

# **QUINTET NEWS**

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

**AUGUST 2021**

**FREE**

## HELLO FROM BARRY

Dear Friends,

I have just finished a round of the modest garden of our house in Cromer, now that at last the sun has consented to shine after many grey, damp and cold days...not at all July-like.

I was reminded of the lovely summer we had last year when the sun was much more apparent, and the world a lot quieter. (Am I nostalgic for that first lock-down? Well, no, but for a time the world did seem a bit more calm).

I have picked our first crop of peas, and also have two courgettes...not bad considering we have had no vegetable garden for many years.

We are now planning what we might try to grow next year, and that of course turns the mind to what the future holds. We have all largely been patient and obedient under whatever rules have been imposed, although at times no doubt very frustrated at governmental dithering and flights against scientific advice.

As I write, numbers of infections are increasing although deaths are not so much. How do we view what life is going to be like?

I guess all who can, will continue to plan gardens and hope for good crops next year. 'Hope springs eternal etc'.

The Christian life is based on hope and trust, and I suspect a lot of us have been sorely tried over the last many months. We trust, like Julian of Norwich, that 'all will be well' and hope that our lives will return to something like normal.

What is 'normal' though, (I don't mean 'normal for Norfolk' that is too old a chestnut in these circumstances).

We look for a life with the assurance of the sense of the presence of God as a normal thing.

God has been grieving with the bereaved, suffering with those ill in hospital or at home, sweating beside the medical and care workers, in short, he has been here all the time.

As the summer holiday season breaks upon us, and we tentatively dare to consider having a brief time away from home, I think it is helpful to remember that Jesus, too, needed time out...he often went away into the wilderness, up a mountain, or just across the lake.

I hope that many folks will be able to take a break from the stresses of the last many months, even if it is a few days with members of family or friends, and that as Autumn rolls onwards we can look forward to less stressful times.

Enjoy the summer!

Barry.

St Benedict's day was 11<sup>th</sup> July, and he wrote this—

O gracious and holy Father,  
Give us wisdom to perceive you,  
Diligence to seek you,  
Patience to wait for you,  
Eyes to behold you,  
A heart to meditate upon you,  
And a life to proclaim you,  
Through the power of the spirit  
Of Jesus Christ our Lord.

## **REOPENING OUR CHURCHES FOR SERVICES**

Following the easing of Coronavirus restrictions on the 19<sup>th</sup> July and assuming that it all goes smoothly, we are intending to get back to a regular pattern of worship in all our churches from Sunday, 1<sup>st</sup> August.

However, to protect each other, and particularly those who are clinically vulnerable, we are asking that everyone who attends Church continues to wear a face covering and also, where possible, to maintain social distancing.

We also feel that for now communion will only be given as bread, and the priests will continue the rigorous hygiene protocols that are at present in place including the wearing of a face covering when distributing the bread.

For those who feel that they would still prefer to join us from home, we will continue to live stream the weekly service for West Runton by Zoom for the next few months.

Jeremy

An Order of Service and Hymn Sheet will be on the Quintet website at [www.quintetbenefice.com](http://www.quintetbenefice.com). To join by telephone, dial one of the following numbers:

0203 051 2874   0203 481 5237   0203 481 5240   0203 901 7895

You will be asked for the meeting ID (847 5169 5104) and the Passcode (239946) followed by #, you will then be asked for a participant ID press #, finally you will be asked for the passcode (239946) followed by #. You will then be put into a waiting room until we let you into the service.

### **RECEIVE THE LATEST NEWS DIRECTLY INTO YOUR INBOX EACH MONTH**

If you would like to receive the Quintet Newsletter by email please contact Ali Wharton, the Benefice Administrator, by emailing her at [quintetchurchesnorfolk@gmail.com](mailto:quintetchurchesnorfolk@gmail.com).

