

QUINTET NEWS

**FOR THE BENEFICE OF
AYLMERTON
BEESTON REGIS
GRESHAM
EAST & WEST RUNTON**

JUNE 2023

FREE

HELLO FROM JEREMY

Dear Friends,

I have a question, for those of us who are drivers, can you remember what it felt like when you were first learning to drive a car?

There are many things you need to know, from learning the Highway Code to knowing what the different foot pedals do. Not only that, when driving you also have to make decisions when faced with other road users, such as when to slow down, what distance to keep between your vehicle and the one in front, and what possible hazards to be aware of as the road conditions changes moment by moment. Added to this, the driver needs to be confident and not over anxious.

This is true not only for drivers, but for all of us in every part of our lives. We are always having to learn, from our childhood through to our old age. In each change and crisis in our lives, there is much to come to terms with. Knowledge, guidance and strength are all required.

As we know, the followers of Jesus are called 'disciples' which means 'learners', and this goes for we Christians today as much as the first disciples.

Saint Peter was a great learner. Peter grew to know Jesus was God's Son, and to recognize his own need for faith as he tried to walk to Jesus across the water. Full of enthusiasm Peter said he would never leave Jesus. Then, after denying Jesus three times, Peter learnt all about forgiveness as Jesus, risen from death, came to call him anew to follow and to serve. After that, there was still much for Peter and the other disciples to learn.

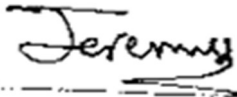
They had yet to understand all God had done, to know what to do next, and to gain confidence. If only God could be with them to show the way ahead! As they prayed and waited, God answered their prayer as he promised.

The Holy Spirit of God came to them, and God took his place in the driving seat of their lives. Through the Holy Spirit, the disciples were able to tell others about Jesus, and were enabled to minister his love and open the way to new life for many people, and so the Church grew.

As you and I seek to follow Jesus as his Learners, let us ask for his Holy Spirit to inform, guide, give strength, and teach us to put all in his hands.

As I write this we look forward to Sunday 28th May which is the feast of Pentecost when we celebrate how the Holy Spirit was given, not just to the first disciples, but to the whole church right up to the present.

My love and blessing,



Jeremy

Let us pray—

Lord of all life,
your Holy Spirit brings hope in despair,
joy in sorrow,
energy in despondency
and life in death.

Stir up our hearts we pray, that by the Spirit's power
and strengthened by the encouragement of one another,
we may bring your love in service to a world
so much in need of your light and your warmth,
through Jesus Christ our Lord.

Amen.

PRAYER CORNER

The love of God has been poured into our hearts through the Holy Spirit who has been given to us.

Romans 5. 5

You can use the fingers of your hand to help you focus on your prayers.



The **Thumb** reminds us of people close to us. When we pray often our thumb is the closest finger to our heart. This reminds us to pray for those who are close to our heart. So, we can pray for our family and friends.

Our **index finger** is often called the pointer finger. So, we can pray for those who point the way in our life.

The third finger is our **middle finger**. It is also our tallest finger. So, we can pray for those in authority over us such as those in government or other leaders.

Our ring finger, or **fourth finger**, is often considered our weakest finger. So, when we get to this finger in our prayers, we can pray for those in need including those who are sick, in body, mind or spirit.

Last, we come to our **little finger**. So, after praying for others and their needs we can then pray for our needs. This is putting others first in prayer.

“And whatever you ask in prayer, you will receive, if you have faith.”

Matthew 21. 22

Holy Spirit of peace, we pray for homes and nations where there is discord and conflict. Pour out your breath of peace that people may listen to each other; may respect one another; may honour each other.

Holy Spirit of hope, we pray for those who live in despair; for those who can see no purpose in their lives; for those who cannot see a way ahead; for those who feel completely alone.

Holy Spirit of unity, we pray for your Church, for its ministry to the faithful, for its mission to the world. May the Spirit of Pentecost breathe upon us, that we may witness to the world the comfort, meaning and love that you offer. Heal our differences and make us one in you.

