

QUINTET NEWS

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

**DECEMBER 2022
&
JANUARY 2023**

FREE

HELLO FROM JEREMY

Dear Friends,

As you read this Christmas will be approaching fast and only a week later we will be heralding in 2023 with the New Year. Thinking like that always helps me to gain some perspective in the midst of all the hype and fuss that is at every turn by now. In reality Christmas is just a day – well, in church terms, 12 days, beginning on 25th December and ending with Epiphany on 6th January. We are now in Advent, a time to prepare our hearts and minds to welcome with joy the coming of Jesus.

But, as we all know, there is now a huge multi-million pound Christmas industry, which has nothing to do with the coming of Jesus. And the ‘time of preparation’ for this massive blow-out of food, decorations and gifts is much longer than the 24 days of Advent, indeed as soon as one Christmas is over some people are starting to save for the next.

However we prepare, hopefully we can look forward to a lovely celebration surrounded by friends and family. At its best the Christmas razzamatazz reflects all the abundant generous love of God that we experience in creativity and kindness in our world.

But at its worst Christmas is a greedy unquenchable monster, which leads to people getting into debt and misery; the trouble seems to be that there is, in some parts, an unquestioned assumption that a commercial Christmas is the only, even the best, way to celebrate.

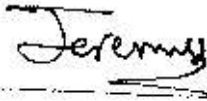
But it doesn't have to be that way, we can have an even more special Christmas if we use our imaginations and creative gifts, perhaps by making our own presents and cards, or planning surprises, or even doing some volunteer work.

Somehow we need to see through the hype, through the dazzle of glitter and cash, back to the simple truth that lies at the heart of Christmas. And that truth is that God loves this world in all its glorious diversity and was willing to become part of the beauty and the pain in the infant Jesus, born in simplicity 2000+ years ago.

Of course, I will be celebrating Christmas, buying presents, and having special food and treats. The Christian church will also celebrate Christmas with energy, enthusiasm and joy. And I know you will all be celebrating with friends and family. My prayer is that in the midst of the joyful celebrations you will touch something of eternity, something that goes beyond one day, and shapes all our lives in the year ahead.

Wishing you and all those you love a very blessed Christmas and a very Happy New Year.

My love and blessing,



Jeremy

Let us pray—

Christ, for whom there was no room in the inn,
give courage to all who are homeless;
in your mercy, hear our prayer.

Christ, who fled into Egypt,
give comfort to all refugees;
in your mercy, hear our prayer.

Christ, who fasted in the desert,
give relief to all who are starving;
in your mercy, hear our prayer.

Christ, who hung in agony on the cross,
give strength to all who suffer;
in your mercy, hear our prayer.

Lord of the Church,
hear our prayer,
and make us one in heart and mind to serve you with joy for ever.
Amen.

PRAYER CORNER

In a world filled with chaos, we pray because prayer is the antidote to anxiety.

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”.

Philippians 4: 6-7.

Please pray—

- For our government and political leaders, that those who govern may be governed by God’s love. May those who lead be led by God’s directing; and may the whole world come to know its need of God, by making us a caring world, honest in promises, far-sighted in the management of resources, and open-hearted in charitable giving
- 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 bush fires and plagues to floods and devastating mudslides that destroy homes and livelihoods, putting lives at risk
- For all who are struggling financially; for those who are worried about how they will pay their bills, how they will afford to eat, how they will keep their homes warm this winter
- 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 our Christmas services across the Benefice that they will engage and connect with people in a special way and that the light of the Christ-child will be reflected in us to the families who we meet this Christmas
- For the Wild Church initiative

WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The Walsingham Cell will meet on Thursday 1st December at 2.30pm at the Church Hall, West Runton for an Advent Service.

For further information contact Ali Wharton, the Cell Secretary/Membership Secretary at aliwharton@icloud.com



WILD CHURCH will be “wintering” now for a few months, probably to emerge again in March. Thank you to everyone who has supported us – it has been a wonderful experience.

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.

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 although children under the age of 7 must be supervised by an adult.

We look forward to seeing you in 2023 but, in the meantime, if you have any questions then contact Amanda Wooster, 07985 291930. Offers of voluntary help are always most welcome!

