

QUINTET NEWS

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

**DECEMBER 2023
&
JANUARY 2024**

FREE

HELLO FROM JEREMY

Dear Friends,

Sometimes it is all too easy to look at Christmas with nostalgia and rose tinted spectacles, especially for us adults, in that almost Monty Python like style.

“When we were children, Christmas was all so much simpler and we were happy to get an orange and some nuts, and the other presents we got were always a bonus, it always snowed, and everyone was happy and never rowed or got stressed out...”. Indeed I remember going to visit a parishioner in an old people’s home who told me just that!!

But in truth it was never fully like that and it is easy to get carried away by the nostalgia of Christmas and it should not be forgotten that for some the memories are painful and sad. And it can’t have been easy or comfortable for Mary and Joseph as they made their hard and uncomfortable journey to an overcrowded and unfamiliar Bethlehem.

We are familiar with the privations of the experience, the danger of the travelling and the difficulty in finding suitable accommodation, and then Mary giving birth without the support of her mum, and other closer female relations, which would have been the norm. But due to the Census and having to be in Bethlehem with her husband, Mary is denied this comfort and re-assurance. It must have been both an anxious and frightening experience for her.

This year, in our world, there are many who will spend Christmas in the rubble of their homes or in shelters for the homeless and refugee camps, forced to leave their homes because of war or famine or natural disaster. There will be babies born in the same excruciating conditions as Jesus, the Son of God.

If it is our happy lot to spend Christmas safe and warm in the loving environment of family and friends, let us rejoice and give thanks, but also remember and offer some of our resources to those whose experience will be one of uncertainty, desperation and fear.

But of course Christmas is not just the 25th December, that is only the start of Christmas, and like so many other periods of the Christian year Christmas lasts for 40 days, throughout the season of Epiphany until the feast of Candlemas or the Presentation of Jesus in the Temple which takes place on the 2nd February, and I intend that our Christmas lights will remain until then.

I finish with a prayer for the New Year written by Brother John Vockler—

“For all the possibilities ahead in this new year make us thankful, O Lord.

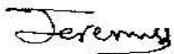
Give us wisdom, courage, and discernment in the face of so much chaos, despair, and fear.

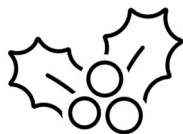
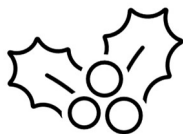
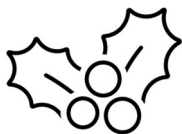
Help us to see how, in our circumstances, we can contribute towards peace, faith and love.

And give us the will to translate our desires into actions.”

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

All my love





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 earthquakes, floods, fires, 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 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 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 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.

EVENTS AND CAROL SERVICES

East Runton	Friday 1st December – 6.00pm Xmas Tree Blessing
West Runton	Saturday 9th December – 5.30pm Xmas Tree Blessing
St John the Baptist, Aylmerton	Sunday 10th December – 3.00pm Carol Service
St Andrew's, East Runton	Sunday 17th December – 2.30pm Carol Service
All Saints, Beeston Regis	Sunday 17th December – 3.00pm Crib and Carol Service
All Saints, Gresham	Tuesday 19th December – 6.00pm Village Carol Service
Holy Trinity, West Runton	Thursday 21st December – 7.00pm Village Carol Service

CHRISTMAS DAY SERVICES

Holy Trinity, West Runton	Sunday 24th December – 11.30pm First Communion of Christmas (Midnight Mass) Monday 25th December – No Service
St Andrew's, East Runton	Monday 25th December – 9.15am Holy Communion
St John the Baptist, Aylmerton	Monday 25th December – 10.00am Holy Communion
All Saints, Beeston Regis	Monday 25th December – 10.30am A Service for Christmas Day
All Saints, Gresham	Monday 25th December – 11.00am A Service for Christmas Day

