

QUINTET NEWS

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

AUGUST 2022

FREE

HELLO FROM REV PAUL YEOMANS

Dear Friends,

Around 600B.C. the prophet Habakkuk was concerned over the rampant sin, iniquity, and political corruption which was going unchecked in the land of Judah. He wanted to know why God was not doing anything about it. God informed Habakkuk that He planned to punish the iniquity of Judah very soon and that the instrument He would use was going to be the Chaldeans, a ruthless, aggressive, violent nation. This was not the answer he expected. He could not reconcile the problem of how God, in His righteousness and holiness, could use such a wicked instrument as the Chaldeans to chasten His chosen people Judah. God's reply to Habakkuk implied that the righteous, godly, person exercises a continuous and abiding confident trust in God even in the face of all adversity and trial, and in every circumstance of life. To Habakkuk, this meant that the just lived in faithfulness both in a time of spiritual declension, such as he was experiencing in Judah, and in a time of national calamity for which he was commissioned to prophesy.

These last few months we have all experienced very difficult times. There is the ongoing pandemic, economic problems with a cost-of-living rise, political turmoil, and various ongoing social problems along with the very real threat of a Third World War. We might well be tempted to also ask "What is God doing about it?" The answer will still be the same. As Christians, we are to trust that God is in charge of all that is happening and that everything is working for the eventual good "with those that love Him and are called according to His purpose" (Romans 8:28). Like so much in the Christian life, it comes back to Love. Fear is a lack of love. "Perfect Love casts out fear" (1 John 4:18).

In challenging times, it is especially important to exercise that trust, not only for our own spiritual well-being but also as a witness to the Gospel. Those who put their trust in worldly matters are rightly fearful, worried, and generally distressed when these things happen, but Christians placing their trust in a risen Saviour, focussed on the Cross, know with certainty that "all shall be well and all shall be well and all manner of things shall be well" (Mother Julian) a trust that transcends chaos and fear and finds a perfect Peace.

With blessings,

Paul

PRAYER CORNER

Please pray—

- For the people of Ukraine
- For the people of Somalia suffering famine and drought
- For the people of Afghanistan
- For the people of Syria
- For visitors coming on holiday to our region
- For all who are struggling financially
- For the local communities affected by the devastating fires due to the hot weather and for those who serve in our emergency services
- 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

“What does the Lord require of you but to do justly.
To love mercy and to walk humbly with your God.”

Micah 6:8

“God is our refuge and strength, an ever-present help in trouble.”

Psalms 46:1

“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.”

WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The Walsingham Cell meets on the first Thursday of the month and our next meeting is on **Thursday 4th August at 7.00pm in Holy Trinity Church, West Runton.**

Fr David Paskins will be talking about Jean Baptiste Vianney, Curé of Ars-en-Dombes' (the Patron Saint of Parish Clergy) whose Feast day falls on that day. All are welcome to join us and there will be complementary refreshments at the end of the meeting.

SUMMER LUNCHTIME CONCERTS HOLY TRINITY CHURCH, WEST RUNTON WEDNESDAYS – 12.30PM TO 1.30PM



Our series of lunchtime concerts have been well received and continue throughout August with the following concerts—

3 rd August	Organ	Tim Patient
10 th August	Organ	Alan Morris
17 th August	Violin and Viola	Simon and Rachel Ballard
24 th August	Flute	Scarlett Askew-Gale
	Accompanied on the Piano by:	Mark Jones
31 st August	Organ	Elinor Hanton, Organ Scholar, Oxford University

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



WILD CHURCH

We are taking a break in August for rest and renewal, but we return on **Sunday 11th September** for an exciting, wonderful, beautiful, and amazing Autumn series of WILD CHURCH events. Based at **All Saints Church, Beeston Regis**, outside on the **Church Field**, we will meet on the second Sunday of the month from **2.15pm to 4.00pm**. We welcome families with children of all ages. Children under the age of 7 must be supervised by an adult.

At WILD CHURCH we are on a journey of Discovery, Connectiveness & Wellbeing. We seek to: Be well in our relationship with God – Be well with the earth and all in it that God has entrusted to us – Be well in ourselves; in mind, body and spirit. You can just come along but do contact Amanda Wooster, 07985 291930 if you have any questions. Offers of voluntary help most welcome.

MARATHON 2022

ALL SAINTS CHURCH, BEESTON REGIS – MILE 10

After smashing his target of £26,000 and raising more than £38,000 for 26 local charities last year, Duncan Baker MP is aiming to do it all over again, but with a twist.

For every mile that Duncan completes, 25 local charities will each receive £1,000, and then for the final mile of the marathon, he wants to donate £5,000 to the Supporting Ukraine in Norfolk Community Foundation's Ukraine Fund that is helping refugees all over Norfolk. The target Duncan aims to raise this year is £30,000.

