QUINTET NEWS

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

FEBRUARY 2024

FREE

HELLO FROM JEREMY

Dear Friends,

The Celebration of Christmas, New Year and Epiphany are over, and as I write this, we are fully into 2024. I hope you all enjoyed the celebrations and thank you to everyone who sent us cards and good wishes for the season. It was lovely to see so many people at church events over the Christmas period, and thank you to everyone who helped with services and to decorate our five churches.

But no sooner is Christmas over than our hopes for a bit of a lull to recharge our batteries and to recover are dashed, as in 2024 Easter is again very early. With Easter Sunday on the 31st March, this means that Lent begins with Ash Wednesday on Wednesday 14th February (St Valentine's day, who as well as being the patron saint of romance is also the patron saint of bee keepers!).

At our Ash Wednesday services 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."

Centuries ago it was the custom, at the beginning of Lent, to sprinkle ashes on public sinners as they came into the church in repentance. Now, we acknowledge publicly that we are all sinners and in need of repentance. Carrying the ashes on our forehead indicates our willingness to do penance for our sins. We are also reminded of our Lenten observance: "Turn away from sin and be faithful to the gospel.".

The word Lent comes from the old Anglo Saxon word "Lencten" which means lengthening, and referred to the lengthening of the days in "spring" and particularly March, with March known as the Lencten month. As usually most of the days of fasting between Ash Wednesday and Good Friday fall in March, this period was known as the "Lencten Fast" or Lent.

The forty days of Lent correspond with the period of Christ's fast 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 don't count Sundays in the forty days of Lent, because every Sunday is a celebration of Easter and the resurrection of Christ 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 of 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.

It's very easy to "lose" the real God in our world and in our life. It's easy to come to feel like a displaced person or a wandering soul in search of the meaning of life. The fact that we do wonder and we do question is a healthy sign. May you be able to use this Lent wisely and to deepen your relationship with God during this time.

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 15th February. This year we will follow a Lent course by Nicholas and Judith Calver, called "Exploring the Void" based on the film "Touching the Void".

If you are interested in coming to the course please let me know, copies of the course book can either be bought from Amazon or can be found second-hand on eBay or from World of Books.

All my love and blessings



THE LENT COURSE "EXPLORING THE VOID"

A weekly Lent Group will be held at The Rectory every Thursday afternoon, commencing on Thursday 15th February at 2:30pm.

We will be following a Lent course by Nicholas and Judith Calver, called "Exploring the Void" based on the film of the book by Joe Simpson entitled "Touching the Void" which recounts his and Simon Yates's near fatal descent after climbing the 6,344 metre (20,814 feet) peak Siula Grande in the Peruvian Andes.

If you are interested in coming to the course, then please let Jeremy know by 12th February.

Copies of the course book "Exploring the Void" can be bought via Amazon or can be found second-hand on eBay or from World of Books.

A PRAYER FOR LENT

Let us pray:

God of our deepest selves, as we walk with Jesus in the wilderness, as we face our fears and doubts, as we leave behind all that has weighed us down, may we tread with lightened step, through the forty days of Lent, knowing that we are dust, and to dust we shall return, but will come to Easter filled with joy, knowing that we are loved and meant for life with you for ever.

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, farsighted 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 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.

THE BEESTON REGIS CHARITIES OF EDMUND HOOKE AND UNKNOWN DONOR

The Charities were founded 300 years ago by Edmund Hooke, a wealthy woollen merchant, to help those in need living in Beeston Regis or within the ancient parish of Beeston Regis (which stretched to Beeston Road in the west).

So if you, or your family living with you, are in need of financial assistance the Charities may be able to help.

Grants may be made for a variety of needs such as provision or repair of necessary equipment, unexpected expenses associated with illness or bereavement and the like, including costs of visiting loved ones in hospital.

Unless due to sudden and unforeseen problems, the Trustees are not able to make grants to clear existing general debts such as Council Tax etc. However, in these uncertain times we are all facing different financial issues and we might be able to help so please do not hesitate to ask.

All enquiries will be treated in the strictest of confidence. In the first instance contact the Parish Clerk, Peter Bullimore, 24 Beech Avenue, Sheringham NR26 8NS or call him on 01263 822864 or email: beestonpc@btinternet.com

WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The Walsingham Cell will meet on **Thursday 1**st **February at 2.30pm at St Andrew's Church, East Runton** for a Candlemas (Eve) Service of Holy Communion, celebrated by Fr David Paskins.