Amen

VISITATION OF THE ARCHDEACON OF LYNN

What a buzz there was in All Saints, Beeston Regis on Sunday 21st May. The Archdeacon of Lynn, The Venerable Catherine Dobson, visited the Benefice and joined us for our Benefice Communion and Family Service at 10.30am.

Seventy people were present, with representatives from all five churches in the Benefice, as well as visitors on holiday who were staying in the Beeston Regis holiday camp.

Amanda, Steve, and their wonderful band of helpers had prepared a "Community Breakfast" served from 09.45am. There was fresh fruit salad, a variety of cereals, yogurts, toast, croissants, fruit juice, coffee, tea – and lots of chat!

After the service tea and coffee was served and so there was plenty of time again to chat and get to speak to people who we don't usually get a chance to see.

The Archdeacon spoke about the importance of prayer and that we can pray, as the old Martini advert used to say, "Any Time, Any Place, Any Where". We can pray whilst cooking, out shopping, out walking, in the bath – you can pray absolutely any where!!

After the service the Archdeacon had a meeting with the Churchwardens.

It was a lovely service and a great big "THANK YOU" to all who made it such an enjoyable occasion as we came together as one family in fellowship and discipleship.

Holy God, you call your people together in a fellowship of love, hope and truth. Bless all those who seek to serve you in the life of your Church, that through our common witness to the gospel the whole world may come to know the joy of a life fully lived in the presence of God, through Jesus Christ our Lord. Amen

SERVICES IN THE BENEFICE FOR JUNE

| | Sunday 4 th June Trinity Sunday (White) | Sunday 11 th June Trinity 1 (Green) | Sunday 18 th June Trinity 2 (Green) | Sunday 25 th June Trinity 3 (Green) |
|--|---|---|---|---|
| St John the Baptist Aylmerton | | 9.15am <i>Eucharist</i> | | 9.15am <i>Eucharist</i> |
| All Saints Beeston Regis | 9.15am <i>Eucharist BCP</i> | 11.00am <i>Eucharist</i> | 11.00am <i>Family Service</i> | 11.00am <i>Eucharist</i> |
| St Andrew's East Runton | 9.15am <i>Eucharist</i> | 9.15am <i>Morning Prayer</i> | 10.30am <i>Eucharist</i> | 9.15am <i>Eucharist</i> |
| Holy Trinity West Runton | 11.00am <i>Sung Eucharist</i> | 11.00am <i>Sung Eucharist</i> | 11.00am <i>Sung Eucharist</i> | 11.00am <i>Sung Eucharist</i> |
| All Saints Gresham | 11.00am <i>Morning Worship</i> | | | |

THE SERVICES HELD AT HOLY TRINITY CHURCH, WEST RUNTON CAN BE JOINED VIA ZOOM BY CLICKING ON THE LINK BELOW:

<https://us02web.zoom.us/j/84751695104?pwd=Z2Z3eVIQMENaaUdvMHNjVFZKK3I4QT09>

Meeting ID: 847 5169 5104

Passcode: 239946

WEDNESDAY EUCHARISTS AT 10.30AM AT ST ANDREW'S, EAST RUNTON

There is a midweek Benefice Eucharist at St Andrews, East Runton. We look forward to seeing you at 10.30am on—

| | |
|---------------------|-------------------|
| Wednesday 7th June | William Bestelink |
| Wednesday 14th June | Paul Yeomans |
| Wednesday 21st June | Pat Baggaley |
| Wednesday 28th June | Jeremy Sykes |

READINGS FOR JUNE – YEAR A

| | | | |
|--|------------------------------------|------------------------------------|-----------------------------------|
| Sunday 4th June Trinity Sunday | Isaiah 40. 12–17, 27–31 | 2 Corinthians 13. 11–13 | Matthew 28. 16–20 |
| Sunday 11th June Trinity 1 | Hosea 5. 15–6. 6 | Romans 4. 13–25 | Matthew 9. 9–13, 18–26 |
| Sunday 18th June Trinity 2 | Exodus 19. 2–8a | Romans 5. 1–8 | Matthew 9. 35–10. 8 |
| Sunday 25th June Trinity 3 | Jeremiah 20. 7–13 | Romans 6. 1b–11 | Matthew 10. 24–39 |

WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The members of the Walsingham Cell are looking forward to their visit to St Julian's Church, Norwich on Thursday 1st June. We will be meeting at 2.30pm at the church for a talk on the life and writings of Julian and celebrating Mass in her cell. Numbers are limited so if you would like to join us, please contact Ali Wharton, preferably by email, on aliwharton@icloud.com or on 07880 776720.