## SERVICES IN THE BENEFICE

	<b>Sunday 1<sup>st</sup> August Trinity 9</b>	<b>Sunday 8<sup>th</sup> August Trinity 10</b>	<b>Sunday 15<sup>th</sup> August The Blessed Virgin Mary</b>	<b>Sunday 22<sup>nd</sup> August Trinity 12</b>	<b>Sunday 29<sup>th</sup> August Benefice Communion Trinity 13</b>
	<i>(Green)</i>	<i>(Green)</i>	<i>(White)</i>	<i>(Green)</i>	<i>(Green)</i>
<b>St John the Baptist Aylmerton</b>		<b>9.15am</b> <i>Eucharist</i>		<b>9.15am</b> <i>Morning Prayer</i>	<b>11.00am</b> <i>Eucharist</i>
<b>All Saints Beeston Regis</b>	<b>9.15am</b> <i>Eucharist</i> <i>BCP</i>	<b>11.00am</b> <i>Morning Prayer</i>	<b>11.00am</b> <i>Eucharist</i>	<b>11.00am</b> <i>Eucharist</i>	
<b>St Andrew's East Runton</b>	<b>9.15am</b> <i>Eucharist</i>	<b>9.15am</b> <i>Eucharist</i>	<b>9.15am</b> <i>Morning Prayer</i>	<b>9.15am</b> <i>Eucharist</i>	
<b>Holy Trinity West Runton</b>	<b>11.00am</b> <i>Sung</i> <i>Eucharist</i>	<b>11.00am</b> <i>Sung</i> <i>Eucharist</i>	<b>11.00am</b> <i>Sung</i> <i>Eucharist</i>	<b>11.00am</b> <i>Sung</i> <i>Eucharist</i>	
<b>All Saints Gresham</b>	<b>Currently Closed</b>				

## BENEFICE COMMUNION

When there is a fifth Sunday in the month a Benefice Communion will be held and the congregations from the Benefice are invited to come together to celebrate the Eucharist. The Benefice Communion will be held in a different church each time with the first taking place at **11.00am on Sunday 29<sup>th</sup> August at St John the Baptist, Aylmerton.**

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**Walsingham Cell of Our Lady and Holy Trinity** — The next meeting will take place at Holy Trinity, West Runton on **Thursday 5<sup>th</sup> August at 7.00pm.**

We will be exploring the Assumption of Our Lady. All our welcome to join us, either in person or via Zoom (normal joining instructions as for services).

Please contact Ali Wharton for further details.

## READINGS FOR AUGUST – YEAR B

<b>Sunday 1<sup>st</sup> August</b> Trinity 9	<b>Exodus</b> 16. 2–4, 9–15	<b>Ephesians</b> 4. 1–16	<b>John</b> 6. 24–35
<b>Sunday 8<sup>th</sup> August</b> Trinity 10	<b>1 Kings</b> 19. 4–8	<b>Ephesians</b> 4. 25–5. 2	<b>John</b> 6. 35, 41–51
<b>Sunday 15<sup>th</sup> August</b> The Blessed Virgin Mary	<b>Isaiah</b> 61. 10–11	<b>Galatians</b> 4. 4–7	<b>Luke</b> 1. 46–55
<b>Sunday 22<sup>nd</sup> August</b> Trinity 12	<b>Joshua</b> 24. 1–2a, 14–18	<b>Ephesians</b> 6. 10–20	<b>John</b> 6. 56–69
<b>Sunday 29<sup>th</sup> August</b> Trinity 13	<b>Deuteronomy</b> 4. 1–2, 6–9	<b>James</b> 1. 17–26	<b>Mark</b> 7. 1–8, 14, 15. 21–23

**REGULAR GIVING** — As you are all aware 2020 was a difficult financial year for our churches. General giving, collections, Standing Orders etc., were significantly less than in 2019 and, due to the pandemic, there has not been any fund raising. We are grateful to those church members who were able to pay by Standing Order – this has been of great benefit as their contributions have continued throughout the year whereas collections have not. We are also grateful to our church members who have either put their collection aside in their white envelopes, sent in cheques, or made bank transfers. If you have not yet considered paying a regular amount by Standing Order, could we please ask you to consider doing so.

**GIFT AID CLAIMS** — If you are a taxpayer, please consider filling in a Gift Aid Form. Gift Aid is a scheme which means that the church can claim from HMRC an extra 25p for every £1 you donate, or put another way, it increases your donation by 25% – that is so long as you have paid the basic rate of tax and make the donation from your own funds.

