

# **QUINTET NEWS**

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

**OCTOBER 2023**

**FREE**

# HELLO FROM JEREMY

Dear Friends,

As I write Summer rapidly has become Autumn almost overnight, but I hope you all had a good Summer and were able to get some time to relax.

I was thinking the other day how very small actions are often very significant: a smile, a wave or greeting, the note or phone call of thanks, giving encouragement or showing concern, they can make such a difference to the recipient. But it is all too easy to omit them – I know I am sometimes as guilty as the next person on this.

But Jesus was someone who saw things which other people missed or thought unimportant. He saw and valued the woman who put an apparently insignificant coin in the Temple offering. He told parables about small mustard seeds and a lost coin; accepted the gift of a young boy's lunch to feed a huge crowd; mixed with people who were regarded as rubbish by the respectable religious; said that those who helped people in need who were easily ignored or overlooked were helping him – and that those who failed to help them failed him.

It is one of the many challenges that Jesus gives to those of any age who seek to follow him. As in the popular saying, so often, 'actions speak louder than words'. St Francis, one of my favorite Saints, understood this, he said 'share the Gospel in all that you do and, if necessary, use words'.

All my love

A handwritten signature in cursive script that reads "Jeremy". The signature is written in black ink on a white background. Below the signature, there is a horizontal line that is slightly wavy and extends across the width of the signature.

## **Prayer of Saint Francis of Assisi**

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Master, grant that I may not so much seek

to be consoled as to console,

to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life.

# PRAYER CORNER

“Cast all your anxieties on him, for he cares for you”.

1 Peter 5:7

Please pray—

- For all the countries that are going through conflict and political instability; we ask for peace, and that their citizens be free from fear and know stability once more.
- For all who are affected by natural disasters, from earthquakes, floods, fires, devastating mudslides that destroy homes and livelihoods, putting lives at risk.
- For people throughout the world who struggle to get enough food. May God inspire us all to reach out with small acts of love, making a big difference, so that no one goes hungry.
- For the Church throughout the world: that she may be a sign of God’s love for all people and a beacon of hope for all who are in need.
- For all who are struggling financially.
- For our parish community: that we may be moved by God’s love to reach out to others in our turn, especially to those who are poor, so that no one may feel abandoned, forgotten or alone.
- For our Benefice and Parishioners, especially those who are suffering with their health; and the recently bereaved.
- For our church buildings that funds may be found for their urgent repair.
- For the Wild Church initiative.

O Lord our God, source of all goodness and love,  
accept the fervent prayers of your people;  
in the multitude of your mercies look with compassion upon all who turn to  
you for help;  
for you are gracious, O lover of souls,  
and to you we give glory, Father, Son, and Holy Spirit,  
now and for ever.  
Amen.



## **DISTRIBUTION OF COMMUNION**

### **A Message from Jeremy**

At our recent Ministry Team meeting we had a very long discussion about the ongoing distribution of Communion within the Benefice, as we are now somewhat unique in still wearing face coverings and giving communion in only one kind.

What we are proposing is that from Sunday 1st October we will go back to the pre-covid system of having the priest distributing the bread and a communion assistant offering the chalice.

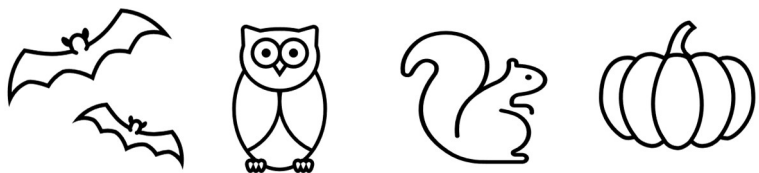
However, we want to stress that if anyone feels uncomfortable receiving the wine they do not have to, and it is still a full communion if only the bread is consumed.

Also, we do not want communicants to intinct their own wafers in the wine, as in studies from a hygiene perspective this has the potential to spread far more germs than sharing a common cup.

