

QUINTET NEWS

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

JULY 2023

FREE

HELLO FROM JEREMY

Dear Friends,

As many of you know, Lesley and myself are walking the Pennine Way this year. The Pennine Way was the first national long-distance footpath and is considered to be one of the toughest long-distance paths to walk. It stretches 268 miles from Edale in Derbyshire to Kirk Yetholm just over the border in Scotland, and takes you along the back bone of England. We have now completed the first half from Edale to Bowes, which is near Barnard Castle, and will hopefully finish the second half in the Autumn.

We started our walk quite near the anniversary of the last time we visited Edale together eighteen years ago. A visit that ended with me shattering my left ankle, having to have surgery and being off work for twelve weeks.

That whole experience taught me quite a lot about myself and about others as well. The main thing it did was to remind me that despite all that we hear in the news about the terrible things that we humans can do to each other – like the terrible atrocities in places like the Ukraine, and the greed of those who only work for themselves and don't think any rules apply to them – the actions of the malign and greedy are far outweighed by the good things that people will do for each other.

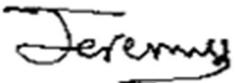
For me this included the fact that 20 or so people from the Kinder Mountain Rescue team dropped everything to come and help carry me off the hill where I had my accident; then there were the hospital staff who looked after me and the others in my ward with great dedication and care, despite being subject to quite a lot of verbal abuse from some of the other patients; added to this there were people in a supermarket who picked me up when my crutches slipped from under me; and others who offered to drive me about whilst I was in plaster; and the list goes on.

And then there were also many, many people who also helped and supported Lesley, to whom again I will always be very grateful.

In the Bible we are told that we are made in the image of God, and in all those kind and caring acts I have seen the image of God shining through in so many people, and I thank God for each and every one of them.

I think the good news for all of us is that, yes, unfortunately there are a few evil, or malevolent or misguided people within our communities and our world, but there are many, many more thoroughly decent people, who reflect the image and goodness of God, which shines out in their actions and in the way they live their lives.

With my love,



Jeremy

Let us pray—

Father of all,
you call us to be generous to one another
and to recognise in others' faces the true image of your Son.
Give us grace as individuals
and as a whole society,
that we may minister friendship and support
to all those who are in need this day,
and that, through this service,
we may become the community you long for us to be,
through Jesus Christ our Lord.
Amen.

PRAYER CORNER

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

1 Peter 5:7

“Prayer is a plant, the seed of which is sown in the heart of every Christian. If it is well cultivated and nourished it will produce fruit, but if it is neglected, it will wither and die.”

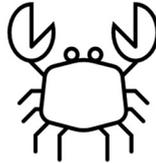
Please pray—

- For the people of Ukraine, Russia, Afghanistan, Syria, Turkey and Africa.
- 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 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 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 world leaders, that the Holy Spirit may guide them to speak out for what is right and take action to build a better future.
- For everyone who is sick or afraid, bereaved or isolated and we pray for all who support them. May God grant each of them peace and comfort, courage and perseverance.
- For our Benefice and Parishioners, especially those who are suffering with their health; and the recently bereaved.
- For our services across the Benefice that they will engage and connect with people in a special way.
- For our Churchwardens – Connie, Jean, Peter, Rosemary, Peter, Robert, Amanda and Stephen; and, as he retires, for John who has given so many years of faithful service to the church.
- For the members of the Parochial Church Councils.
- For the Wild Church initiative.
- For the Open Book initiative.

STOP PRESS!!

WILD CHURCH IN JULY IS ON THE FOURTH SUNDAY OF THE MONTH NOT THE USUAL SECOND SUNDAY OF THE MONTH

**SUNDAY 23RD JULY – 3.00PM TO 5.00PM
OUTSIDE THE BEACH CAFÉ, WEST RUNTON BEACH**



Do join us on our annual gathering at the sea for rock pooling, fossil hunting and beachcombing, exploring our own local natural chalk reef, God's WILDLY Wonderful World!

Thank you to Norfolk Wildlife Trust for all their resource material.

Thank you to West Runton Beach Cafe for complimentary car parking passes (please request one in advance from Amanda on 07985 291930).