If you are not a taxpayer then the church can still claim Gift Aid under the Small Donations Scheme for collections. Under these circumstances please do not pay your donations by cheque but pay by cash either in your envelopes or in not more than £20 notes as we cannot claim Gift Aid under this scheme on cheques or large denomination notes.

If you require any further details, either about paying by Standing Order or about Gift Aid then please speak to one of the Benefice Gift Aid Officers or one of the Treasurers.

## NEWS FROM THE QUINTET BENEFICE

### AYLMERTON

**St John the Baptist:** On Sunday, 27<sup>th</sup> June a congregation of 26 people enjoyed our first service in 15 months. Many thanks to our choir of six people who were in the chancel and sang the hymns. They made the service extra special. We said “hello” to Rev. Jeremy (who took his first service in our church) and to Pam Thompson who was introduced as the new Reader for the Benefice. We were also able to say a “proper” goodbye to Clive & Margaret Mitchell and we wished them a happy retirement in Cromer. We are now able to hold a service once a fortnight, and these will take place on the second and fourth Sunday of each month. Please ring Connie on 01263 837647 or email [connieburchett23@gmail.com](mailto:connieburchett23@gmail.com) for more information.

### EAST RUNTON

**Jill Baker** — St. Andrew's has recently lost a member of our congregation who was held in much affection. Jill Baker, beloved sister of Jean Steward, died on 6th July. Jill had been ill for some time but continued to attend services and to be involved with church activities until she became too ill to do so. She eventually had to go into care where she passed away peacefully with her sister Jean beside her. She will be greatly missed. *Barbara Wright*

**Update on St Andrew's** – The repair work at St. Andrew's was started in early July and, by the time you are reading this, should now be completed. It is hoped that the church will now be able to dry out. We look forward to reopening again for services every Sunday starting on 1st August.

**The Weather** — Our weather has not been the best recently (although as I write this it is getting hotter) but spare a thought for Jennifer Elton's niece who lives in Alberta, Canada. They have been suffering scorching heat and the province dealt with an historic heat wave when temperatures reached 40C (104F). They had to live in their cellars to try to keep cool. A “prayer” which was being said was “Lord, whatever it is you are cooking outside – it's done!”

### WEST RUNTON

**New Path** — We have been trying for many years to get a faculty for providing a path from the car park to the porch. We were advised by the Diocesan Advisory Committee that we should have a resin bonded path which was very expensive. We tried to get this high specification reduced and eventually we agreed between us on what is known as a ‘tar and chip’ path, and this has now been put in place. This will mean that it will be much easier both for wheelchairs and mobility scooters or even one person assisting another.

Many thanks to the people who have very generously donated to the cost of laying the path.

*Peter Strudwick*

**The Bike Ride for the Norfolk Churches Trust** will be held on **Saturday 11th September from 9.00am to 5.00pm**. Whether riding a bike, walking, or driving around in the car, it is a marvellous day to explore churches near and far, especially if you can persuade your friends to sponsor you for how many churches you visit. Father David Paskins has very kindly offered to take part in the cycle ride on behalf of Holy Trinity Church, West Runton. If you would like to sponsor Father David, and we hope you will, he has agreed to take details of your sponsorship by telephone on 01263 715905 or by email at david@paskins.eclipse.co.uk. Sponsorship forms will also be available at the back of the church from 15<sup>th</sup> August.

**Volunteers Needed** — We urgently need to restart fundraising for our church but we can only do this with your help. The Organ Recitals have commenced and, although the numbers attending have been small, they have been very generous in contributing to the Retiring Collection. However, we do need some help with serving the coffee and tea. We also hope to start the book sales again in August but to do this we need assistance with sorting out the books that we already have. We would also like to start a Fund Raising Committee and hold a meeting with those who would like to help (ladies and gentlemen) to discuss what we can do to try and boost our finances.

Please, please, please help if you can (and we are sure a lot of you could). Take the first step by giving either Rosemary (838121) or Janice (837799) a call. We know you would want to help get our church back on its feet again after these long black months.

*Janice Williams and Rosemary Large*

**SUMMER LUNCHTIME CONCERTS – EVERY WEDNESDAY 12:30PM TO 1:30PM  
AT HOLY TRINITY CHURCH, WEST RUNTON**

The series of lunchtime concerts continues taking place every Wednesday. Admission is Free but there will be a Retiring Collection. Bring your lunch and enjoy a coffee or tea with us. Car parking is next door to the Rectory.