SERVICES IN THE BENEFICE FOR DECEMBER

	Sunday 4th Dec Advent 2 <i>(Purple)</i>	Sunday 11th Dec Advent 3 <i>(Purple)</i>	Sunday 18th Dec Advent 4 <i>(Purple)</i>	Saturday 24th Dec Christmas Eve <i>(White)</i>	Sunday 25th Dec Christmas Day <i>(White)</i>
St John the Baptist Aylmerton		9.15am <i>Eucharist</i>	3.00pm <i>Carol Service</i>		9.30am <i>Eucharist</i>
All Saints Beeston Regis	9.15am <i>Eucharist BCP</i>	11.00 am <i>Eucharist</i> 2.30pm <i>Christingle</i>	3.00pm <i>Carol Service</i>	4.30pm <i>Crib Service</i>	10.00am <i>All Age Eucharist</i>
St Andrew's East Runton	9.15am <i>Eucharist</i>	3.00pm <i>Carol Service</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>	11.30pm <i>First Communion of Christmas</i>	
All Saints Gresham	11.00am <i>Family Service</i>				11.00am <i>Morning Service</i>

PLEASE NOTE THAT THE STARTING TIMES OF SOME OF THE SERVICES ARE DIFFERENT THAN NORMAL, SO PLEASE CHECK BEFORE ATTENDING

ADDITIONAL EVENTS AND SERVICES

The following Events and Carol Services will also be taking place—

East Runton High Street	Friday 2nd December – 5.30pm Blessing of the Christmas Tree
West Runton Village Green	Saturday 3rd December – 6.00pm Blessing of the Christmas Tree and Carols
All Saints Gresham	Tuesday 13th December – Christingle for Gresham School
All Saints Gresham	Thursday 15th December – 6.00pm Carol Service
Holy Trinity West Runton	Tuesday 20th December 7.00pm Carol Service

READINGS FOR DECEMBER – YEAR A

Sunday 4th December Advent 2	Isaiah 11. 1–10	Romans 15. 4–13	Matthew 3. 1–12
Sunday 11th December Advent 3	Isaiah 35. 1–10	James 5. 7–10	Matthew 11. 2–11
Sunday 18th December Advent 4	Isaiah 7. 10–16	Romans 1. 1–7	Matthew 1. 18–end
Saturday 24th December Christmas Eve	Isaiah 52. 7–10	Hebrews 1. 1–4	John 1. 1–14
Sunday 25th December Christmas Day	Isaiah 52. 7–10	Hebrews 1. 1–4	John 1. 1–14

WEDNESDAY EUCHARISTS DURING ADVENT AT ST ANDREW’S, EAST RUNTON

During Advent we will be holding a midweek Benefice Eucharist at St Andrews, East Runton. We look forward to seeing you at 10.30am on—

Wednesday 7th December
 Wednesday 14th December
 Wednesday 21st December
 Wednesday 28th December

If successful, we would hope to be able to continue this on each Wednesday of 2023.

GLUTEN FREE WAFERS

We now offer Gluten Free Wafers at the Eucharist Services at all our churches. If you wish to receive the Gluten Free Wafer during Communion, please make this known to the Churchwarden or Sidesperson as soon as you come in to church so that the priest can make the necessary hygiene arrangements.

SERVICES IN THE BENEFICE FOR JANUARY

	Sunday 1 st January Naming and Circumcision of Jesus <i>(White)</i>	Sunday 8 th January Epiphany <i>(White)</i>	Sunday 15 th January Epiphany 2 <i>(White)</i>	Sunday 22 nd January Epiphany 3 <i>(White)</i>	Sunday 29 th January Presentation of Christ in the Temple (Candlemas) <i>(White)</i>
St John the Baptist Aylmerton		9.15am <i>Eucharist</i>		9.15am <i>Eucharist</i>	10.30am <i>Benefice Eucharist</i>
All Saints Beeston Regis	9.15am <i>Eucharist BCP</i>	11.00 am <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>				

PLEASE NOTE: THE BENEFICE EUCHARIST FOR CANDLEMAS TAKES PLACE AT ST JOHN THE BAPTIST, AYL MERTON ON SUNDAY 29TH JANUARY AT 10.30AM

Candlemas commemorates the ritual purification of Mary, 40 days after the birth of her son Jesus. This day also marks the ritual presentation of the baby Jesus to God in the Temple at Jerusalem.

The Gospel of Luke says that Jesus was met by Anna and Simeon. Simeon held the baby Jesus and called him a Light to the World.

Ritual purification stems back to a Jewish tradition that women were considered unclean after the birth of a child. For 40 days for a boy, and 60 days for a girl, women were not allowed to worship in the temple. At the end of this time, women were brought to the Temple or Synagogue to be purified. After the ceremony women were allowed to take part in religious services again.

The festival is called Candlemas because this was the day that all the Church's candles for the year were blessed.