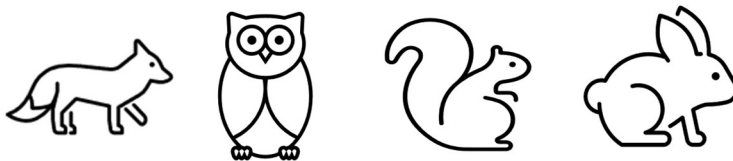
On Thursday 6th July, Revd Gary Gould from St Andrew's the Apostle, Holt will be giving a talk. The meeting will be held at Holy Trinity, West Runton starting at 7.00pm. Everyone is very welcome to join us.

DEADLINE FOR JULY NEWSLETTER – FRIDAY 16TH JUNE 2023

Please contact Pam Thompson if you would like an item included in the next Newsletter:

Telephone: 01263 510319

Email: pamjthompson@outlook.com



WILD Church!

Thank you so much to both the young in age and the young at heart who joined us for our WILD Church gathering on Sunday 14th May.

You were all most creative with making your reflective Journey Sticks, which had a double-purpose outing – for our Nature Mindful Walk and for ‘beating the bounds’ for Rogation Sunday!

I know many of you enjoyed scrubbing your hands clean afterwards with our sensory Mint & Lemon Scrub, thanks to a recipe from Mud & Bloom. Things to feel and touch are so good for our minds as well as our hands, aren't they?

Well done to Annabelle and Edith, with Grandma and Mum, for all your fantastic yoga poses to accompany our Storytime – ‘Every Bunny is a Yoga Bunny’, a Nosy Crow book by Emily Ann Davison, which teaches calm and mindfulness for bunnies (and children!) who are fidgety, giggly and so much more!

Our prayers for a fair-weather day were wonderfully answered so we were able to enjoy freshly picked Sharrington strawberries and Norfolk strawberry ice-cream, courtesy of Ellie's! Another nod to Rogation Sunday by recognising and supporting locally grown produce and farmers. Yum!

WILD Church regularly takes place on the second Sunday afternoon of the month, so our next Gathering is on—

SUNDAY 11TH JUNE FROM 3PM to 4.30PM.

Meet on the Church Field outside All Saints Church, Beeston Regis.

HEADS UP! We will be hosting a SWAP SHOP of seeds, cuttings, plants and know-how! So do come to show and share.

And we will be taking part in ‘Churches Count on Nature’ in our Churchyard.

For further information, text/WhatsApp Amanda on 07985 291930.

In the meantime, **Stay WILD!!**



SUMMER LUNCHTIME CONCERTS

**HOLY TRINITY CHURCH, WEST RUNTON
WEDNESDAYS – 12.30PM TO 1.30PM**

**Admission Free with Retiring Collection
Bring your lunch and enjoy tea or coffee with us!
Car Park behind The Rectory next to Church**

| | |
|-------------------------------|--|
| 28th June | Mark Jones – Organ |
| 5th July | Jim Laird – Organ |
| 12th July | Richard Walker – Organ |
| 19th July | Alan Morris – Organ |
| 26th July | Jonathan Hill – Organ |
| 2nd August | Rachel and Ivan – Violin and Cello |
| 9th August | Tim Patient – Organ |
| 16th August | Scarlett Askew & Mark Jones – Flute and Piano |
| 23rd August | David Ballard – Organ |
| 30th August | Philip Adams – Organ |



The **Sheringham and Cromer Choral Society** is open to singers of all voices and abilities. Rehearsals take place at St Andrew's Methodist Church, Cromer Road, Sheringham on Monday evenings from 7.00pm to 9.00pm.

Why not come along and give us a try – you can be assured of a warm welcome. There are no auditions, and you have two free trial weeks.