4<sup>th</sup> August: Tim Patient – Organ

11<sup>th</sup> August: Zaira Palumbo & Alan Morris – Soprano & Organ

18<sup>th</sup> August: Zaira Palumbo & Alan Morris – Soprano & Organ

25<sup>th</sup> August: Richard Walker – Organ

1<sup>st</sup> September: Scarlett Askew – Flute

**DEADLINE FOR SEPTEMBER'S NEWSLETTER – SUNDAY 22<sup>ND</sup> August**

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 AYLERTON, 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>Usual Non-Working Day: Friday</b>	<b>837761</b>
<b><u>Benefice Administrator</u></b>	<b>Mrs Ali Wharton – Email: <a href="mailto:quintetchurchesnorfolk@gmail.com">quintetchurchesnorfolk@gmail.com</a></b> Office open Mondays from 11:00 to 13:00	<b>07880 776720</b>
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<b>Aylmerton</b>	<b>Mrs C Burchett</b> , 44 Renwick Park West, West Runton NR27 9LX <b>Vacancy</b>	<b>837647</b>
<b>Beeston Regis</b>	<b>Mr J Meikle</b> , Shannock, Morley Road North, Sheringham NR26 8JB <b>Vacancy</b>	<b>820364</b>
<b>Gresham</b>	<b>Mr R Batt</b> , East Beckham Hall, Otters Lane, E. Beckham NR11 8GA <b>Mr P Campbell</b> , Yew Tree Cottage, 40 Holt Road, Gresham NR11 8AD	<b>822234</b> <b>570281</b>
<b>East Runton</b>	<b>Miss J Steward</b> , 78 Central Road, Cromer NR27 9BW <b>Mrs B Wright</b> , 69 Clifton Park, Cromer NR27 9BG	<b>512624</b> <b>513402</b>
<b>West Runton</b>	<b>Mr P Strudwick</b> , 6 Nelson Road, Sheringham NR26 8BU <b>Mrs R Large</b> , Wild Orchids, The Common, West Runton NR27 9QU	<b>823657</b> <b>838121</b>
<b><u>PCC Secretaries</u></b>		
<b>Aylmerton</b>	<b>Mrs H Dumolo</b> , Church Farm Bungalow, Church Road, Aylmerton	<b>838632</b>
<b>Beeston Regis</b>	<b>Mr D Nightingale</b> , 31 Abbey Park, Beeston Regis NR26 8SR	<b>824389</b>
<b>Gresham/Runton</b>	<b>Vacancy</b>	
<b><u>PCC Treasurers</u></b>		
<b>Aylmerton/Gresham</b>	<b>Mrs R Large</b> , Wild Orchids, The Common, West Runton NR27 9QE	<b>838121</b>
<b>Beeston Regis</b>	<b>Mr M R Braybrook</b> , Duart Lodge, Furze Hill, Cromer NR27 0HU	<b>512342</b>
<b>Runton</b>	<b>Mrs P May</b> , Jesiam, Britons Lane, Beeston Regis NR26 8TR	<b>822041</b>
<b><u>Gift Aid Officers</u></b>		
<b>Aylmerton/Gresham</b>	<b>Miss J Idiens</b> , Breckwood, Tower Road, Aylmerton NR11 8QG	<b>07775 622333</b>
<b>Beeston Regis</b>	<b>Mr M R Braybrook</b> , Duart Lodge, Furze Hill, Cromer NR27 0HU	<b>512342</b>
<b>Runton</b>	<b>Dr R May</b> , Jesiam, Britons Lane, Beeston Regis NR26 8TR	<b>822041</b>
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<b>Pamela Kilgour</b>	Email: <a href="mailto:pamkilgour@yahoo.co.uk">pamkilgour@yahoo.co.uk</a>	<b>837944</b>
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<b>The Revd. Canon W Bestelink</b>	Email: <a href="mailto:wmcbestelink@btinternet.com">wmcbestelink@btinternet.com</a> Mobile: 07909 690073	<b>514045</b>
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