
Then those tiny upward shoots.
From those green shoots' folded sleeves*

*Soon must come some healthy leaves.
When the leaves have time to grow
Next a bunch of buds must show.
Last of all, the buds must spread
Into blossoms white or red.
There, Seed: I've done my best.
Please grow and do the rest.*

Rodney Bennett

April Meeting

Speaker - Gillian Southgate 'How guide dogs changed my life.'

Vote of Thanks - Dorothy Walters and Flowers - Margaret Thorpe

President Sandie 01485 545732

Secretary Barbara 01485 545797