On **Thursday 7**th **March** our meeting will be held at **2.30pm at the Church Hall, West Runton,** where we welcome Revd Canon Susanna Gunner as our guest speaker. A warm welcome is extended to all. Refreshments are served at the end of the meeting.

BISHOP'S LENT APPEAL 2024

The Bishop's Lent Appeal 2024 will help to raise money to provide water tanks for Ordinand's Homes at Newton Theological College in Papua New Guinea. Due to the mountainous nature of Papua New Guinea all but very local travel is made by air and the limitations and expense of travel mean that students must live on-campus with their families. Family life is centred around the wind-house which is the coolest way to spend the day but sleeping accommodation and toilet facilities are provided in small chalets.

Bishop Graham writes:

"Your donations and fundraising will enable ordinands and their families to thrive, so supporting the next generation of Christian leaders in Papua New Guinea to have the best possible start with their training."

Most of the student houses at Newton College are in great need of refurbishment and nearly all need significant repair, but the primary need is to provide them with clean water from rainwater tanks and to reconnect toilets to septic tanks.

It will cost around PGK 2,000 (around £400) to install a water tank between every two student houses and the aim is to raise to raise enough to provide twenty-five tanks between fifty student homes.

If you would like to make a donation online visit www.dioceseofnorwich.org/donate and select the Bishop's Lent Appeal from the dropdown menu.

If donating by BACS use the following details:

Account Name: Norwich Diocesan Board of Finance Limited;

Sort Code: 20-62-61; Account Number: 30674508;

Reference: LENT

Cheques should be made payable to **NDBF Ltd**, marked clearly on the back of the cheque *'Lent Appeal 2024'*. Please send the cheque together with a completed <u>Gift Aid declaration</u> (if applicable), to: Lent Appeal 2023, Diocesan House, 109 Dereham Road, Easton NR9 5ES

"OPEN THE BOOK"



CHILDREN'S MINISTRY

Our Quintet Benefice's small Open the Book Team has been greatly enjoying its delivery of assemblies to Gresham Village School twice every term. It has been rewarding to witness our relationship with the Headteacher and his staff community developing; and delightful that the children are so passionate and fervent in their contribution to our storytelling.

This short and lively act of collective worship, with a script from the Bible Society, Bible stories from the Lion Storyteller Bible and quiet time for reflection and all-inclusive prayer, is taken into schools all over the UK, and other countries as well, by groups of people from local churches.

This month we say "Goodbye" and "Thank You" to John Hodgkinson, a founding team member from Cromer church who was also a past Headteacher at the school. We are grateful for his helping us find our feet and boosting our numbers but now understand he has the Cromer schools to attend to.

Therefore, we are praying for and seeking new volunteer storytellers, linked to any of our 5 churches, to join our Quintet Benefice Open the Book team as soon as possible. A DBS check will be required for safeguarding adherence and this will be organised and funded by the Benefice for you.

The time commitment would be one 90 minute meeting per term for planning and praying for that term's assemblies plus 2 short afternoon assemblies per term with a rehearsal lasting 90 mins beforehand on each occasion. Transport to Sheringham and Gresham can be arranged for those without it.

There are no pre-requisites in terms of qualifications or experience. A passion for, and commitment to, sharing God's word with children is essential. Training is available to you, in person or online. We seek to embrace diversity and strive to be inclusive so do not be hindered from expressing interest if you have any disability. If you would be curious to know more, perhaps without committing yourself at this stage, do approach Amanda Wooster, Co-ordinator of Open the Book for the Quintet Benefice on jawooster20@gmail.com or 07985 291930. You are also welcome to come observe us in action at our next assembly to find out more.



WILD CHURCH IS STILL IN HIBERNATION BUT WILL EMERGE IN THE SPRING!

WILD Church will soon be emerging from its period of hibernation.

WILD Church is about Experiencing God through Exploring Nature. It is an outdoor gathering with multi-sensory nature activities that help us to be mindful. We usually include storytelling, music making, nature-inspired crafts and a nature trail or quiz.