We are currently rehearsing for our concert on Saturday 15th July at 7.00pm in Cromer Parish Church when we will be singing Vivaldi's Gloria, Monteverdi's Beatus Vir, and works by Marcello and Durante.

NEWS FROM THE QUINTET BENEFICE

EAST RUNTON

A message from Jean:

The church was beautifully decorated for the Coronation weekend thanks to Karen and Mary.

Work has commenced to smarten up the outside of the building, which unfortunately, has also thrown up a few more problems. These things are sent to try us!

A **Springtime Coffee Morning** will be held on **Saturday 10th June from 10.00am to 12 Noon, in Church**. There will be the usual stalls of homemade cakes, books, raffle, plants and much more! Do come and join us.

WEST RUNTON

The **Coffee Mornings** continue to take place **every Friday from 10.00am to 12 Noon in the Church Hall**. Thank you for the support you give us. It makes it all worthwhile, whilst making money for our church. At the **Coffee Morning on Friday 30th June** the Parish Council will be joining us to hold one of their surgeries. It will be very informal and hopefully people will feel relaxed enough to ask questions they may not bother to ask if they have to come to a designated surgery on a particular day. We will also be holding one of our coffee mornings for a charity other than the church. The day and charity to be announced.

LOCAL NEWS

Sheringham and District Philatelic Society – At our last meeting members displayed items of interest including how the history of Rhodesia/Zimbabwe is illustrated in stamps and banknotes. There was a thematic collection of philatelic covers which embraced stamp fairs and exhibitions with postmarks, labels and special covers – not only the large London events, but also more local ones. There was material from the time of the 1971 postal strike when enterprising pop-up couriers delivered mail locally, nationally and internationally. The designs on the labels often reflected local themes – Robin Hood [Nottingham] and a silhouetted young lady [Soho], for example. The Isle of Man postage stamps suggested great scope for thematic collecting – with birds, TT motorcycles. There were also stamps and postal labels celebrating the 1937 and 1953 Coronations coming from the UK and the Commonwealth. The meeting on **12th June at 7.30pm at the Church Hall West Runton** will feature stamps from the British West Indies. All are welcome!

WHAT'S ON?

| DATE | VENUE AND EVENT |
|---|--|
| THURSDAY 1ST JUNE 2.30PM | <p style="text-align: center;">WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY – VISIT TO ST JULIEN, NORWICH</p> <p>Places are limited so if you would like to come please contact Ali Wharton, the Cell Secretary/Membership Secretary at: aliwharton@icloud.com</p> |
| FRIDAY 2ND & 9TH JUNE 10.00AM TO 12 NOON | <p style="text-align: center;">COFFEE MORNING – CHURCH HALL, WEST RUNTON</p> <p>Come along and enjoy a coffee and a chat and help raise some funds!</p> |
| SATURDAY 10TH JUNE 10,00AM TO 12 NOON | <p style="text-align: center;">SPRINGTIME COFFEE MORNING ST ANDREW'S CHURCH, EAST RUNTON</p> <p>Stalls of homemade cakes, books, raffle, plants and much more. We look forward to seeing you!</p> |
| SUNDAY 11TH JUNE 3.00PM TO 4.30PM | <p style="text-align: center;">WILD CHURCH – CHURCH FIELD, BEESTON REGIS</p> <p>We will be hosting a SWAP SHOP of seeds, cuttings, plants and know-how! So do come to show and share.</p> |
| MONDAY 12TH JUNE 7.30PM | <p style="text-align: center;">SHERINGHAM & DISTRICT PHILATELIC SOCIETY CHURCH HALL, WEST RUNTON</p> <p>Features stamps from the British West Indies. Visitors are welcome. For more information, please contact Jim on 01263 721043.</p> |
| FRIDAY 16TH, 23RD JUNE 10.00AM TO 12 NOON | <p style="text-align: center;">COFFEE MORNING – CHURCH HALL, WEST RUNTON</p> <p>Come along and enjoy a coffee and a chat and help raise some funds!</p> |
| WEDNESDAY 28TH JUNE 12.30PM TO 1.30PM | <p style="text-align: center;">SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON</p> <p>A concert by organist Mark Jones. Bring you lunch and enjoy and enjoy a tea or coffee with us. Retiring collection.</p> |
| FRIDAY 30TH JUNE 10.00AM TO 12 NOON | <p style="text-align: center;">COFFEE MORNING – CHURCH HALL, WEST RUNTON</p> <p>The Parish Council will be joining us to hold one of their surgeries. It will be very informal and relaxed. So come along and enjoy a coffee and a chat.</p> |