READINGS FOR JANUARY – YEAR A

Sunday 1st January Naming and Circumcision of Jesus	Numbers 6. 22–end	Galatians 4. 4–7	Luke 2. 15–21
Sunday 8th January Epiphany	Isaiah 60. 1–6	Ephesians 3. 1–12	Matthew 2. 1–12
Sunday 15th January Epiphany 2	Isaiah 49. 1–7	1 Corinthians 1. 1–9	John 1. 29–42
Sunday 22nd January Epiphany 3	Isaiah 9. 1–4	1 Corinthians 1. 10–18	Matthew 4. 12–23
Sunday 29th January Presentation of Christ in the Temple (Candlemas)	Malachi 3. 1–5	Hebrews 2. 14–end	Luke 2. 22–40

FAMILIES & CHILDREN, ALL-AGE SERVICES ALL SAINTS, BEESTON REGIS

The All-Age Service takes place on the third Sunday of the month at 11.00am. It is a much simpler, non-Eucharistic service and everyone is warmly invited to come and join us.

There is a Children's Corner which is well used and much enjoyed. Children will be enthusiastically welcomed...and parents, rest assured, your children can be children, at our services!

EVENTS DIARY

DATE	VENUE AND EVENT
THURSDAY 1ST DECEMBER 2.30PM	<p style="text-align: center;">WALSINGHAM CELL ADVENT SERVICE CHURCH HALL, WEST RUNTON</p> <p>Everyone is very welcome to join the Walsingham Cell for a reflective service of readings and hymns, with complimentary refreshments at the end of the service.</p>
SATURDAY 3RD DECEMBER 10.00AM TO 12 NOON	<p style="text-align: center;">CHRISTMAS COFFEE MORNING ST ANDREW'S CHURCH, EAST RUNTON</p> <p>All sorts of delights will be on offer: homemade cakes, raffles etc., and much, much more. Come and enjoy a good old natter over a coffee and a mince pie!</p>
MONDAY 12TH DECEMBER 7.30PM	<p style="text-align: center;">SHERINGHAM & DISTRICT PHILATELIC SOCIETY CHURCH HALL, WEST RUNTON</p> <p>Come and join us for the evening when there will be a Competition and a Buffet.</p>
WEDNESDAY 15TH DECEMBER 6.00PM	<p style="text-align: center;">CAROL SERVICE ALL SAINTS CHURCH, GRESHAM</p> <p>Come and join us for our Carol Service followed by mince pies and mulled wine or juice.</p>
SUNDAY 21ST DECEMBER 11.00AM TO 1.00PM	<p style="text-align: center;">BRUNCH IN THE VILLAGE HALL, GRESHAM</p> <p>We will be serving cooked breakfasts with everything available from a bacon roll to a full English. We cater for every diet from vegan to gluten free. A great way to cheer up what can be a gloomy month, so please join us for good food and company.</p>
MONDAY 9TH JANUARY 2023	<p style="text-align: center;">SHERINGHAM & DISTRICT PHILATELIC SOCIETY CHURCH HALL, WEST RUNTON</p> <p>Come and join us for our "January Sale".</p>

NEWS FROM THE QUINTET BENEFICE

AYLMERTON

Carol Service — We look forward to welcoming you to our Carol Service on Sunday 18th December at 3.00pm.

We wish you all a very Happy and Peaceful Christmas.

BEESTON REGIS

London Marathon 2022 — As you know, Duncan Baker MP, undertook to run the London Marathon in October and to raise £30,000 for 26 local good causes – being £1,000 each for 25 local charities and £5,000 for the Norfolk Ukrainian Fund. It has taken a month to bank all the cheques, claim the Gift Aid and add up all the donations but Duncan is delighted to announce that he raised a whopping £49,198.37. It means that this year, all 25 nominated local charities, which includes All Saint's Beeston Regis, will each receive £1,611.14. Duncan would like to thank everyone who donated, supported, and cheered him on. In two years he has raised £87,394.55 for local charities. Irrespective of your political persuasion this is a terrific achievement – Well Done Duncan!

EAST RUNTON

A message from Jean:

For our Remembrance Sunday service Pam devised a moving service which was quite well attended.

We are continuing to collect for the Cromer and District Food Bank. There is a box just inside the church with a list of things required and some goodies for Christmas, would be nice. If you can help, that would be really appreciated, thank you.

Our Christmas Coffee Morning on Saturday, 3rd December will take place in Church from 10.00am to 12 Noon. We will have homemade cakes and mince pies, raffles, tombola and much more. We hope to see you there!

Fundraising for 2023 – We shall continue with our Themed Coffee Mornings, but we have decided not to have the bric-a brac and gift stalls, and to only have a raffle, bookstall, refreshments and cakes, with the possibility of a plant stall in the summer months.

Dates for the diary 2023:

15 th February – Chocolate	12 th August – Summer
1st April – Hot Cross Buns	7 th October – Harvest
10 th June – Spring	9 th December – Christmas

Hoping for your continued support.

We, at St. Andrew's, wish you all a very Happy Christmas and many Blessings for the New Year.

