

QUINTET NEWS

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

JULY 2022

FREE

HELLO FROM JEREMY

Dear Friends,

I write this on the longest day of the year and, like so many days this summer, it has been hot, an effect of global warming and climate change with all its associated problems, which seem to be getting worse year by year. In this current heatwave I read that in parts of France they have had to ban outdoor events, like concerts. And in Greece, in the summer, it is now illegal to have BBQ's.

In moderation I like the sun and need to spend some time in it each year to recharge my mental as well as physical batteries, but sometimes it can be too hot!! The times when you have to water your vegetables and plants, and particularly when it's so hot that it makes it difficult or nigh on impossible to sleep, and that's made even worse if you lie awake and mull over the events of the day that has passed and worry about the future, something I do far too often.

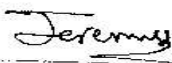
To try and avoid this I try and put the past day to bed before I go to bed myself. Because it's all too easy to rush up to bed, with thoughts about the day buzzing around my head, and then stay awake mulling it over for hours on end.

So, before I head to bed, I try to spend some time – just a few minutes – thinking about the day I've had: What have I got done? What's been good? Tick them off and give thanks to God. What has gone wrong and where have I messed up? Reflect on them in prayer and, if necessary, ask for God's forgiveness. What things am I worried about? What things still need finishing off? And then again, pray about them, and try and leave all these things with God; I've handed over my burdens to him. And if I find myself still worrying about them, I try to pass them over to him yet again.

When I do this, it helps me to go to bed appreciating the things I have achieved, rather than just thinking about all the things I haven't done. It also helps me to leave the problems with God and to sort out with him any mistakes I have made, so I can start afresh the next day. Oh, and I try NOT to look at emails just before going upstairs!

I hope you all have a wonderful summer, and that the temperature is just right for you.

Love



Jeremy

PRAYER CORNER

Please pray—

- For the people of Ukraine
- For the people of Afghanistan
- For visitors coming on holiday to our region
- For all who are struggling financially
- 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

“Cast all your anxieties on him, for he cares for you”

1 Peter 5:7

“Prayer is a plant, the seed of which is sown in the heart of every Christian. If it is well cultivated and nourished it will produce fruit, but if it is neglected, it will wither and die.”

WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The Walsingham Cell meets on the first Thursday of the month and everyone, residents and visitors, are welcome to join us.

Objects of the Society:

- To honour Mary, the Mother of God and to deepen faith in the incarnation of Our Lord.
- To promote devotion to Our Lady and pilgrimage to Walsingham.
- To further, with the aid of Our Lady’s prayers, the conversion of the nations and the re-union of Christendom.
- To seek holiness of life through prayer, the Scriptures and the Sacraments.

Members of the Society are also asked to say the Angelus each day.



SUMMER LUNCHTIME CONCERTS

**HOLY TRINITY CHURCH, WEST RUNTON
WEDNESDAYS – 12.30PM TO 1.30PM**

**Admission Free with Retiring Collection
Bring your lunch and enjoy tea or coffee with us!
Car Park behind The Rectory next to Church**

29 th June	Organ	Jim Laird
6 th July	Organ and Piano	John Farmer
13 th July	Belfry Baroquartet	Eddie Jones, Alison Crocker: Baroque Violins Janet Bower: Baroque Cello Steve Fordington: Keyboard
20 th July	Organ	Mark Jones
27 th July	Organ	Jonathan Hill
3 rd August	Organ	Tim Patient
10 th August	Organ	Alan Morris
17 th August	Violin and Viola	Simon and Rachel Ballard
24 th August	Flute Accompanied on the Piano by:	Scarlett Askew-Gale Mark Jones
31 st August	Organ	Elinor Hanton (Organ Scholar, Oxford University)



WILD CHURCH

WHEN?	Sunday 10th July Time: 2.00pm for a 2.15pm start. Ending at 3.30pm
WHERE?	Meet on the CHURCH FIELD in front of All Saints Church, Beeston Regis . Some events may include a local eco-walk but our starting point will be the Church Field.
WHAT IS WILD CHURCH?	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 & mental wellbeing.
WHO'S IT FOR?	Families and children are especially invited. All groups can participate. Children under the age of 7 to be supervised by an adult.
WHAT CAN I EXPECT?	We will be outside, so dress in appropriate clothing and footwear for the weather. If there are high winds or thunderstorms, the event will have to be cancelled. There will be shelter indoors if it rains. An indoor toilet is available. Refreshments, including hot drinks and home-made bakes, will be available to purchase. However, the rest of the event will be free. Plenty of car parking in front of church.
WHO DO I CONTACT?	You can just come along but for any queries in advance, do contact Amanda Wooster, 07985 291930. Offers of voluntary help most welcome