PLEASE NOTE THAT THE STARTING TIMES OF SOME OF THE SERVICES ON CHRISTMAS DAY ARE DIFFERENT THAN USUAL

SUNDAY SERVICES IN THE BENEFICE DURING DECEMBER

	Sunday 3 rd Dec Advent 1	Sunday 10 th Dec Advent 2	Sunday 17 th Dec Advent 3	Sunday 24 th Dec Advent 4 & Christmas Eve	Sunday 31 st Dec Christmas 1
	<i>(Purple)</i>	<i>(Purple)</i>	<i>(Purple)</i>	<i>(Purple)</i> <i>(White)</i>	
St John the Baptist Aylmerton		3.00pm <i>Carol Service</i>			
All Saints Beeston Regis	9.15am <i>Eucharist BCP</i>	11.00am <i>Eucharist</i>	3.00pm <i>Crib & Carol Service</i>		
St Andrew's East Runton	9.15am <i>Eucharist</i>	9.15am <i>Morning Prayer</i>	2.30pm <i>Carol Service</i>		10.30am <i>Benefice Eucharist Service</i>
Holy Trinity West Runton	11.00am <i>Sung Eucharist</i>	11.00am <i>Sung Eucharist</i>	11.00am <i>Sung Eucharist</i>	10.30am <i>Benefice Eucharist Service</i>	
				11.30pm <i>First Communion of Christmas</i>	
All Saints Gresham	11.00am <i>Family Service</i>				

PLEASE NOTE THAT THERE ARE TWO BENEFICE EUCHARIST SERVICES IN DECEMBER:

SUNDAY 24TH DECEMBER – HOLY TRINITY, WEST RUNTON AT 10.30AM

SUNDAY 31ST DECEMBER – ST ANDREW'S, EAST RUNTON AT 10.30AM

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

READINGS FOR DECEMBER – YEAR B

Sunday 3 rd December Advent 1	Isaiah 64. 1–19	1 Corinthians 1. 3–9	Mark 13. 24–37
Sunday 10 th December Advent 2	Isaiah 40. 1–11	2 Peter 3. 8–15a	Mark 1. 1–8
Sunday 17 th December Advent 3	Isaiah 61. 1–4, 8–11	1 Thessalonians 5. 16–24	John 1. 6–8, 19–28
Sunday 24 th December Advent 4	2 Samuel 7. 1–11, 16	Romans 16. 25–27	Luke 1. 26–38
Monday 25 th December Christmas Day	Isaiah 52. 7–10	Hebrews 1. 1–4	John 1. 1–14
Sunday 31 st December Christmas 1	Isaiah 61. 10–62. 3	Galatians 4. 4–7	Luke 2. 15–21

WEDNESDAY EUCHARISTS DURING DECEMBER ST ANDREW'S, EAST RUNTON AT 10.30AM

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

Wednesday 6 th December (<i>St Nicholas</i>)	Jeremy Sykes
Wednesday 13 th December (<i>Ember Day</i>)	Paul Yeomans
Wednesday 20 th December	Pat Baggaley
Wednesday 27 th December (<i>St John</i>)	Paul Yeomans

SUNDAY SERVICES IN THE BENEFICE DURING JANUARY

	Sunday 7 th January Epiphany	Sunday 14 th January Epiphany 2	Sunday 21 st January Epiphany 3	Sunday 28 th January Presentation of Christ in the Temple (Candlemas)
	<i>(White)</i>	<i>(White)</i>	<i>(White)</i>	<i>(White)</i>
St John the Baptist Aylmerton		9.15am <i>Eucharist</i>		9.15am <i>Eucharist</i>
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:

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On Sunday 28th January we celebrate Candlemas which 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 B

Sunday 7 th January Epiphany	Isaiah 60. 1–6	Ephesians 3. 1–12	Matthew 2. 1–12
Sunday 14 th January Epiphany 2	1 Samuel 3. 1–10	Revelation 5. 1–10	John 1. 43–51
Sunday 21 st January Epiphany 3	Genesis 14. 17–20	Revelation 19. 6–10	John 2. 1–11
Sunday 28 th January Presentation of Christ in the Temple (Candlemas)	Malachi 3. 1–5	Hebrews 2. 14–18	Luke 2. 22–40

WEDNESDAY EUCHARISTS DURING JANUARY ST ANDREW'S, EAST RUNTON AT 10.30AM

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

Wednesday 3 rd January	William Bestelink
Wednesday 10 th January	Barry Oake
Wednesday 17 th January (<i>Charles Gore</i>)	Pat Baggaley
Wednesday 24 th January	Jeremy Sykes
Wednesday 31 st January	Paul Yeomans

NEWS FROM THE QUINTET BENEFICE

AYLMERTON

We look forward to welcoming you to our Carol Service on Sunday 10th December at 3.00pm and to our service on Christmas Day at 10.00am.

We wish you all a very Happy and Peaceful Christmas.

BEESTON REGIS

A reminder that our Family Services take 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!

EAST RUNTON

A message from Jean Stewart:

Pam devised a lovely service for Remembrance Sunday for us, which was not only well attended, but also much appreciated by the congregation.