Forty charities were nominated by members of the public, and 26 charities were chosen in a live draw on Friday 1st July at the Holt Youth Project.

We are pleased to announce that All Saints Church, Beeston Regis has been successful in being one of the charities to be supported, being drawn as Mile 10.

Some of the other successful charities include—

- Sheringham Little Theatre (Mile 2)
- Sheringham & Cromer Choral Society (Mile 3)
- St Andrew the Apostle Church, Holt (Mile 8)
- Friends of Cromer Hospital (Mile 11)

A list of all the successful charities can be found on Duncan's website at: www.duncanbaker.org.uk/marathon2022 including details of how you can generously support them.

You can also donate by cheque, made payable to "Norfolk Community Foundation", and sent to FREEPOST Duncan Baker (no stamp needed).



SUNDAY SERVICES IN THE BENEFICE FOR AUGUST

	Sunday 7 th August Trinity 8 (Green)	Sunday 14 th August Trinity 9 (Green)	Sunday 21 st August Trinity 10 (Green)	Sunday 28 th August Trinity 11 (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>Morning Prayer</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>Service of the Word</i>			

CARD READERS

You will have noticed that some of our churches now have Card Readers installed. Many people no longer carry cash, and so it is becoming increasingly important to provide other ways for people to give. The Card Reader allows people to choose the way they want to give money, whether its via Chip and Pin, or a tap of their card or phone. It is very simple to use but if you have any questions then please speak to Jeremy.

CORONAVIRUS

Although not mandatory, you may wish to wear a face covering when attending Church to protect each other, and particularly those who are clinically vulnerable.

Communion will continue to only be given as bread, and the priests will continue the rigorous hygiene protocols that are 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 West Runton's weekly service.

READINGS FOR AUGUST – YEAR C

Sunday 7th August Trinity 8	Genesis 15. 1–6	Hebrews 11. 1–3, 8–16	Luke 12. 32–40
Sunday 14th August Trinity 9	Jeremiah 23. 23–29	Hebrews 11. 29–12. 2	Luke 12. 49–56
Sunday 21st August Trinity 10	Isaiah 58. 9b–14	Hebrews 12. 18–29	Luke 13. 10–17
Sunday 28th August Trinity 11	Ecclesiasticus 10. 12–18	Hebrews 13. 1–8, 15–16	Luke 14. 1, 7–14

CONFIRMATION CLASSES

Confirmation can be an important part of a lifetime journey of faith as a follower of Jesus Christ. If anyone is interested in exploring being confirmed then please let Jeremy know.

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.

NEWS FROM THE QUINTET BENEFICE

AYLMERTON

Eucharist Services — A reminder that each month our two services will both be Eucharist Services starting at 9.15am. We look forward to seeing you.

Hand Rail — We now have a Faculty to install a hand rail up the main path which should be installed soon. This should make it easier and safer for walking up to the church.

EAST RUNTON

Welcome Back! — We are so pleased to welcome back our seasonal visitors this summer and, indeed, some new local people to our services and activities. Barbara Davies has very kindly taken on the role of “Chief Coffee Maker”, and another welcome return is that coffee will once again be served after Sunday services!

Summer Coffee Morning — **Saturday 6th August, between 10.00am and 12 Noon in St Andrew’s Church, East Runton.** There will be homemade cakes, gifts, raffles and much more. Do come and join us, there is always a welcome! The event is to raise much needed church funds, but 10% of the money raised will be going to a “Disaster Fund”, so when there is a disaster or crisis in the world we are ready to respond.

WEST RUNTON

Coffee Mornings/Book Sales — We will be holding our Coffee Mornings/Book Sales every other Friday during August and September from 10.00am to 12 Noon. We have a very good selection of books and, of course, our coffee is well known as the coffee drinker’s delight!

Ten per cent of all proceeds go towards our Distress Fund and the rest goes towards the upkeep of Holy Trinity Church, West Runton. However, each year we give the donations from one of our Coffee Mornings to a charity other than the church. This year we are going to support **North Norfolk Young Carers**. This is supported and run by Holt Rotary Club. They arrange weekends for rest, respite and fun for young carers (and there are more of them than you may think) some of them very young indeed.

We all like to think that all children have a childhood, but some with sick or disabled parents do not, they are looking, very willingly, after an adult.

So, we do hope that you will join us on **Friday 5th August at West Runton Church Hall** and donate generously, as you always do, to support these super children.

The dates for future Coffee Mornings/Book Sales are:

19th August; 2nd September; 16th September and 30th September.

Do come and enjoy a coffee and a chat and help raise some much needed funds!