If, at the end of communion, any of the Clergy feel uncomfortable with consuming the wine from the chalice after it has been shared by members of the congregation, it is theologically acceptable to pour the remains of the wine to the ground, either using the piscina in the churches that have one or pouring it to ground outside somewhere on the consecrated land.

I have also requested that if any members of the Ministry Team (or servers) contract a cold, and cannot find someone to take their place, they should wear a face covering when they come anywhere near the communion elements; and that, at all times, both Clergy and those administering the chalice must adhere to strict hand hygiene and continue to use sanitiser.

I hope this all makes sense, and that we will be able to make a smooth transition in our communion practice. Obviously, we will also monitor the public health situation with regards to Covid 19 in North Norfolk, and at any time, if necessary, will be prepared to change what we do.



## **WILD CHURCH AUTUMN SEASON UNDERWAY!**

**WHEN? SUNDAY 8<sup>TH</sup> OCTOBER 2023 & SUNDAY 12<sup>TH</sup> NOVEMBER  
FROM 3.00PM TO 5.00PM**

**WHERE?** Meet on the CHURCH FIELD in front of All Saints Church, Beeston Regis. Some events may include a local eco-walk, but our starting point will be the Church Field.

### **WHAT IS WILD CHURCH?**

- Explore the wonder of God's creation with fun, nature-inspired, activities outdoors including singing, crafts, storytelling and prayers.
- WILD Church provides a space for discovery, connection & reflection.
- Express your care for creation as an integral part of loving your neighbour.
- WILD Church supports physical and mental wellbeing.

### **WHO'S IT FOR?**

- Families and children are especially invited. All age groups can participate.
- Children under the age of 7 to be supervised by an adult.

### **WHAT CAN I EXPECT?**

- We will be outside so dress in appropriate clothing and footwear for the weather.
- If there are high winds or thunderstorms, the event will have to be cancelled.
- There will be shelter indoors if it rains.
- An indoor toilet is available.
- Refreshments, including hot drinks and home-made bakes, will be available at no cost.
- Plenty of car parking in front of church.

**WHO TO CONTACT?** — You can just come along but for any queries in advance, do contact Amanda Wooster, [jawooster20@gmail.com](mailto:jawooster20@gmail.com), 07985 291930 or follow us on Facebook All Saints Beeston Regis.

## SERVICES IN THE BENEFICE FOR OCTOBER

	Sunday 1 <sup>st</sup> October Trinity 17	Sunday 8 <sup>th</sup> October Trinity 18	Sunday 15 <sup>th</sup> October Trinity 19	Sunday 22 <sup>nd</sup> October Trinity 20	Sunday 29 <sup>th</sup> October Bible Sunday
	<i>(Green)</i>	<i>(Green)</i>	<i>(Green)</i>	<i>(Green)</i>	<i>(Green)</i>
<b>St John the Baptist Aylmerton</b>		9.15am <i>Eucharist</i>		9.15am <i>Eucharist</i>	10.30am <i>Benefice Eucharist</i>
<b>All Saints Beeston Regis</b>	9.15am <i>Eucharist BCP</i>	11.00am <i>Eucharist</i>	11.00am <i>All-Age Harvest Festival</i>	11.00am <i>Eucharist</i> 5.30pm for 6.00pm <i>Hymns &amp; Pimms</i>	
<b>St Andrew's East Runton</b>	9.15am <i>Harvest Festival</i>	9.15am <i>Morning Prayer</i>	9.15am <i>Eucharist</i>	9.15am <i>Eucharist</i>	
<b>Holy Trinity West Runton</b>	11.00am <i>Harvest Festival &amp; Sung Eucharist</i>	11.00am <i>Sung Eucharist</i>	11.00am <i>Sung Eucharist</i>	11.00am <i>Sung Eucharist</i>	
<b>All Saints Gresham</b>	11.00am <i>Harvest Festival</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=Z2F3eVIQMENaaUdvMHNjVFZKK3I4QT09>

Meeting ID: 847 5169 5104      Passcode: 239946

**NOTE: OUR BENEFICE SERVICE TAKES PLACE AT ST JOHN THE BAPTIST CHURCH, AYL MERTON ON SUNDAY 29<sup>TH</sup> OCTOBER AT 10.30AM**

### WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

Please note that there will be no October meeting as the Cell will be on pilgrimage at the Shrine of Our Lady, Walsingham.

