

QUINTET NEWS

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

FEBRUARY 2023

FREE

HELLO FROM JEREMY

Dear Friends,

The Celebration of Christmas, New Year and Epiphany are over, though nowadays we keep the joy of the crib in our Churches until Candlemas at the end of January, and if I haven't said so already in person, can I wish you all a belated happy New Year, and thank you for your cards and good wishes over Christmas. Can I also say how good it was to see so many of you at the various services over the Christmas period, it's always a joy to have a good attendance at church and to know that people want to celebrate the real story of Christmas, and I hope you all had a good and more normal Christmas and were also able to enjoy the New Year celebrations.

However, no sooner is Christmas over than I have to begin to think and plan for Lent, Holy Week and Easter!

Ash Wednesday, this year is on the 22nd February, and is when the forty days of Lent begin. At our special service held on Ash Wednesday, ashes are used as a sign of our own mortality and as a sign of penance. This is an ancient custom when all present who wish to do so, receive ashes on the forehead in the form of a cross and the priest says the words "Remember that you are dust and to dust you shall return."

The ashes are an annual reminder of the passage of time and our constant need for repentance and an annual reminder of our need to change.

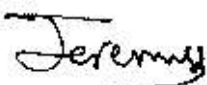
The forty days of Lent correspond with the forty days Jesus spent in the wilderness. However, if you add the days from Ash Wednesday to Easter Sunday you will see that it makes forty-six days! This is because we do not count Sundays in the forty days of Lent, because every Sunday is a celebration of the resurrection of Jesus, and is exempt from the Lenten observations. (So if you have given them up for Lent, you are allowed a glass of wine or a piece of chocolate during the Sundays of Lent!)

Lent is a time for reconciliation. A time when we make space in our lives to think about our relationship with God and the ways in which we are responding or failing to respond to his love and care for us.

As we did last year, I plan to hold a weekly Lent group at the Rectory which will mostly take place on a Thursday afternoon, at 2:30pm starting straight after Ash Wednesday on Thursday the 23rd February. This year I plan to use a Lent course by Hillary Brand entitled "Finding a voice" based on the film the King's Speech.

I am planning a pre-course viewing of the film on the afternoon of Tuesday 14th February. If you are interested in coming to the course please let me know, copies of the course book can be either bought from Amazon or can be found second hand on e-Bay or from World of Books.

All my love and blessings



Let us pray—

Lord, as we enter Lent help us to draw near to you in praise, stripping away all that distracts us from worship.

We pray 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.

We pray for our parish community: that we may be moved by God's love to reach out to others in our turn, especially to those who are poor, so that no one may feel abandoned, forgotten or alone.

We pray for the Church throughout the world: that she may be a sign of God's love for all people and a beacon of hope for all who are in need.

We pray for world leaders: that the Holy Spirit may guide them to speak out for what is right and take action to build a better future.

We pray for everyone who is sick or afraid, bereaved or isolated and we pray for all who support them. May God grant each of them peace and comfort, courage and perseverance.

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 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 services across the Benefice that they will engage and connect with people in a special way
- For the Wild Church initiative
- For the Open Book initiative

WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The next meeting of the Walsingham Cell will be on Thursday 2nd February at 2.30pm at St Andrew’s Church, East Runton for a Candlemas service.

On Thursday 2nd March we will meet at 2.30pm at Holy Trinity Church, West Runton for the service of Stations of the Cross.

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

LENT GROUP

A Lent Group will be held at the Rectory on a Thursday afternoon, at 2:30pm starting on Thursday 23rd February. Jeremy plans to use a Lent course by Hillary Brand entitled “**Finding a voice**” based on the film “The King’s Speech”. A pre-course viewing of the film will take place on the afternoon of Tuesday 14th February. Please let Jeremy know if you are interested in coming to the course.

LENT APPEAL 2023

The Bishop’s Lent Appeal this year will help to raise money for the new Priscilla Bacon Lodge building in memory of the Venerable Ian Bentley.

Ian, the former Archdeacon of Lynn, was diagnosed with cancer in 2021 and died on 31 May 2022. In his final days, he was cared for by staff at the current Priscilla Bacon Lodge in Norwich.

Bishop Graham says: *“Many of you knew Ian, who served the Diocese of Norwich with such distinction, ministering in its many parishes, including Oulton Broad, St Peter Mancroft and as Archdeacon of Lynn. He also served on the Chapter of Norwich Cathedral. Ian was a faithful minister of the gospel and when he died, many of us lost a friend too.*

If you are able to, I encourage you to consider donating to support the great work of the Priscilla Bacon Charity as they work to complete the new hospice lodge, during your preparations for Lent.”

