

QUINTET NEWS

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

FEBRUARY 2022

FREE

HELLO FROM JEREMY

Dear Friends,

By the time you read this one twelfth of 2022 will have already passed. However, I would still like to wish you all a belated “Happy New Year” and thank you for your cards and good wishes over Christmas, and to say how good it was, despite the pandemic, to see so many of you at the various services over the Christmas period. It’s always a joy to know that people want to celebrate the real story of Christmas, and I hope you all had a good Christmas and enjoyed the New Year celebrations and were able to see family and friends who you haven’t been able to see for a long time.

If you passed by the Rectory in January you might have noticed that we still had our Christmas lights on, and if you visit the churches you will see that the cribs are still set up. This is because historically Christmas was celebrated for 40 days, from 25th December, 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 so the lights and crib have remained until then.

Hopefully compared with 2020 or 2021, life will be a lot better for us in 2022, however, in a world of change it is always comforting to know there is always the changelessness of God, which we see in the life of Jesus, and learn about Sunday by Sunday at church.

A cartoon I once saw portrayed Moses on the top of Mount Sinai holding the stone tablets with the Ten Commandments written on them looking up into the sky. A speech bubble comes from Moses’ mouth, “They tend to lose interest rather quickly Lord. Could we have a one-liner instead?”

I suppose if we were to put a one-liner into God’s mouth, in the light of the Ten Commandments it could be “Relationships matter”.

But Jesus put it better when he told us “To love God and our neighbour as ourselves.”

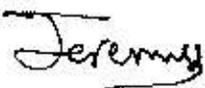
One-liners are easy to remember and memory being what it is they are at times a Godsend. So, in the Ten Commandments God is saying something like this: “Be this kind of people and you will be my kind of people”.

John Connally, the Texas Governor wounded when President Kennedy was assassinated, said about the incident “it inevitably brought into sharper focus what’s really important in life.....we try not to participate in things that are shallow or in the long run meaningless”.

The gospel commands are neither “shallow or in the long run meaningless”, so if we want to be God’s kind of people, we need to love God and our neighbour as ourselves. And if we try to do this, our lives will be made all the richer whatever befalls the world in 2022.

In the church calendar this year we take a breathing space between Christmas and the start of Lent as Ash Wednesday isn’t until 2nd March. During Lent I am planning to hold a Lent Group. This will probably be a course based on a film. Once I have finalised details regarding the course, the venue and the days it will take place, we will put the details on the website and send out the details in the weekly e-mail.

With all good wishes for 2022.



LENT GROUP

If you are interested in joining the Lent Group please let Jeremy know as soon as possible.

INTERCESSIONS FOR THE PEOPLE AND ORGANISATIONS OF THE BENEFICE

At times prayer can seem to be the most natural thing in the world. At others it can feel strange or difficult, even pointless. If you've ever felt like that, don't worry – so have endless numbers of Christians, including the great saints. Part of the wonder of prayer – and it's difficulty – lies in the fact that as we pray we are addressing someone, something, beyond us, unseen. Books on prayer sometimes tell us that we should think of prayer as a conversation, and there is truth in this. But when we are having a conversation we normally have the advantage of being immediately aware of the other person's reaction to what we say, and this is even true of telephone conversations. But it is not the same with God – at least not usually. As we grow in our relationship with God, including through prayer, we may discover a closeness in which the aspects of conversation are more obviously present. But even for some faithful and prayerful people, it never happens quite like that. It is important in seeking to grow in prayer we don't beat ourselves up with guilt because we don't feel we are "getting it right".

Formal prayers in church can sometimes make us feel that we have to use special sorts of language when we pray. We don't. Just be yourself and say things that are on your heart in your own way. Some people find it helpful to have a book of prayers that they can draw from. Others prefer only to use their own words. I guess most people do a mixture of both. What matters is what is right for you.

If it seems as though you can only pray if you have lots of time, don't forget that there is also value in those quick little arrow prayers that we offer amid the rush of the day which keep the lines of communication with God open.

Before he went into the Battle of Edgehill in 1642, Jacob Astley, 1st Baron Astley of Reading prayed:

“O Lord, Thou knowest how busy I must be this day
If I forget Thee, do not forget me.”

Find a prayer that speaks to you and meditate on each word one by one. For instance, the Jesus Prayer:

“Lord Jesus Christ, Son of God, have mercy on me, a sinner”.