We had a meeting to discuss fundraising for next year and have come up with a programme of coffee mornings similar to previous years, with a possibility of a couple of extra events.

Our next **Coffee Morning** will take place on **Saturday 9th December from 10.00am to 12 Noon**, when we all go Christmas crackers with mince pies, cakes, raffle, tombola and much more.....! Do come and join us.

Seeing this Newsletter is a double edition, a quick mention that we start our 2024's programme of events on **Saturday 10th February**, when we will be celebrating Valentine's Day, with a pre-lent indulgence in chocolate! So please pop the date in your diary.

We, at St. Andrew's, wish you all a very Happy and Holy Christmas with many good wishes for the New Year ahead.

WEST RUNTON

The "3C's Club" meets again on **Monday 4th December from 10.00am to 12 Noon at Holy Trinity Church, West Runton**. The "3C's Club" meets on the first Monday of each month for a "Coffee, Chat and Cleaning" session. So, if you fancy coming along either to help with doing some cleaning in the church, or doing a spot of gardening in the churchyard, or even just for a coffee and a chat, then do please come along, you will be most welcome.

The "3C's Club" will not meet in January and so the first meeting in 2024 will be Monday 5th February.

Christmas Coffee Morning – Our last Coffee Morning of 2023 will take place on **Friday 8th December from 10.00am to 12 Noon** at the Church Hall, West Runton so do come along and enjoy a good cup of coffee (or tea) and enjoy a couple of hours of relaxation.

Please note that there will be **no Coffee Mornings on 15th, 22nd and 29th December or on 5th and 12th January.**

Normal service will resume again on Friday 19th January 2024!!

GRESHAM

The Friends of All Saints Gresham are organising two events in the new year. Firstly, we are hoping to lift the winter gloom by holding a **Brunch in the Village Hall on Saturday 27th January from 10.30am to 12.30pm**. We will be serving hot food and drinks, including a full English breakfast, and of course, the ever popular bacon rolls.

Pancake Day falls on **Tuesday 13th February** and we will be celebrating by serving pancakes with a variety of sweet and savoury toppings. In the **Village Hall**, we will be flipping them between **11.00am and 1.30pm**. There will also be a tombola, and homemade cakes for sale. All funds raised will help to maintain the church. Everyone is welcome and we look forward to seeing you there.

In the meantime, the Friends' Committee wish you all a happy and peaceful Christmas.

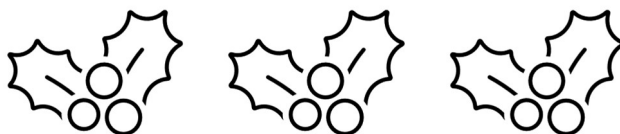
LOCAL NEWS

Sheringham & District Philatelic Society — Where might you find a Tyrian plum?* Members of Sheringham & District Philatelic Society held their annual quiz on 13th November. There were many laughs as teams answered questions which included red herring options. Final scores showed how evenly matched the teams were on subjects that included stamp collecting and general knowledge. Quizmaster Andrew was impressed by the standard. Some members commented that they learnt whilst having fun.

On Monday 11th December at 7.30pm members will enjoy a buffet and have the chance to display a small number of pages in our Christmas competition.

Our first meeting of 2024 will be on **Monday 8th January at 7.30pm at the Church Hall, West Runton** when we will hold a Members Sales Evening. All are very welcome to attend.

**Answer: It is a unique used stamp in the Royal Collection*



WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The Walsingham Cell celebrates the church new year with an **Advent Service on Thursday 7th December at 2.30pm at St Andrew's Church, East Runton.**

The first meeting of 2024 will be on **Thursday 4th January at 2.30pm in the Church Hall, West Runton**, when we welcome Fr David Warner, Vicar of the North Walsham Benefice, as our speaker.

Everyone is welcome to join us at our services and meetings.

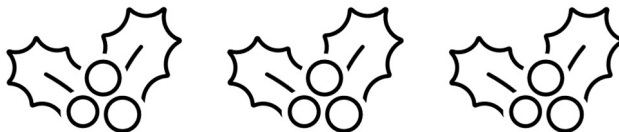
A MESSAGE FROM THE NEWSLETTER TEAM

The Newsletter is now 4 years old, coming to life in September 2019.

It is a pleasure producing the Newsletter and we know, from your kind comments, that many find great comfort in receiving it each month.

Thank you to everyone who signed up during the year to receive the Newsletter by email. Thank you also to those who have contributed towards the cost of postage by sending us some stamps which has helped to keep down the cost of producing the Newsletter and to allow us to continue sending it out by post.