## READINGS FOR OCTOBER – YEAR A

<b>Sunday 1<sup>st</sup> October Trinity 17</b>	<b>Ezekiel 1. 7–11</b>	<b>Philippians 2. 1–13</b>	<b>Matthew 21. 23–32</b>
<b>Sunday 8<sup>th</sup> October Trinity 18</b>	<b>Isaiah 5. 1–7</b>	<b>Philippians 3. 4b–14</b>	<b>Matthew 21. 33–46</b>
<b>Sunday 15<sup>th</sup> October Trinity 19</b>	<b>Isaiah 25. 1–9</b>	<b>Philippians 4. 1–9</b>	<b>Matthew 22. 1–14</b>
<b>Sunday 22<sup>nd</sup> October Trinity 20</b>	<b>Isaiah 45. 1–7</b>	<b>1 Thessalonians 1. 1–10</b>	<b>Matthew 22. 15–22</b>
<b>Sunday 30<sup>th</sup> October Bible Sunday</b>	<b>Nehemiah 8. 1–4a, 8–12</b>	<b>Colossians 3. 12–17</b>	<b>Matthew 24. 30–35</b>

<b>Readings for Harvest Festival Services</b>	<b>Deuteronomy 8. 7–18</b>	<b>2 Corinthians 9. 6–15</b>	<b>Luke 12. 16–30</b>
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## WEDNESDAY EUCHARISTS AT 10.30AM AT ST ANDREW'S, EAST RUNTON

We look forward to seeing you at the mid-week Benefice Eucharist at 10.30am at St Andrews, East Runton on—

Wednesday 4 <sup>th</sup> October – <i>St Francis of Assisi</i>	Paul Yeomans
Wednesday 11 <sup>th</sup> October	Jeremy Sykes
Wednesday 18 <sup>th</sup> October – <i>St Luke</i>	Pat Baggaley
Wednesday 25 <sup>th</sup> October	Barry Oake

## NEWS FROM THE QUINTET BENEFICE

### AYLMERTON

“Thank You” to all who came and cleaned and decorated the church for our Harvest Festival service. Also, “Thank You” for the generous donations of food which we received, and which will be delivered to the Food Bank.

### EAST RUNTON

**St Andrew’s Church** – Two new windows, one in the porch and the other at the top on the south side, have been installed and are a great improvement to the appearance, both inside and out. Due to an anonymous donation, we have been able to order a new Noticeboard for installation outside the church. We look forward to taking delivery of it soon.

On Saturday 9<sup>th</sup> September, the Norfolk Churches Trust Cycle Ride/Walk/Drive took place. Although this year nobody was able to participate from St. Andrew’s, the church was “manned” all day to welcome, sign in, and offer refreshment to those from other churches from round and about.

On **Sunday, 1<sup>st</sup> October at 9.15am we will be celebrating Harvest with a Eucharist**, and we will have a **Harvest Coffee Morning on Saturday 7<sup>th</sup> October from 10.00am to 12 Noon** in church, with fruit pies, homemade cakes, raffle, books, etc. Do come and join us, everyone is very welcome!

### WEST RUNTON

The “3C’s Club” meets again on **Monday 2<sup>nd</sup> October from 10.00am to 12 Noon at Holy Trinity Church, West Runton**. The new monthly “3C’s Club” will meet on the first Monday of each month for a “Coffee, Chat and Cleaning” session. So, if you fancy coming along for a coffee, or a chat, and a chance to help with doing some cleaning in the church, or doing a spot of gardening in the churchyard, then do please come along, you will be most welcome. There is no commitment to come every month, or even for the whole 2 hours, just pop in and see us!!