THE BENEFICE OF AYLMERTON, BEESTON REGIS, GRESHAM and RUNTON

Benefice Website: www.quintetbenefice.com

All 01263 Numbers except where stated

| | | |
|--|--|--------------------------------|
| The Revd. Jeremy Sykes | The Rectory, Cromer Road, West Runton NR27 9QT Email: Jeremy.Sykes@Dioceseofnorwich.org <i>Usual Non-Working Day: Friday</i> | 837761 |
| <u>Acting</u> | Mrs Pam Thompson | 07942 279206 |
| <u>Benefice</u> | The Rectory (Office), Cromer Road, West Runton NR27 9QT | |
| <u>Administrator</u> | Email: quintetchurchesnorfolk@gmail.com | |
| <u>Licensed Lay Minister (Reader)</u> | | |
| | Mrs Pam Thompson, 14 Yaxley Loke, Cromer NR27 0FG | 510319 |
| <u>Churchwardens</u> | | |
| Aylmerton | Mrs C Burchett, 44 Renwick Park West, West Runton NR27 9LX Vacancy | 837647 |
| Beeston Regis | Mr J Meikle, Shannock, Morley Road North, Sheringham NR26 8JB Vacancy | 820364 |
| Gresham | Mr R Batt, East Beckham Hall, Otters Lane, E. Beckham NR11 8GA Mr P Campbell, Yew Tree Cottage, 40 Holt Road, Gresham NR11 8AD | 822234 570281 |
| East Runton | Miss J Steward, 78 Central Road, Cromer NR27 9BW Vacancy | 512624 |
| West Runton | Mr P Strudwick, 6 Nelson Road, Sheringham NR26 8BU Mrs R Large, Wild Orchids, The Common, West Runton NR27 9QU | 823657 838121 |
| <u>PCC Secretaries</u> | | |
| Aylmerton | Mrs G Bestelink, 4 Francis Close, Cromer NR27 0HR | 514045 |
| Beeston Regis | Mr D Nightingale, 31 Abbey Park, Beeston Regis NR26 8SR | 824389 |
| Runton | Linda Reynolds, Email: reynol2004@hotmail.com | |
| Gresham | Vacancy | |
| <u>PCC Treasurers</u> | | |
| Aylmerton/Gresham | Mrs R Large, Wild Orchids, The Common, West Runton NR27 9QE | 838121 |
| Beeston Regis | Mr M R Braybrook, Duart Lodge, Furze Hill, Cromer NR27 0HU | 512342 |
| Runton | Mr M Freeman, Mid Summer House, The Hurn, West Runton NR27 9QS | 837990 |
| <u>Gift Aid Officers</u> | | |
| Aylmerton/Gresham | Miss J Idiens, Breckwood, Tower Road, Aylmerton NR11 8QG | 07775 622333 |
| Beeston Regis | Mr M R Braybrook, Duart Lodge, Furze Hill, Cromer NR27 0HU | 512342 |
| Runton | Dr R May, Jesiam, Britons Lane, Beeston Regis NR26 8TR | 822041 |
| <u>Honorary Assistant Priests</u> | | |
| The Revd. Canon W Bestelink | Email: wmcbestelink@btinternet.com Mobile: 07909 690073 | 514045 |
| The Revd. Canon B Oake | Email: barryoake@gmail.com | 514192 |
| The Revd. P Baggaley | Email: patriciabaggaley@gmail.com | 837490 |
| The Rt Revd. D Leake | The Anchorage, Lower Common, East Runton NR27 9PG | 513536 |
| The Revd. D Paskins | 8 Blackthorn Avenue, Holt NR25 6TY | 715905 |
| The Revd. Dr P Yeomans | Email: pauelyeomans76@protonmail.com | 07437 203535 |