You can also use your fingers to bring to mind different things to pray for—

1. **Thumb** — This is the strongest digit on your hand. Give thanks for all the strong things in your life, like home and family, relationships that support and sustain you.
2. **Index finger** — This is the pointing finger. Pray for all those people and things in your life who guide and help you. Friends, teachers, doctors, nurses, emergency services and so on.
3. **Middle finger** — This is the tallest finger. Pray for all the important people who have power in the world, like world leaders and their governments, members of parliament and local councillors, the Royal Family, other world leaders and their governments.
4. **Ring finger** — This is the weakest finger on your hand. It can't do much by itself. Remember the poor, the weak, the helpless, the hungry, the sick, the ill and the bereaved.
5. **Little finger** — This is the smallest and the last finger on your hand. Pray for yourself.

Do you have a need? A concern? God cares about you. Will you say a prayer to Him today?

Please pray for the following—

- For people to come forward to become Churchwardens at Aylmerton and at Beeston Regis
- For people to come forward to become members of the PCC
- For our church buildings that funds may be found for their urgent repair
- For All Saints, Beeston Regis who are taking our church outside its walls with the launch of “WILD CHURCH”. Pray that this will be an event that engages children and families with our Creator God and His Wildly Wonderful World, especially people who don't normally come to church.

REGULAR GIVING & GIFT AID CLAIMS

Here in the Quintet Benefice, we have suffered a loss of income due, partly, to a reduction in the amount put into the collection plate. Like everyone, we have also been hit by an increase in the costs for heating, lighting, etc. We are suffering serious financial difficulties.

Can we please ask everyone to consider increasing the amount that they give, no matter how small?

We are very grateful to all those church members who pay a regular amount by Standing Order and would strongly urge anyone who does not currently pay in this way to seriously consider doing so, as it helps with our forward planning.

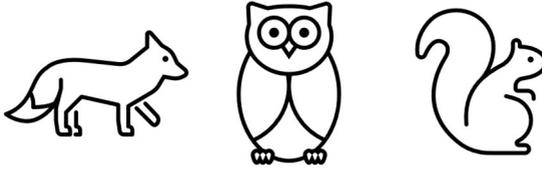
If you are a UK taxpayer, please consider filling in a Gift Aid Form. The church can claim the tax you have paid back from HMRC – which is an extra 25p for every £1 you donate, or put another way, it increases your donation by 25% – that is so long as you have paid the basic rate of tax and make the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

The church can also claim Gift Aid under the Small Donations Scheme for collections. Under these circumstances, please 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.

Thank you.

LAUNCH EVENT!!



WILD CHURCH!!

WHAT & WHO FOR?

Explore the wonder of God's creation with fun nature-inspired activities outdoors. Wild Church provides a space for exploration, connection and reflection. Express your care for creation as an integral part of loving your neighbour.

Wild church supports physical and mental wellbeing. Families and children are especially invited. All age groups can participate.

WHERE & WHEN?

All Saints, Beeston Regis, NR27 9QZ. Meet on the Church Field.

Sunday 20th February 2022: 2.00pm for 2.15pm start. Finish at 3.15pm.

PRACTICALITIES

Wrap up warm with outdoor footwear. We will continue in cold and rainy weather. However, if there are thunderstorms or high winds, the event will be cancelled.

An indoor toilet is available.

Car parking is plentiful.

Children under the age of 7 to be accompanied by an adult.

SPECIAL TREAT!



Barista coffee, hot chocolate and cakes can be bought from "Blossom", a vintage travelling caravan café, who is joining us.

SERVICES IN THE BENEFICE FOR FEBRUARY

	Sunday 6th February 4th Sunday before Lent <i>(Green)</i>	Sunday 13th February 3rd Sunday before Lent <i>(Green)</i>	Sunday 20th February 2nd Sunday before Lent <i>(Green)</i>	Sunday 27th February Sunday next before Lent <i>(Green)</i>
St John the Baptist Aylmerton		9.15am <i>Eucharist</i>		9.15am <i>Morning Prayer</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>Morning Worship</i>			

ASH WEDNESDAY – 2ND MARCH

Services to be announced

CORONAVIRUS

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, where possible, to maintain social distancing.

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, for the present, continue to live stream West Runton's weekly service.

READINGS FOR FEBRUARY – YEAR C

Sunday 6th February 4th Sunday before Lent	Isaiah 6. 1–8	1 Corinthians 15. 31–11	Luke 5. 1–11
Sunday 13th February 3rd Sunday before Lent	Jeremiah 17. 5–10	1 Corinthians 15. 12–20	Luke 6. 17–26
Sunday 20th February 2nd Sunday before Lent	Genesis 2. 4b–9, 15–end	Revelation 4.	Luke 8. 22–25
Sunday 27th February Sunday next before Lent	Exodus 34. 29–end	2 Corinthians 3. 12–4. 2	Luke 9. 28–36

IN MEMORIAM – MARGARET ELSIE HEMS

Margaret died on 11th January 2022, aged 89, peacefully at Ashfields Care Home, Rackheath. Loving wife of Harold (deceased), and much-loved Mum and Nan.