WEST RUNTON

Advent Celebration Coffee Morning, Lunch and Stalls – Thank you to all who attended the event on Saturday 26th November. We had been expecting to hold this in December, but circumstances meant that we had to bring the date forward and so we were not able to publicise the event in last month's Newsletter. However, a good time was had by all!

Coffee Mornings – We will not be holding our Coffee Mornings during December, but they will restart on **Friday 20th January 2023 at the Church Hall, West Runton from 10.00am to 12 Noon** and they will then be held every Friday. So do come along and enjoy a coffee and a chat and help raise some funds!

Wishing everyone a Happy and Peaceful Christmas and a Happy New Year!

GRESHAM

A message from Helen Hunter:

The Friends of All Saints do not have any events planned for December, but **we will be providing mince pies and mulled wine or juice after our Carol Service on 15th December at 6.00pm.**

However, in January we will be holding a **Brunch in the Village Hall on Saturday 21st December between 11.00am and 1.00pm.** We will be serving cooked breakfasts with everything available from a bacon roll to a full English. We cater for every diet from vegan to gluten free. A great way to cheer up what can be a gloomy month, so please join us for good food and company.

After a suggestion by a resident, **we have decided to put a bench in the churchyard in memory of Jill Fisher,** long time Churchwarden, who recently passed away. If you would like to contribute, please send a cheque, made payable to Friends of All Saints Gresham, c/o Helen Hunter, The Saltings, Holt Road, Gresham, NR11 8AD. Thank you.

Wishing everyone in the Benefice a happy and peaceful Christmas.

LOCAL NEWS

A message from Sheringham and District Philatelic Society:

November in Thomas Hood's poem is full of negatives – "No sun, no moon", but the members of Sheringham and District Philatelic Society responded positively to our November quiz. The good turnout showed detective skills to recall the values of well-known stamps from odd fragments. Multiple choice answers, avoiding humorous red herrings, and more straightforward tests of knowledge, allowed everyone to contribute.

Our next meetings are **Monday 12th December (Competition and Buffet)** and our **January "sales" on Monday 9th January** – a chance to have a clear out and grab bargains.

The meetings, are at West Runton Church Hall, starting at 19:30. New faces will be welcome!

CHRISTMAS WORDSEARCH

Can you find the words listed below hidden in the grid? They might be found written across, down or diagonally and they may read backwards or forwards.

Angel; Bethlehem; Christmas; Cracker; Crib; Donkey; Frankincense; Gabriel; Gift; Gold; Herod; Holly; Inn; Ivy; Jesus; Joseph; Manger; Mary; Mistletoe; Myrrh; Nativity; Sheep; Shepherds; Stable; Star; Tree; Turkey; Wisemen;

S	P	E	E	H	S	A	B	W	L	I	G	G	H
D	H	R	R	Y	M	N	O	I	F	Y	A	I	O
R	E	G	N	A	M	G	P	S	R	T	B	F	L
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E	S	N	E	C	N	I	K	N	A	R	F	S	Y
F	E	P	S	A	M	T	S	I	R	H	C	I	V
C	H	R	E	K	C	A	R	C	R	A	C	M	I

A MESSAGE FROM PAM & KEITH – THE NEWSLETTER TEAM

The Newsletter is now 3 years old, coming to life in September 2019.

It has been a pleasure producing the Newsletter for the last 3 years and we know, from your kind comments that many have found great comfort in receiving it each month.

Thank you to everyone who has signed up to receiving the Newsletter by email as this has helped enormously to keep down the cost of producing the Newsletter and sending it out by post. If you would like to receive your copy by email then please let us know.

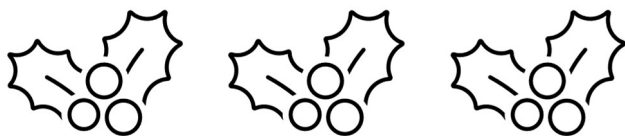
We look forward to continuing to produce the Newsletter in 2023 and wish you all a peaceful Christmas and a Healthy and Happy New Year!

DEADLINE FOR FEBRUARY'S NEWSLETTER FRIDAY 20TH JANUARY 2023

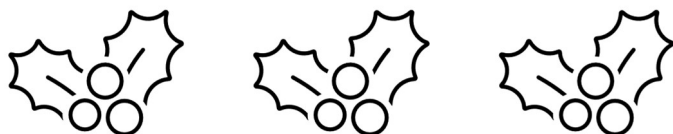
Please contact Pam Thompson if you would like an item included in the next Newsletter:

Telephone: 01263 510319

Email: pamjthompson@outlook.com



**WISHING YOU ALL
A VERY HAPPY CHRISTMAS
AND A
HEALTHY AND PEACEFUL NEW YEAR**



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: 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: paul@yeomans.info	07437 203535