The **Coffee Mornings** continue to take place **every Friday from 10.00am to 12 Noon in the Church Hall**. So do come along and join us!



### **Norfolk Churches Trust Bike Ride** — *A message from David Paskins:*

On Saturday 9th September I visited 40 churches as planned (64 miles!) and the amount raised will be about £600. Thank you very much to those who so generously sponsored me. The money is shared by the NCT and Holy Trinity.

## **BEESTON REGIS**

**Merchant Navy Day** — After the morning service on Sunday 3<sup>rd</sup> September, members of the congregation were delighted to be able to join Beeston Regis Parish Councillors and their guests in the churchyard to commemorate those who served in the Merchant Navy. The event was held to mark Merchant Navy Day, which became an official day of remembrance in 2000, and is intended to raise public awareness of the country's ongoing dependence on merchant seafarers.

The poignant and moving ceremony was introduced by Mike Knowles, Chairman of the Parish Council, and included a poetry reading, raising of the Red Ensign, and a prayer by the Revd. Jeremy Sykes. People in the Merchant Navy with local connections were remembered, together with those who served in the Sheringham Lifeboat, 'Foresters Centenary', between 1936 and 1961.

After the ceremony, refreshments were enjoyed together in the church. It is hoped that this event will be repeated in future years to mark a developing partnership between members of the church and the Parish Council.

**"Hymns & Pimms"** — On **Sunday 22nd October** we will be hosting our ever-popular "Hymns & Pimms" service. Yes, we still believe in summer, even in October!

In advance, you will have the chance to suggest your favourite hymn and tell us the reason why it means so much to you. Then come on the night and see if yours has been selected for what will be a delightful evening of music and song. We will be starting earlier than usual, serving Pimms and light snacks from 5.30pm in the church. The service will commence at 6.00pm concluding with yet more Pimms before the clock strikes 7.00pm!

Please send your Hymn nominations to Amanda Wooster on [jawooster20@gmail.com](mailto:jawooster20@gmail.com). Alternatively, there will be forms to fill in at the back of the church.

## GRESHAM

On a warm summer's evening in September, it was a delight to hear and see the churchyard at Gresham church filled with the laughter of children and the gentle click of bats being recorded on detectors. How did this happen? Well, as part of the WILD Church calendar of gatherings, families were invited to an entertaining talk from ecologist, Abi Gray, from Norfolk & Norwich Bat Group. Bat crafts, hot food, a Bat Quiz, prayers and even a Bat Song were all enjoyed too. Everything led to the final activity which was to go out into the churchyard to silently watch and aim the monitors in the direction of shadows moving along the tree line. It was impossible to contain the enthusiasm and excitement of the children (and adults!) in discovering so many pipistrelle bats circulating the belfry! How wonderful to join WILD Church in sharing such a celebration of God's creation and thanks to Gresham church for hosting us this month.

## LOCAL NEWS

**Sheringham and District Philatelic Society** — Our Annual Auction was held on Monday 11<sup>th</sup> September when 17 members, and 1 visitor from King's Lynn Philatelic Society, were present. There were 160 lots presented for sale, with reserves ranging from 50p to £125. Time was given before the start of the auction for people to peruse the lots. Andrew McCandlish, the Society's Chairman, acted as auctioneer, conducting the sale with enthusiasm and resulting in the sale of one third of the items. Our next meeting takes place on **Monday, 9<sup>th</sup> October at 7.30pm at West Runton Church Hall** when Peter Boyce, from the Norfolk and Norwich Philatelic Society, will present a display of Greek Islands. Visitors are most welcome.