We look forward to continuing to produce the Newsletter in 2024 and wish you all a peaceful Christmas and a Healthy and Happy New Year!



THE NEXT NEWSLETTER WILL BE FEBRUARY 2024, SO IF YOU HAVE ANY ITEMS WHICH YOU WISH TO BE INCLUDED THEN PLEASE NOTE THAT THE DEADLINE FOR SENDING ITEMS IS FRIDAY 19TH JANUARY 2024.

Please contact Pam Thompson:

Telephone: 01263 510319

Email: pamjthompson@outlook.com

WHAT'S ON?

DATE	VENUE AND EVENT
MONDAY 4TH DECEMBER 10.00AM TO 12 NOON	<p style="text-align: center;">THE "3C's CLUB" – HOLY TRINITY, WEST RUNTON</p> <p>The 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>
THURSDAY 7TH DECEMBER 2.30PM	<p style="text-align: center;">WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY – ADVENT SERVICE</p> <p>The Walsingham Cell celebrates the church new year with an Advent Service at St Andrew's Church, East Runton. All are welcome!</p>
FRIDAY 8TH DECEMBER 10.00AM TO 12 NOON	<p style="text-align: center;">CHRISTMAS COFFEE MORNING CHURCH HALL, WEST RUNTON</p> <p>Come along to the last Coffee Morning of 2023 and enjoy a coffee and a chat and help raise some funds!</p>
SATURDAY 9TH DECEMBER 10.00AM TO 12 NOON	<p style="text-align: center;">CHRISTMAS CRACKER COFFEE MORNING ST ANDREW'S CHURCH, EAST RUNTON</p> <p>Come along and enjoy a mince pies, cakes, raffle, tombola and much more.</p>
THURSDAY 4TH JANUARY 2.30PM	<p style="text-align: center;">WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY – CHURCH HALL, WEST RUNTON</p> <p>The Walsingham Cell will welcome Fr David Warner, Vicar of the North Walsham Benefice, as our speaker. Everyone is welcome to come along to our meeting.</p>
MONDAY 8TH JANUARY 7.30PM	<p style="text-align: center;">SHERINGHAM & DISTRICT PHILATELIC SOCIETY CHURCH HALL, WEST RUNTON</p> <p>Members sale evening – all are welcome to attend.</p>
FRIDAY 19TH & 26TH JANUARY 10.00AM TO 12 NOON	<p style="text-align: center;">COFFEE MORNING CHURCH HALL, WEST RUNTON</p> <p>Come along to the Coffee Morning and enjoy a coffee and a chat and help raise some funds!</p>
SATURDAY 27TH JANUARY 10.30AM TO 12.30PM	<p style="text-align: center;">BRUNCH – VILLAGE HALL, GRESHAM</p> <p>Serving a full English Breakfast, bacon rolls, hot food and drinks. Do come along!</p>

THE CLOCK

by
Maura Kelly

As another day begins to dawn
A piercing sound I hear
It is the clock beside my bed
That screams at me so near

And as I place my hand upon it
To block its constant cry
The noise is stopped at once –
hooray!
So I lay down and sigh

But as I snuggle deep within
The comfort of my bed
The motion of the clock I hear
'Get up, you're not yet dead'

Tick tock, tick tock
The rhythm of the clock
As the time of day is racing by
I shout out loud 'please stop'

But the clock it does not listen
It covers up its ears
So once again I raise my voice
'Be quiet, I'm sleeping here'

Then the clock becomes defiant
As time is on its side
And as its hands turn round and round
I slide down the bed to hide

But even in the darkness
Trapped and all alone
The calling of the clock surrounds me
In the bedroom of my home

And so we start to argue
As it tries to get its way
'Get out of bed you lazy thing
Get dressed and start your day'

This clock it does annoy me
But what is it I can do?
Then suddenly a thought pops up
I'll drop it down the loo!

Then its petty voice can't wake me
In the early morning light
And work will be a distant dream
As I roll over and say 'goodnight'!

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
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Aylmerton	Mrs G Bestelink, 4 Francis Close, Cromer NR27 0HR	514045
Beeston Regis	Sarah Lambirth	
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>		
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The Revd. Canon B Oake	Email: barryoake@gmail.com	514192
The Revd. P Baggaley	Email: patriciabaggaley@gmail.com	837490
The Revd. D Paskins	8 Blackthorn Avenue, Holt NR25 6TY	715905
The Revd. Dr P Yeomans	Email: pauelyeomans76@protonmail.com	07437 203535