WHY NOT GET A JAM JAR, OR SOMETHING SIMILAR, AND FILL IT WITH YOUR SPARE CHANGE THROUGHOUT LENT AND THEN BRING IT ALONG TO CHURCH ON EASTER DAY FOR COUNTING – EVERY LITTLE WILL HELP THIS WORTHWHILE CAUSE!!.

SERVICES IN THE BENEFICE FOR FEBRUARY

	Sunday 5 th Feb	Sunday 12 th Feb	Sunday 19 th Feb	Wednesday 22 nd Feb	Sunday 26 th Feb
	3 rd before Lent <i>(Green)</i>	2 nd before Lent <i>(Green)</i>	Sunday before Lent <i>(Green)</i>	Ash Wednesday <i>(Purple)</i>	1 st Sunday of Lent <i>(Purple)</i>
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>	11.00 am <i>Eucharist</i>	11.00am <i>Morning Worship Commemoration of Edmund Hook</i>		11.00 am <i>Eucharist</i>
St Andrew's East Runton	9.15am <i>Eucharist</i>	9.15am <i>Morning Worship</i>	10.30am <i>Eucharist</i>	10.30am <i>Eucharist for Ash Wednesday</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>	7.00pm <i>Eucharist for Ash Wednesday</i>	11.00am <i>Sung Eucharist</i>
All Saints Gresham	11.00am <i>Morning Worship</i>				

PLEASE NOTE:

THE STARTING TIME FOR THE EUCHARIST SERVICE AT ST ANDREW'S, EAST RUNTON ON THE THIRD SUNDAY OF EACH MONTH WILL NOW BE 10.30AM INSTEAD OF 9.15AM

THERE WILL BE TWO SERVICES ON ASH WEDNESDAY WITH THE IMPOSITION OF ASHES—

10.30am – ST ANDREW'S, EAST RUNTON

7.00pm – HOLY TRINITY, WEST RUNTON

READINGS FOR FEBRUARY – YEAR A

Sunday 5 th February 3 before Lent	Isaiah 58. 1–9a	1 Corinthians 2. 1–12	Matthew 5. 13–20
Sunday 12 th February 2 before Lent	Genesis 1. 1–2. 3	Romans 8. 18–25	Matthew 6. 25–34
Sunday 19 th February Sunday before Lent	Exodus 24. 12–18	2 Peter 1. 16–21	Matthew 17. 1–9
Wednesday 22 nd February Ash Wednesday	–	2 Corinthians 5. 20b–6. 10	Matthew 6. 1–6, 16–21
Sunday 26 th February 1 st Sunday of Lent	Genesis 2. 15–17; 3. 1–7	Romans 5. 12–19	Matthew 4. 1–11

WEDNESDAY EUCHARISTS AT ST ANDREW'S, EAST RUNTON

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

Wednesday 1 st February	Jeremy Sykes
Wednesday 8 th February	Pat Baggaley
Wednesday 15 th February	William Bestelink
Ash Wednesday 22nd February	Jeremy Sykes
Wednesday 1 st March (<i>St David</i>)	William Bestelink
Wednesday 8 th March	Pat Baggaley
Wednesday 15 th March	Barry Oake
Wednesday 22 nd March	William Bestelink
Wednesday 29 th March	Paul Yeomans

EVENTS DIARY

DATE	VENUE AND EVENT
THURSDAY 2ND FEBRUARY 2.30PM	<p style="text-align: center;">WALSINGHAM CELL ADVENT SERVICE ST ANDREW'S, EAST RUNTON</p> <p>We will be holding a service for Candlemas at St Andrew's Church. Everyone is very welcome to attend the service.</p>
FRIDAY 3RD FEBRUARY 10TH FEBRUARY 10.00AM TO 12 NOON	<p style="text-align: center;">COFFEE MORNING CHURCH HALL, WEST RUNTON</p> <p>Come along and enjoy a coffee and a chat and help raise some funds!</p>
MONDAY 13TH FEBRUARY 7.30PM	<p style="text-align: center;">SHERINGHAM & DISTRICT PHILATELIC SOCIETY CHURCH HALL, WEST RUNTON</p> <p>Annual General Meeting but all are welcome to come along and join us.</p>
FRIDAY 17TH FEBRUARY 10.00AM TO 12 NOON	<p style="text-align: center;">COFFEE MORNING CHURCH HALL, WEST RUNTON</p> <p>Come along and enjoy a coffee and a chat and help raise some funds!</p>
SATURDAY 18TH FEBRUARY 10.00AM TO 12 NOON	<p style="text-align: center;">COFFEE MORNING ST ANDREW'S CHURCH, EAST RUNTON</p> <p>Come and enjoy a coffee and a chat at our "Chocolate" themed coffee morning. There will be a raffle, bookstall, refreshments and cakes.</p>
TUESDAY 21ST FEBRUARY 11.00AM TO 1.30PM	<p style="text-align: center;">PANCAKE DAY VILLAGE HALL, GRESHAM</p> <p>Serving delicious hot pancakes with a variety of sweet and savoury toppings. There will also be a tombola and homemade cakes for sale. Everyone is very welcome and all the proceeds will help to maintain the Church.</p>