Margaret lived at West Runton for almost 60 years. She and Harold found the world famous West Runton Mammoth.

Margaret was a regular member of the church at Holy Trinity, West Runton, and ran the Sunday School in the Rectory between 1963 and 1967. She was also an active member of the church group “The Young Wives”, which met at the Church Hall, and was eventually renamed as “The Runton Ladies”.

The funeral Service, followed by burial, is at the Church of the Holy Trinity, West Runton, on Monday 31st January at 11.00am. Family flowers only.

Donations in memory of Margaret may be sent to the funeral directors, Blyth & Sons Ltd, 4 Cremer Street, Sheringham, NR26 8DZ, and will be divided between the Norfolk Wildlife Trust and dementia prevention research.

EVENTS DIARY

DATE	VENUE AND EVENT
FRIDAY 28TH JANUARY 10.00AM–12 NOON	COFFEE MORNING CHURCH HALL, WEST RUNTON Come and join us for a coffee and a chat.
THURSDAY 3RD FEBRUARY 2.30PM	WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY CHURCH HALL, WEST RUNTON TAIZE SERVICE Everyone is very welcome to join the Walsingham Cell for this Taize Service.
FRIDAY 11TH FEBRUARY 10.00AM–12 NOON	COFFEE MORNING CHURCH HALL, WEST RUNTON Come and join us for a coffee and a chat.
TUESDAY 15TH FEBRUARY 7.00PM	PASTON FOOTPRINTS ALL SAINT'S, GRESHAM Peter Stibbons will be speaking about the Paston Footprints project and how Gresham has featured. Peter and other leaders of this project have been most supportive of our work at All Saints' Gresham. The event will start at 7.00pm with refreshments to follow.
SUNDAY 20TH FEBRUARY 2.00PM FOR 2.15PM START FINISH AT 3.15PM	WILD CHURCH Church Field, All Saints, Beeston Regis, NR27 9QZ. Explore the wonder of God's creation with fun nature-inspired activities outdoors. Wild Church provides a space for exploration, connection, and reflection. Express your care for creation as an integral part of loving your neighbour.

DATE	VENUE AND EVENT
<p style="text-align: center;">FRIDAY 25TH FEBRUARY 10.00AM–12 NOON</p>	<p style="text-align: center;">COFFEE MORNING CHURCH HALL, WEST RUNTON</p> <p>Come and join us for a coffee and a chat.</p>
<p style="text-align: center;">THURSDAY 3RD MARCH 2.30PM</p>	<p style="text-align: center;">WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY CHURCH HALL, WEST RUNTON</p> <p style="text-align: center;">QUESTION TIME</p> <p>Everyone is very welcome to join us. More information in next month's Newsletter.</p>
<p style="text-align: center;">FRIDAY 11TH MARCH 10.00AM–12 NOON</p>	<p style="text-align: center;">COFFEE MORNING CHURCH HALL, WEST RUNTON</p> <p>Come and join us for a coffee and a chat.</p>
<p style="text-align: center;">FRIDAY 25TH MARCH 10.00AM–12 NOON</p>	<p style="text-align: center;">COFFEE MORNING CHURCH HALL, WEST RUNTON</p> <p>Come and join us for a coffee and a chat.</p>
<p style="text-align: center;">THURSDAY 7TH APRIL 7.00PM</p>	<p style="text-align: center;">WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY HOLY TRINITY CHURCH, WEST RUNTON</p> <p style="text-align: center;">STATIONS OF THE CROSS</p> <p>More details to follow.</p>

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

Opening Hours — St. John the Baptist Church will now be open 7 days a week from 10.00am to 3.00pm.

Cromer Food Bank — We are collecting food again for Cromer Food Bank. Food parcels will be needed now more than ever with gas and electricity prices going to rise. Dried goods such as pasta, long life milk, tea, coffee, and tinned goods are always in demand. Contributions can be left in the basket in Church any day and will be delivered to the Food Bank weekly. If you find it difficult to get to the Church then please contact Connie on 01263 837647 and she would be happy to collect the goods.

BEESTON REGIS

Garden of Remembrance: Replanting Scheme — As some of you may have noticed work has started on clearing and replanting parts of the flower borders which have become overgrown and weed bound.

In the spring it is our intention to introduce new planting which, hopefully, will make the garden easier to maintain going forward. It is envisaged that this might include evergreen shrubs at the back of the borders and smaller colour planting towards the front.