Bacon Butty Bonanza — We are holding our usual “super-duper best bacon butties in Norfolk” event on **Saturday 27th August from 10.00am to 1.00pm**. Please come and enjoy the food, the stalls, and the company. We have had to increase the price for a Bacon Butty slightly to £3.00 but we do hope you will still consider it to be very good value and come and support us!

GRESHAM

Heritage Lottery Funded Project — The Heritage Lottery funded project to repair and restore All Saints Church, Gresham finished on the 30th June. The building is now secure for the future, clean, watertight, and looking lovely. We finished our series of funded events on 23rd June with a fascinating talk by David North from the Norfolk Wildlife Trust about the flora in our roadside verges. We plan to continue with events for the enjoyment of everyone and on **Friday 16th September at 7.00pm** there will be a **history talk by Dr John Beale** in the Church. Please do join us then.

LOCAL NEWS

Norfolk Churches Trust Bike Ride — This year’s bike ride will take place on Saturday 10th September from 9.00am to 5.00pm. A fun day out for all, stopping off at as many Churches and Chapels as you can! Pump up your tyres, dust off your walking boots, pack a picnic and plan a route from your own door to visit as many of the most beautiful churches in Norfolk as you can. **Plus there is a chance to win £1,000 for our church** by becoming the Parish with the most improved amount of money raised.

WHAT'S ON

DATE	VENUE AND EVENT
WEDNESDAY 3RD AUGUST 12.30PM–1.30PM	SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON TIM PATIENT: ORGAN Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!
THURSDAY 4TH AUGUST 7.00PM	WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY HOLY TRINITY CHURCH, WEST RUNTON Fr David Paskins will be talking about Jean Baptiste Vianney, Curé of Ars-en-Dombes' (the Patron Saint of Parish Clergy) whose Feast Day falls on that day. All are welcome to join us and there will be complementary refreshments at the end of the meeting.
FRIDAY 5TH AUGUST 10.00AM–12 NOON	COFFEE MORNING & BOOK SALE CHURCH HALL, WEST RUNTON Come along and enjoy a coffee and we have a good selection of books on sale. All welcome! Funds raised today will be in support of the North Norfolk Young Carers.
SATURDAY 6TH AUGUST 10.00AM–12 NOON	SUMMER COFFEE MORNING ST ANDREW'S CHURCH, EAST RUNTON Homemade cakes, gifts, raffles and much more. Come along and enjoy a great morning!
WEDNESDAY 10TH AUGUST 12.30PM–1.30PM	SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON ALAN MORRIS: ORGAN Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!
WEDNESDAY 17TH AUGUST 12.30PM–1.30PM	SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON SIMON AND RACHEL BALLARD: VIOLIN & VIOLA Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!

DATE	VENUE AND EVENT
<p>FRIDAY 19TH AUGUST 10.00AM–12 NOON</p>	<p>COFFEE MORNING & BOOK SALE CHURCH HALL, WEST RUNTON</p> <p>Come along and enjoy a coffee and we have a good selection of books on sale. All welcome!</p> <p>Funds raised will go to the upkeep of Holy Trinity Church but 10% of proceeds will go to the Distress Fund which is used when there is a disaster wherever in the world.</p>
<p>WEDNESDAY 24TH AUGUST 12.30PM–1.30PM</p>	<p>SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON SCARLETT ASKEW-GALE: FLUTE MARK JONES: PIANO</p> <p>Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!</p>
<p>SATURDAY 27TH AUGUST 10.00AM–1.00PM</p>	<p>BACON BUTTY BONANZA CHURCH HALL, WEST RUNTON</p> <p>Come and enjoy our “super-duper best bacon butties in Norfolk” event! Price for a bacon butty £3.00.</p> <p>Come and enjoy the food, the stalls, and the company!</p>
<p>WEDNESDAY 31ST AUGUST 12.30PM–1.30PM</p>	<p>SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON ELINOR HANTON: ORGAN (Organ Scholar, Oxford University)</p> <p>Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!</p>

DEADLINE FOR SEPTEMBER NEWSLETTER: 22ND AUGUST 2022

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

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>Benefice Administrator</u>	Mrs Ali Wharton The Rectory (Office), Cromer Road, West Runton NR27 9QT Email: quintetchurchesnorfolk@gmail.com	837761
<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	Mrs P May, Jesiam, Britons Lane, Beeston Regis NR26 8TR	822041
<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>Bereavement Support</u>		
Pamela Kilgour	Email: pamkilgour@yahoo.co.uk	837944
<u>Honorary Assistant Priests</u>		
The Revd. Canon W Bestelink	Email: wmbestelink@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: paul@yeomans.info	07437 203535