SUNDAY SERVICES IN THE BENEFICE FOR JULY

	Sunday 3 rd July Trinity 3 (Green)	Sunday 10 th July Trinity 4 (Green)	Sunday 17 th July Trinity 5 (Green)	Sunday 24 th July Trinity 6 (Green)	Sunday 31 st July Trinity 7 (Green)
St John the Baptist Aylmerton		9.15am <i>Eucharist</i>		9.15am <i>Eucharist</i>	
All Saints Beeston Regis	9.15am <i>Eucharist</i> <i>BCP</i>	11.00am <i>Eucharist</i>	11.00am <i>Morning Prayer</i>	11.00am <i>Eucharist</i>	10.30am <i>Benefice Communion</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>				

CONFIRMATION CLASSES

Confirmation can be an important part of a lifetime journey of faith as a follower of Jesus Christ. We are thinking of running some confirmation classes and so, if anyone is interested, please let Jeremy know.

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 JULY – YEAR C

Sunday 3rd July Trinity 3	Isaiah 66. 10–14	Galatians 6. 7–16	Luke 10. 1–11. 16–20
Sunday 10th July Trinity 4	Deuteronomy 30. 9–14	Colossians 1. 1–14	Luke 10. 25–37
Sunday 17th July Trinity 5	Genesis 18. 1–10a	Colossians 1. 15–28	Luke 10. 38–42
Sunday 24th July Trinity 6	Genesis 18. 20–32	Colossians 2. 6–15	Luke 11. 1–13
Sunday 31st July Trinity 7	Ecclesiastes 1. 2, 12–14; 2. 18–23	Colossians 3. 1–11	Luke 12. 13–21

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.

DEADLINE FOR AUGUST NEWSLETTER – FRIDAY 22ND JULY 2022

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

Telephone: 01263 510319 Email: pamjthompson@outlook.com

WHAT'S ON

DATE	VENUE AND EVENT
WEDNESDAY 29TH JUNE 12.30PM–1.30PM	SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON JIM LAIRD: ORGAN Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!
WEDNESDAY 6TH JULY 12.30PM–1.30PM	SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON JOHN FARMER: ORGAN AND PIANO Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!
THURSDAY 7TH JULY 7.00PM	WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY Mass for the Shrine and Objects of the Society – Holy Trinity Church, West Runton.
FRIDAY 8TH JULY 10.00AM–12 NOON	COFFEE MORNING & BOOK SALE CHURCH HALL, WEST RUNTON Come along and enjoy a coffee and we have a good selection of books on sale. All welcome! Funds raised will go to the upkeep of Holy Trinity Church but 10% of proceeds will go to the Distress Fund which is used when there is a disaster wherever in the world.
SUNDAY 10TH JULY 2.00PM FOR 2.15PM	WILD CHURCH, CHURCH FIELD ALL SAINTS, BEESTON REGIS 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.
WEDNESDAY 13TH JULY 12.30PM–1.30PM	SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON BELFRY BAROQUARTET Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!