KEEP YOUR EYES OPEN FOR FUTURE ANNOUNCEMENTS

SUNDAY SERVICES IN THE BENEFICE DURING FEBRUARY

	Sunday	Sunday	Sunday	Sunday		
	4 th February	11 th February	18 th February	25 th February		
	2 nd Sunday	Sunday next	1 st Sunday of	2 nd Sunday of		
	before Lent	before Lent	Lent	Lent		
	(Green)	(Green)	(Purple)	(Purple)		
St John the Baptist Aylmerton		9.15am Eucharist		9.15am Eucharist		
All Saints	9.15am	11.00am	11.00am	11.00am		
Beeston Regis	Eucharist BCP	Eucharist	Family Service	Eucharist		
St Andrew's	9.15am	9.15am	9.15am	9.15am		
East Runton	Eucharist	Morning Prayer	Eucharist	Eucharist		
Holy Trinity	·		11.00am	11.00am		
West Runton			Sung Eucharist	Sung Eucharist		
All Saints Gresham	11.00am Morning Worship					

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=Z2F3eVIQMENaaUdvMHNjVFZ KK3I4QT09

Meeting ID: 847 5169 5104 Passcode: 239946

SERVICES FOR ASH WEDNESDAY 14 TH FEBRUARY					
St Andrew's – East Runton	10:30am – Eucharist for Ash Wednesday				
Holy Trinity – West Runton	7.00pm – Eucharist for Ash Wednesday				

READINGS FOR FEBRUARY – YEAR B

Sunday 4 th February 2 nd Sunday before Lent	Proverbs 8. 1, 22–31	Colossians 1. 15–20	John 1. 1–14
Sunday 11 th February Sunday next before Lent	2 Kings 2. 1–12	2 Corinthians 4. 3–6	Mark 9. 2–9
Wednesday 14 th February Ash Wednesday	Isaiah 58. 1–12	2 Corinthians 5. 20b-6. 10	John 8. 1–11
Sunday 18 th February 1 st Sunday of Lent	Genesis 9. 8–17	1 Peter 3. 18–22	Mark 1. 9–15
Sunday 25 th February 2 nd Sunday of Lent	Genesis 17. 1–7, 15–16	Romans 4. 13–25	Mark 8. 31–38

WEDNESDAY EUCHARISTS DURING FEBRUARY 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 7 th February	William Bestelink
Wednesday 14 th February (Ash Wednesday)	Jeremy Sykes
Wednesday 21st February (Ember Day)	Pat Baggaley
Wednesday 28 th February	Barry Oake

NEWS FROM THE QUINTET BENEFICE

AYLMERTON

Food Bank — We continue to collect for the North Norfolk Foodbank and so please leave your donations in church. The Foodbank would appreciate donations of Long-Life Milk, Tinned Fish, Tinned Meat, Tinned Vegetables, Tinned Tomatoes, Tinned Fruit, Squash, Fruit Juice, Washing Up Liquid.

BEESTON REGIS

The Twelve Days of Christmas – My thanks are due to everyone who contributed towards the Christmas decorations in the church; to all the crafters and grafters, flower arrangers, cleaner-uppers, repairers and refurbishers, transporters and men up ladders, and all the supporters and people who gave up their time to help out. It was a great collaboration, and the resulting display exceeded my expectations and was enjoyed by many over the festive period. If anyone reading this has been inspired and would like to join the flower-arranging team on a regular basis please do make yourself known. There is no need for experience, just a wish to make the church look welcoming!

Judy Wilkinson

Sidesmen/Sideswomen Wanted – Because of age and health issues our list of sidesmen/sideswomen has shrunk and we find we need to recruit some new blood. If we can bring the rota up to full strength it would mean being called upon about every two months. The duties are not onerous but they are important and on communion Sundays you even get to play with the clicker-in! A sidesman's smile and a friendly greeting are the best start to Sunday worship, ensuring a warm welcome to All Saints' church. Should you feel this is something you would like to do I would be delighted to add your name to the list.

Judy Wilkinson

GRESHAM

Pancake Day: Tuesday 13th February at the Village Hall, Gresham from 11.00am to 1.30pm. We will be celebrating Pancake Day by serving pancakes with a variety of sweet and savoury toppings. There will also be a tombola, and homemade cakes for sale. All funds raised will help to maintain All Saints, Gresham. Everyone is welcome and we look forward to seeing you there.

EAST RUNTON

Looking back over the last couple of months, we enjoyed a lovely, though busy Advent and Christmas season.

Our Christmas Coffee Morning in early December raised a marvellous £522! Our grateful thanks go to everyone who came and supported it.

The Carol Service, devised by Pam Thompson, had a full church of people, who enjoyed mulled wine and mince pies afterwards. The church looked beautiful – thanks to Barbara and Graham who provided the tree and decorations and to Karen and her helpers for organising the flowers.

A new Altar Frontal and Lectern Fall were dedicated by Fr. Barry Oake, at our Christmas Day service.

St. Andrew's hosted a Benefice Service on 31st December with 45 people from around the churches attending.

We have arranged a series of themed Coffee Mornings for 2024, following previous years, and the ball starts rolling on **Saturday 10th February from 10.00am to 12 Noon** when we will be celebrating Valentine's Day, with a pre-lent indulgence in chocolate! So please come along and join us.