Every adult participating can receive £2 off a bag of mini doughnuts and all children attending will get a free ice-cream! You are welcome to bring your own picnic tea to enjoy too. Please bring sufficient drinking water to keep yourselves hydrated.

WILD Church is about Exploring God through encountering nature outdoors.

We are on a journey of Discovery, Connection and Wellbeing.

All ages welcome. Especially, we reach out to Families and Children. Children under the age of 7 please bring an adult along with you.

Do dress appropriately for the weather, including suitable footwear for rock pooling. Please bring and use sun protection, sunhats, midge repellent, etc. Public toilet available.

WILD Church worship is FREE!

Just come along or for further information, Text/WhatsApp Amanda on 07985 291930.

Do follow Facebook All Saints Beeston Regis to keep updated.

SERVICES IN THE BENEFICE FOR JULY

	Sunday 2 nd July Trinity 4 (Green)	Sunday 9 th July Trinity 5 (Green)	Sunday 16 th July Trinity 6 (Green)	Sunday 23 rd July Trinity 7 (Green)	Sunday 30 th July Trinity 8 (Green)
St John the Baptist Aylmerton		9.15am <i>Eucharist</i>		9.15am <i>Eucharist</i>	10.30am BENEFICE EUCHARIST AT HOLY TRINITY, WEST RUNTON
All Saints Beeston Regis	9.15am <i>Morning Prayer</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>	9.15am <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>Eucharist</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

**PLEASE NOTE:
ALL SUNDAY SERVICES AT
ST ANDREW'S, EAST RUNTON WILL COMMENCE AT 9.15AM**

COMMISSIONING OF CHURCHWARDENS

At our Benefice Service on Sunday 30th July at 10.30am at Holy Trinity Church, West Runton, we will be commissioning the Churchwardens in our Benefice.

PLEASE DO COME ALONG AND SUPPORT THEM.

READINGS FOR JULY – YEAR A

Sunday 2nd July Trinity 4	Jeremiah 28. 5–9	Romans 6. 12–23	Matthew 10. 40–42
Sunday 9th July Trinity 5	Zechariah 9. 9–12	Romans 7. 15–25a	Matthew 11. 6–19, 25–30
Sunday 16th July Trinity 6	Isaiah 55. 10–13	Romans 8. 1–11	Matthew 13. 1–9, 18–23
Sunday 23rd July Trinity 7	Isaiah 44. 6–8	Romans 8. 12–25	Matthew 13. 24–30, 36–43
Sunday 30th July Trinity 8	1 Kings 3. 5–12	Romans 8. 26–39	Matthew 13. 31–33, 44–52

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 5th July	Barry Oake
Wednesday 12th July	William Bestelink
Wednesday 19th July	Paul Yeomans
Wednesday 26th July	Pat Baggaley

WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The meeting of the Walsingham Cell will take place on Thursday 6th July at 7.00pm as Holy Trinity, West Runton. Fr Paul Yeomans will be leading us in a Devotional on the Lord's Prayer. All our very welcome to join us.

[This is a change to the programme as advertised in last month's Quintet News.]



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**

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



SHERINGHAM AND CROMER CHORAL SOCIETY

VISIONS OF VENICE

SATURDAY 15TH JULY, 7.00PM

CROMER PARISH CHURCH

Come along and hear Vivaldi's Gloria, Monteverdi's Beatus Vir, and works by Marcello and Durante. Accompanied by string and wind orchestra.

Tickets £15. Under 18s Free. Tickets on the door or in advance from Sheringham Little Theatre or Tourist Information Centre, Cromer.

NEWS FROM THE QUINTET BENEFICE

EAST RUNTON

The Springtime Coffee Morning held on Saturday 10th June raised a wonderful £460. Thank you to all those who worked so hard on the day and to all those who came along to support the event.

Please note that we have reverted to all our Sunday services starting at 9.15am.

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. From February to May we raised (with Gift Aid added) £1777.00.

At the **Coffee Morning on Friday 28th July** we expect to be joined by the Parish Council who will hold one of their surgeries. It will be very informal and hopefully people will feel relaxed enough to ask questions they may not ask if they have to come to a designated surgery on a particular day.