If any parishioners, or those having ashes of loved ones interred in the Garden of Remembrance, would like to make a small donation towards the cost of the new planting or, alternatively, if any of you budding gardeners out there have plants you would like to donate, we would be pleased to hear from you.

Donations can either be paid into Beeston Regis PCC Bank Account Number 10162116, Sort Code 20-03-26 or can be handed to the Treasurer, Martin Braybrook, at a Sunday service.

Alternatively, if you have any plants you would like to donate, please contact Gary or Jenny on 01263 822990.

Forthcoming Children's Work — In December we invited you to pray for our Christmas services across the Benefice that they would engage and connect with children in a special way and that the light of the Christ-child would be reflected in us to the families who came through our doors. We praise God that we were able to welcome 20 different children to our Crib, Carol and Family Services and thank the Ministry Team for thoughtfully adapting worship to involve the children who entered our doors.

In February, we are taking our church outside its walls with the launch of "WILD CHURCH" on Sunday 20th February on the Church Field in front of All Saints, Beeston Regis, commencing at 2.00pm. We are praying that this will be an event that engages children and families with our Creator God and his Wildly Wonderful World, especially people who don't normally come to church.

We are also planning to host a Children's Mission in the form of a Holiday Club during the summer.

We seek to connect with the children living in, being schooled in, or attending clubs in, our parish. We intend to reach out to those visiting Beeston and the surrounding area for holidays. We hope to attract children resident anywhere within the Benefice.

It would be wonderful if you could pledge to pray too.

EAST RUNTON

A message from Jean Steward—

"Our Christmas Carol Service, led by Pam Thompson, was a lovely service although, not surprisingly, fewer people attended. The same applies to our Christmas day and subsequent Sunday services.

The Christmas Coffee Morning, although very quiet, raised an amazing £475! So grateful thanks to everyone one who came to support it for their wonderful generosity."

WEST RUNTON

Coffee Mornings are commencing again from Friday 28th January at 10.00am until 12 Noon. Come and join us at the Church Hall!

GRESHAM

A message from Julia Drury, Chair of The Friends of All Saints Gresham—

“Although we had to cancel or postpone our planned January events, we expect to resume our lecture programme in February. On 15th February, Peter Stibbons will be speaking about the Paston Footprints project and how Gresham has featured. Peter and other leaders of this project have been most supportive of our work at All Saints’ Gresham. The event will start at 7.00pm with refreshments to follow. Any decision to cancel in the light of Covid issues, will be taken early in February and will be advertised on our website.

During this enforced break in the programme, we have plenty to do to complete the project. The Committee is pressing ahead with the preparation of leaflets promoting walk and cycle rides in the area to include Gresham church, and possibly other Benefice Churches, on these itineraries. We also hope to incorporate in these handouts, the key findings of the Norfolk Wildlife Trust surveys which have recently been completed.

In addition, we will also be collecting memories from individuals who have lived long in Gresham, to be recorded on our website to enrich our History section. The graveyard audit, being undertaken by a volunteer, is nearing completion and this data too will be available on the website.”

DEADLINE FOR MARCH NEWSLETTER WEDNESDAY 16TH FEBRUARY 2022

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

Telephone: 01263 510319

Email: pamjthompson@outlook.com

Squirrels

WEST RUNTON SCOUT GROUP LAUNCHING OF A NEW SECTION

West Runton Scout Group are proud to announce the opening of our new section '**Squirrel Scouts**' providing 4/5 year olds the opportunity of gaining life skills. This new adventure will be a wonderful opportunity for the very young to take their first steps in to being part of Scouts and it will also help them get ready for the adventures of school.

The Squirrel Leader will be Donna Earl with the support of others who are already experienced Beaver and Cub Scout Leaders. Donna is presently Assistant Cub Scout Leader with experience working with the younger age range.

The Squirrel Leadership Team have a wealth of ideas for an exciting and inspirational new programme.

If you have children who would like to join Squirrel Scouts then please email us at: westrunton.squirrels@gmail.com and we will be delighted to answer any questions. You will be able to just come along with your child to see what it is all about!

The meetings will be held every Tuesday from 4.30pm to 5.30pm at West Runton HQ, Cromer Road, Beeston Regis, NR27 9NQ

Fun, Games, Badges, Laughter and much more awaits you!!

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 – Email: quintetchurchesnorfolk@gmail.com Office open Mondays from 11:00 to 13:00	07880 776720
<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 Mrs B Wright , 69 Clifton Park, Cromer NR27 9BG	512624 513402
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 H Dumolo , Church Farm Bungalow, Church Road, Aylmerton	838632
Beeston Regis	Mr D Nightingale , 31 Abbey Park, Beeston Regis NR26 8SR	824389
Gresham/Runton	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