Jean Stewart

WEST RUNTON

The "3C's Club" meets again on Monday 5th February 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.

Coffee Mornings: Church Hall, West Runton — Our Coffee Morning's will take place on Friday 2nd February and Friday 9th February from 10.00am to 12 Noon so do come along and enjoy a good cup of coffee (or tea) and enjoy a couple of hours of relaxation.

Lent Lunches: **Church Hall, West Runton** – Our Lent Lunches commence on **Friday 16**th **February from 12 Noon to 1.15pm**. with the last one taking place on Friday 22nd March. The cost of the lunch is £3.00 with all profit going to Holy Trinity, West Runton. Do come along and join us.

LOCAL NEWS

West Runton Scouts Car Boot Sale at the Scouts' HQ on Saturday 17th February from 9.00am to 12 Noon. If you would like to rent a table to sell your goods then the cost is £5 a table. To book a space please contact westrunton.scoutgroup@gmail.com or contact Laura on 07471 904004 before Saturday 10th February. We look forward to seeing you on the day!

Sheringham & District Philatelic Society — At the December meeting the Society held a Christmas Buffet and competition when Members were invited to bring along a short display of between 5 and 10 sheets, on any subject, and in their chosen aspect of philately and postal history. Nine displays were put up, showing the great variation of interest held by members, with subjects ranging from Christmas Art on stamps, Postal Oddities, the Pitcairn Islands and Bearing Gifts, the latter complete with small bear collectables!

Paul Ashley won the prize for a first-time entry in the competition with the Olympic Gold Medal sheetlets. First prize went to Tony Taylor with Postal Items and Cachets of the Hotels of Tangier. Second prize went to Eleanor Faulkner, with her thematic collection of used stamps portraying Elephants, and Tim Turner won Third prize with his display of old Bermuda stamps.

An excellent buffet was laid on and enjoyed by all.

A warm welcome awaited members on a chilly January evening. Members offered a variety of items for sale – we all love a bargain. Once trading finished there was a display of Lundy stamps. The first issues depicted images of puffins, and the number of birds on each stamp reflected the face value. So the 1/2d stamp had a puffin bust, 1d had a solitary bird, 9d had a colony of nine looking in different directions.

Later issues included a Coronation cover for the king. Also, there were examples of forgeries and unofficial overprints and issues. Clearly, the island has enjoyed serving tourists and Cinderella stamp collectors, and others had cashed in. All good fun.

The next meeting is on **Monday 12th February at 7.30pm at the Church Hall, West Runton**. This will be the AGM followed by a Silent Auction Visitors are welcome

WHAT'S ON?

DATE	VENUE AND EVENT
THURSDAY 1 ST FEBRUARY	WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY
2.30PM	Service of Holy Communion for Candlemas (Eve) at St Andrew's Church, East Runton celebrated by Fr David Paskins. Do come and join in the celebration.
FRIDAY 2 ND FEBRUARY	COFFEE MORNING CHURCH HALL, WEST RUNTON
10.00AM TO 12 NOON	Come along to the Coffee Morning and enjoy a coffee and a chat and help raise some funds!
MONDAY 5 TH FEBRUARY 10.00AM TO 12 NOON	THE "3C's CLUB" HOLY TRINITY, WEST RUNTON 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!!
FRIDAY 9 TH FEBRUARY 10.00AM TO 12 NOON	COFFEE MORNING CHURCH HALL, WEST RUNTON Come along to the Coffee Morning and enjoy a coffee and a chat and help raise some funds!
SATURDAY 10 TH FEBRUARY 10.00AM TO 12 NOON	CHOCOLATE COFFEE MORNING ST ANDREW'S CHURCH, EAST RUNTON We will be celebrating Valentine's Day, with a pre- lent indulgence in chocolate! Come along and enjoy the fun!