BEESTON REGIS

On Sunday 30th July at the 10.30am Benefice Service at Holy Trinity Church, West Runton, Steve Oxenham and Amanda Wooster will be commissioned as our new Churchwardens. Please pray for them as they take on this important role.

We also give thanks to John Meikle, as he steps down as Churchwarden, for all the years' service he has given to our church.

LOCAL NEWS

The **Sheringham & Cromer Choral Society's "COME & SING"** takes the form of a whole day workshop which is open to singers of all ages and all abilities. Everyone is welcome to come along and enjoy this opportunity to relax and enjoy a whole day of music making together. Our **21st October 2023 event** will feature Handel's always popular **Coronation Anthems** – especially in a Coronation year!

Booking for "COME & SING" will open on 21st August 2023 – please do not submit booking forms before that date. Register by completing the online registration form which will be found at:

<https://www.sheringhamandcromerchoral.org.uk/come-sing/>

WHAT'S ON?

DATE	VENUE AND EVENT
WEDNESDAY 5TH JULY 12.30PM to 1.30PM	SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON A concert by organist Jim Laird. Bring you lunch and enjoy and enjoy a tea or coffee with us. Retiring collection
THURSDAY 6TH JULY 7.00PM	WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY – HOLY TRINITY, WEST RUNTON Fr Paul Yeomans will be leading us in a Devotional on the Lord's Prayer. All are welcome to attend.
FRIDAY 7TH & 14TH JULY 10.00AM TO 12 NOON	COFFEE MORNING – CHURCH HALL, WEST RUNTON Come along and enjoy a coffee and a chat and help raise some funds!
WEDNESDAY 12TH JULY 12.30PM TO 1.30PM	SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON A concert by organist Richard Walker. Bring you lunch and enjoy and enjoy a tea or coffee with us. Retiring collection.
SATURDAY 15TH JULY 7.00PM	SHERINGHAM & CROMER CHORAL SOCIETY CROMER PARISH CHURCH – VISIONS OF VENICE Come along and hear Vivaldi's Gloria, Monteverdi's Beatus Vir. Tickets £15 on the door or from Sheringham Little Theatre or Tourist Information Centre, Cromer. Under 18s free.
FRIDAY 21ST AND 28TH JULY 10.00AM TO 12 NOON	COFFEE MORNING – CHURCH HALL, WEST RUNTON Come along and enjoy a coffee and a chat and help raise some funds!
SUNDAY 23RD JULY 3.00PM TO 5.00PM	WILD CHURCH OUTSIDE THE BEACH CAFÉ, WEST RUNTON BEACH join us on our annual gathering at the sea for rock pooling, fossil hunting and beachcombing, exploring our own local natural chalk reef, God's WILDLY Wonderful World!

SAFEGUARDING, HELP AND ADVICE

We take safeguarding very seriously at all of the Benefice Churches and care about all those we seek to serve within our churches and our communities.

We conform to the policy of Norwich Diocese which can be found at <https://www.dioceseofnorwich.org/about/safeguarding>

If you believe that either yourself or someone you know may be at risk of harm or neglect, please contact Rev. Jeremy to discuss your concerns and what the next steps might be.

Alternatively, you may contact the Norwich Diocese Safeguarding Team by email: safeguarding@dioceseofnorwich.org or by telephone: 01603 882345.

If you or someone you know is in immediate danger of being harmed then please call 999 to be advised by the emergency services.

DO YOU STILL RECEIVE YOUR QUINTET NEWS BY POST?

With the ever increasing cost of postage would you please consider receiving your monthly copy by email? If so, then please let Pam Thompson know by emailing her at pamjthompson@outlook.com

DEADLINE FOR AUGUST NEWSLETTER SUNDAY 16TH JULY 2023

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

Telephone: 01263 510319

Email: pamjthompson@outlook.com

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	Steve Oxenham, 16 Nelson Road, Sheringham, NR26 8BU Amanda Wooster, Email: jawooster20@gmail.com	824546 07985 291930
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	Vacancy	
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: wmcbstelink@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