DATE	VENUE AND EVENT
<p style="text-align: center;">FRIDAY 24TH FEBRUARY 10.00AM TO 12 NOON</p>	<p style="text-align: center;">COFFEE MORNING CHURCH HALL, WEST RUNTON</p> <p>Come along and enjoy a coffee and a chat and help raise some funds!</p>
<p style="text-align: center;">THURSDAY 2ND MARCH 2.30PM</p>	<p style="text-align: center;">WALSINGHAM CELL ADVENT SERVICE HOLY TRINITY, WEST RUNTON</p> <p>We will be holding a service of the Stations of the Cross. Everyone is very welcome to attend.</p>

NEWS FROM THE QUINTET BENEFICE

AYLMERTON

A message from Connie:

Our Carol Service in December was very well attended by 32 adults plus 2 dogs. The dogs so enjoyed the service that they brought their owners back for the service on Christmas Day!

We will not be having a service on Ash Wednesday but will be joining with St Andrew's, East Runton for the service on 22nd February at 10.30am.

EAST RUNTON

A message from Jean:

Our friends from the Baptist Church joined us for our Christmas Carol Service, which was just one of the lovely services held over the Christmas season. Thank you to our Ministry Team.

Our Christmas Coffee Morning raised £386, a great result, considering there were lots of events held locally on the same day.

A slight change to our pattern of Sunday services – starting this month, on the third Sunday in the month, the Eucharist will start at 10.30am instead of 9.15am.

The midweek services on Wednesday's at 10.30am, which originally were just for Advent, have proved so popular that they are to continue for the time being.

A **Coffee Morning** will be held in church on **Saturday 18th February from 10.00am to 12 Noon**, when it will be '**All things Chocolate**'! There will be cakes, raffle, etc and much, much more...! Come and indulge yourself with a chocolate fix before Lent!!

WEST RUNTON

Lent Lunches — We are hoping to hold Lent Lunches each Friday during Lent **starting on Friday 24th February at the Church Hall from 12 Noon to 1.15pm**. We need people to volunteer to take responsibility for running one or more of the lunches. Please contact Janice Williams on 01263 837799 if you are interested in volunteering or would like more information.

GRESHAM

Pancake Day — On **Tuesday 21st February** there will be a Pancake Day celebration in the **Village Hall at Gresham**. Between **11.00am and 1.30pm** we will be serving delicious hot pancakes with a variety of sweet and savoury toppings. There will also be a tombola and homemade cakes for sale. Everyone is very welcome to join us and all the proceeds will help to maintain our Church.

LOCAL NEWS

A message from Sheringham and District Philatelic Society:

The first meeting of the year took place on 9th January. Our Chairman, Gerry Smith, has been absent in recent weeks due to illness, and Jane Purkiss chaired the meeting.

The Committee has decided that the Colin Turner Shield should be presented to Gerry for his immense contribution to the Society over the last 20 years or more. All present endorsed this decision and asked for their best wishes to be passed on to him.

The Christmas social event had been cancelled due to bad weather and so was postponed to January. As well as time for catching up with each other, 8 members displayed 5 pages from their collections, as part of an annual competition. The winner was Jim Farrell with a beautiful display of French Art stamps. He was presented with a Shield which will be inscribed with his name.

There were also philatelic items for sale to peruse whilst consuming the Festive “eats”.

The next meeting is the AGM, on Monday, 13th February at 7.30pm at West Runton Church Hall. Visitors are welcome. More information from Jim 01263 721043

A message from Helen Cardani, West Runton Scouts:

A big “THANK YOU” to all those who attended our West Runton Scout led Christingle in December. We made £200.16 in aid of the Children’s Society!!



WILD CHURCH should be emerging again in March.

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!

**DEADLINE FOR MARCH NEWSLETTER
FRIDAY 17TH FEBRUARY 2023**

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	Mr 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>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