DATE	VENUE AND EVENT
<p>SATURDAY 16TH JULY 7.00PM</p>	<p>SHERINGHAM & CROMER CHORAL SOCIETY “BEFORE THE ENDING OF THE DAY” ST PETER’S CHURCH, SHERINGHAM Piano and Choral Music for Midsummer. Includes Chopin – Debussy – Chilcott – Talis – Palestrina Tickets from Box Office, Sheringham Little Theatre: Priced £12; Under 18’s Free</p>
<p>WEDNESDAY 20TH JULY 12.30PM–1.30PM</p>	<p>SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON MARK JONES: ORGAN Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!</p>
<p>FRIDAY 22ND JULY 10.00AM–12 NOON</p>	<p>COFFEE MORNING & BOOK SALE CHURCH HALL, WEST RUNTON Come along and enjoy a coffee and we have a good selection of books on sale. All welcome! Funds raised will go to the upkeep of Holy Trinity Church but 10% of proceeds will go to the Distress Fund which is used when there is a disaster wherever in the world.</p>
<p>WEDNESDAY 27TH JULY 12.30PM–1.30PM</p>	<p>SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON JONATHAN HILL: ORGAN Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!</p>
<p>WEDNESDAY 3RD AUGUST 12.30PM–1.30PM</p>	<p>SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON TIM PATIENT: ORGAN Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!</p>
<p>FRIDAY 5TH AUGUST 10.00AM–12 NOON</p>	<p>COFFEE MORNING & BOOK SALE CHURCH HALL, WEST RUNTON Come along and enjoy a coffee and we have a good selection of books on sale. All welcome! Funds raised will go to the upkeep of Holy Trinity Church but 10% of proceeds will go to the Distress Fund which is used when there is a disaster wherever in the world.</p>

DATE	VENUE AND EVENT
<p>SATURDAY 6TH AUGUST 10.00AM–12 NOON</p>	<p>SUMMER COFFEE MORNING VILLAGE HALL, EAST RUNTON Homemade cakes, raffles and much more. Come along and enjoy a great morning!</p>
<p>WEDNESDAY 10TH AUGUST 12.30PM–1.30PM</p>	<p>SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON ALAN MORRIS: ORGAN Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!</p>
<p>WEDNESDAY 17TH AUGUST 12.30PM–1.30PM</p>	<p>SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON SIMON AND RACHEL BALLARD: VIOLIN & VIOLA Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!</p>
<p>FRIDAY 19TH AUGUST 10.00AM–12 NOON</p>	<p>COFFEE MORNING & BOOK SALE CHURCH HALL, WEST RUNTON Come along and enjoy a coffee and we have a good selection of books on sale. All welcome! Funds raised will go to the upkeep of Holy Trinity Church but 10% of proceeds will go to the Distress Fund which is used when there is a disaster wherever in the world.</p>
<p>WEDNESDAY 24TH AUGUST 12.30PM–1.30PM</p>	<p>SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON SCARLETT ASKEW-GALE: FLUTE MARK JONES: PIANO Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!</p>
<p>WEDNESDAY 31ST AUGUST 12.30PM–1.30PM</p>	<p>SUMMER LUNCHTIME CONCERT HOLY TRINITY CHURCH, WEST RUNTON ELINOR HANTON: ORGAN (Organ Scholar, Oxford University) Admission Free with Retiring Collection. Bring your lunch and enjoy tea or coffee with us!</p>

NEWS FROM THE QUINTET BENEFICE

AYLMERTON

It was lovely to see so many people attend the Benefice Service at St John the Baptist in May, and to hear the church resound with singing!

Eucharist Services — Please note that our two services each month will now both be Eucharist Services starting at 9.15am. We look forward to seeing you.

EAST RUNTON

Jubilee Coffee Morning — We had a wonderful time on Saturday 4th June and the event was a great success, raising £479.70.

Summer Coffee Morning — **Saturday 6th August, between 10.00am and 12 Noon in the Village Hall, East Runton.** There will be homemade cakes, raffles and much more. Looking forward to seeing you there!

WEST RUNTON

Coffee Mornings/Book Sales — We will be holding our Coffee Mornings/Book Sales every other Friday during July, August and September. We have a very good selection of books and, of course, our coffee is well known as the coffee drinker's delight! 10% of all proceeds will go towards our Distress Fund and the rest will go towards the upkeep of Holy Trinity Church, West Runton. The dates for the Coffee Mornings/Book Sales are:

8th July; 22nd July; 5th August; 19th August; 2nd September; 16th September and 30th September.

So do come and enjoy a coffee and a chat and help raise some funds!

LOCAL NEWS

Norfolk Churches Trust Bike Ride — This year's bike ride will take place on Saturday 10th September from 9.00am to 5.00pm. A fun day out for all, stopping off at as many Churches and Chapels as you can! Pump up your tyres, dust off your walking boots, pack a picnic and plan a route from your own door to visit as many of the most beautiful churches in Norfolk as you can. **Plus there is a chance to win £1,000 for our church** by becoming the Parish with the most improved amount of money raised.

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 Usual Non-Working Day: Friday	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 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
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