



Parish news and information with local features of interest to all in the area of our two churches - St Mary & St Margaret's and St Cuthbert's. 1000 copies currently produced and circulated.

50p
where sold



Welcome to the Sprowston Day Centre



Are you an elderly person?

Would you like to meet people in a friendly atmosphere,
enjoy great entertainment and have a lovely hot meal?

Do you know someone who would? Contact us by whatever method seems best.

You can telephone, email, or just drop in if we are open.

Our opening times are 10 a.m. until 2.30 p.m. every Tuesday, Wednesday, and Friday.

If this all seems a bit hi-tech, you can of course write to us or telephone!

Our address is:

Sprowston Day Centre, St Cuthbert's Church, Wroxham Road NORWICH NR7 8TZ.

Telephone No. 01603 419682 sprowstondaycentre@hotmail.com

Registered charity number: - 289771

Our Churches - Opening Times

St Mary & St Margaret's: 10:00 am to 4:00 pm each day.

St Cuthbert's: also daily - between 8:00 am and 10:00 pm.

You are invited to pray and light a candle,
to explore the buildings, use the facilities and
take a postcard as a reminder of your visit.

For further information visit our website at ...

www.sprowston.org.uk

We are currently looking to recruit a new volunteer Chairperson
for our luncheon club.



Is this a job that you think would suit you? Or do you know
anyone that would flourish in this position?



If you would like to apply please contact us here on
01603 419682, email sprowstondaycentre@hotmail.com,
or why not pop in and have a chat?



St Mary and St Margaret, Church Lane

St Cuthbert's, Wroxham Road

Contents - August 2016

Cover photo: Tigger at Work

A Tribute to Tigger	5 & 6	Parish & Local Contacts	23-24
Vicar's Voice	7	Advertisers' Index	27
Mothers' Union - Happy 140th!	8	Advertisers' Section	28-36
Hope's View from the Dog House	9	Profile of Mary Carpenter	37-38
Cross Section	10	Featured organisation	39
Sprowston Parish - outline of work	11	Activities and Puzzles	
WWI Centenary	13	Wordsearch on a theme	12
Wildlife Notes	15-16	A Prayer for the Nation	22
Sprowston W.I.	17	Crossword & Sudoku	26
Scouts - Scribblings by Chip	17-18	For children	
Editorial	19	'Colouring in' a Flower	25
Local Church Service listings	20-21	'Join the dots'	Back Cover
Parish Registers for June 2016	22		

All opinions expressed in the articles are those of the author. We welcome advertisements, articles and letters for inclusion but reserve the right to refuse, alter or amend any material submitted.

Email address is editor@sprowston.org.uk; postal or delivery address is:- St Cuthbert's Parish Office, Wroxham Road, Norwich NR7 8TZ.

Contributions may also be placed on the postboard at the back of St Cuthbert's addressed to 'The Editor'. The church is open from 8 am to 10 pm daily. I am also usually at the Coffee Morning at St Cuthberts, 10 to 12 First Saturday monthly.

****** Deadline for September 2016 edition is Monday 8th August ******