**DON'T FORGET TO PUT YOUR CLOCKS  
BACK ONE HOUR BEFORE YOU GO TO BED  
ON SATURDAY 28<sup>TH</sup> OCTOBER 2023!!**

## **DEADLINE FOR NOVEMBER NEWSLETTER SUNDAY 22<sup>ND</sup> OCTOBER 2023**

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

Telephone: 01263 510319

Email: [pamjthompson@outlook.com](mailto:pamjthompson@outlook.com)

## WHAT'S ON?

DATE	VENUE AND EVENT
<b>MONDAY 2<sup>ND</sup> OCTOBER 10.00AM TO 12 NOON</b>	<p style="text-align: center;"><b>THE "3C's CLUB" – HOLY TRINITY, WEST RUNTON</b></p> <p>The new monthly "3C's Club" will meet for a "Coffee, Chat and Cleaning" session. No commitment to come every month, or even for the whole 2 hours, just pop in and see us!!</p>
<b>FRIDAY 6<sup>TH</sup> OCTOBER 10.00AM TO 12 NOON</b>	<p style="text-align: center;"><b>COFFEE MORNING – CHURCH HALL, WEST RUNTON</b></p> <p>Come along and enjoy a coffee and a chat and help raise some funds!</p>
<b>SATURDAY 7<sup>TH</sup> OCTOBER 10.00AM TO 12 NOON</b>	<p style="text-align: center;"><b>HARVEST COFFEE MORNING ST ANDREW'S CHURCH, EAST RUNTON</b></p> <p>Do come along and join in the fun. There will be fruit pies, homemade cakes, raffle, books, etc.</p>
<b>SUNDAY 8<sup>TH</sup> OCTOBER 3.00PM TO 5.00PM</b>	<p style="text-align: center;"><b>WILD CHURCH, CHURCH FIELD ALL SAINTS, BEESTON REGIS</b></p> <p>Explore the wonder of God's creation with fun, nature-inspired, activities outdoors including singing, crafts, storytelling and prayers.</p>
<b>MONDAY 9<sup>TH</sup> OCTOBER 7.30PM</b>	<p style="text-align: center;"><b>SHERINGHAM &amp; DISTRICT PHILATELIC SOCIETY CHURCH HALL, WEST RUNTON</b></p> <p>Peter Boyce, from the Norfolk and Norwich Philatelic Society, will present a display of Greek Islands.</p>
<b>FRIDAY 13<sup>TH</sup>. &amp; 20<sup>TH</sup> OCTOBER 10.00AM TO 12 NOON</b>	<p style="text-align: center;"><b>COFFEE MORNING – CHURCH HALL, WEST RUNTON</b></p> <p>Come along and enjoy a coffee and a chat and help raise some funds!</p>
<b>SUNDAY 22<sup>ND</sup> OCTOBER 5.30PM FOR 6.00PM</b>	<p style="text-align: center;"><b>HYMNS &amp; PIMMS – ALL SAINTS, BEESTON REGIS</b></p> <p>A delightful evening of music and song starting at 5.30pm with Pimms and light snacks and then a service of favourite hymns at 6.00pm. Do come and join us!</p>
<b>FRIDAY 27<sup>TH</sup> OCTOBER 10.00AM TO 12 NOON</b>	<p style="text-align: center;"><b>COFFEE MORNING – CHURCH HALL, WEST RUNTON</b></p> <p>Come along and enjoy a coffee and a chat and help raise some funds!</p>

**THE BENEFICE OF AYLMERTON, BEESTON REGIS, GRESHAM and RUNTON**

**Benefice Website: [www.quintetbenefice.com](http://www.quintetbenefice.com)**

**All 01263 Numbers except where stated**

<b>The Revd. Jeremy Sykes</b>	<b>The Rectory, Cromer Road, West Runton NR27 9QT</b> <b>Email: <a href="mailto:Jeremy.Sykes@Dioceseofnorwich.org">Jeremy.Sykes@Dioceseofnorwich.org</a></b> <b><i>Usual Non-Working Day: Friday</i></b>	<b>837761</b>
<b><u>Acting</u></b>	<b>Mrs Pam Thompson</b>	<b>07942 279206</b>
<b><u>Benefice</u></b>	<b>The Rectory (Office), Cromer Road, West Runton NR27 9QT</b>	
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<b>Gresham</b>	<b>Vacancy</b>	
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