DATE	VENUE AND EVENT
MONDAY 12 TH FEBRUARY 7.30PM	SHERINGHAM & DISTRICT PHILATELIC SOCIETY CHURCH HALL, WEST RUNTON
	AGM followed by a Silent Auction. All are welcome to attend.
TUESDAY 13 TH FEBRUARY	PANCAKE DAY VILLAGE HALL, GRESHAM
11.00AM TO 1.30PM	We will be serving a variety of sweet and savoury pancakes. There will also be a tombola, and homemade cakes for sale. Everyone is welcome and we look forward to seeing you there.
THURSDAY 15 TH FEBRUARY	"EXPLORING THE VOID" – LENT COURSE THE RECTORY, WEST RUNTON
2.30PM	Commencing a Lent course by Nicholas and Judith Calver, based on the film of the book by Joe Simpson entitled "Touching the Void".
FRIDAY 16 TH FEBRUARY	LENT LUNCH CHURCH HALL, WEST RUNTON
12 NOON TO 1.15PM	We commence our Lent Lunches at a cost of £3.00 per person. Do come along and join us.
SATURDAY 17 TH FEBRUARY	WEST RUNTON SCOUTS CAR BOOT SALE SCOUTS' HQ
9.00AM TO 12 NOON	We look forward to seeing you on the day!
FRIDAY 23 RD FEBRUARY	LENT LUNCH CHURCH HALL, WEST RUNTON
12 NOON TO 1.15PM	Join us for our Lent Lunch at a cost of £3.00 per person. We look forward to welcoming you.

BIBLE 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.

Corinthians; Deuteronomy; Ecclesiastes; Esdras; Exodus; Ezekiel; Ezra; Genesis; Hebrews; Jeremiah; Job; John; Jonah; Kings; Luke; Mark; Matthew; Nehemiah; Numbers; Proverbs; Psalms; Romans; Ruth; Samuel; Titus

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SAFEGUARDING, HELP AND ADVICE

Safeguarding means protecting the health, wellbeing and human rights of children and adults at risk of, or experiencing, emotional, psychological, physical or spiritual harm and/or neglect. Safeguarding enables those who are affected to live safely, free from any kind of abuse or neglect. It is about people and organisations working together to prevent and reduce both the risks and actual experience of abuse in all of its forms.

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 the Benefice Safeguarding Officer Rev. Paul Yeomans on 07437 203535 to discuss your concerns and what the next steps might be.

Alternatively, you may contact the Norwich Diocese Safeguarding Team by email at 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.

IF YOU WOULD LIKE AN ITEM INCLUDED IN THE MARCH NEWSLETTER THEN THE DEADLINE FOR SENDING ITEMS IS SUNDAY 18TH FEBRUARY 2024.

Please contact Pam Thompson:

Telephone: 01263 510319 Email: pamjthompson@outlook.com

THE BENEFICE OF AYLMERTON, BEESTON REGIS, GRESHAM and RUNTON Benefice Website: www.quintetbenefice.com All 01263 Numbers except where stated

The Revd. Jeremy Syk	tes The Rectory, Cromer Road, West Runton NR27 9QT Email: Jeremy.Sykes@Dioceseofnorwich.org Usual Non-Working Day: Friday	837761	
Acting Benefice Administrator	Mrs Pam Thompson The Rectory (Office), Cromer Road, West Runton NR27 9QT Email: quintetchurchesnorfolk@gmail.com	07942 279206	
Licensed Lay Minister			
	Mrs Pam Thompson, 14 Yaxley Loke, Cromer NR27 0FG	510319	
Churchwardens Aylmerton	Mrs C Burchett, 37 The Rise, Sheringham, NR26 8QR Vacancy	TBA	
Beeston Regis	Steve Oxenham, 16 Nelson Road, Sheringham, NR26 8BU	824546	
Gresham	Amanda Wooster, Email: jawooster20@gmail.com Mr R Batt, East Beckham Hall, Otters Lane, E. Beckham NR11 8GA Mr P Campbell, Yew Tree Cottage, 40 Holt Road, Gresham NR11 8AD	07985 291930 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	
PCC Secretaries Aylmerton Beeston Regis Runton Gresham	Mrs G Bestelink, 4 Francis Close, Cromer NR27 0HR Sarah Lambirth Linda Reynolds, Email: reynol2004@hotmail.com Vacancy	514045	
PCC Treasurers Aylmerton/Gresham Beeston Regis Runton	esham Mrs R Large, Wild Orchids, The Common, West Runton NR27 9QE		
Gift Aid Officers Aylmerton/Gresham Beeston Regis Runton	Miss J Idiens, Breckwood, Tower Road, Aylmerton NR11 8QG Mr M R Braybrook, Duart Lodge, Furze Hill, Cromer NR27 0HU Mr M Freeman, Mid Summer House, The Hurn, West Runton NR27 9QS	07775 622333 512342 837990	
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The Revd. Canon B Oa The Revd. P Baggaley The Revd. D Paskins The Revd. Dr P Yeoma	ake Email: barryoake@gmail.com Email: patriciabaggaley@gmail.com 8 Blackthorn Avenue, Holt NR25 6TY	514192 837490 715905 07437 203535	