

# **QUINTET NEWS**

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

**JUNE 2022**

**FREE**

# HELLO FROM JEREMY

Dear Friends,

More and more I am being asked how effective our prayers can be in the big issues and terrible situations facing our world today. Tragic things happen all over the world, wholesale cruelty is taking place, things often seem to have got totally out of hand. How can our prayers affect such situations? The first answer to such a question is that our prayers keep the situation tied to God, they prevent him from being pushed out.

A second answer is that most sinful situations arise from wrong thinking, wrong attitudes, and wrong decisions within the spirits and minds of people, so that the struggle is basically spiritual. St Paul reminds us that our wrestling is not against human foes, but against cosmic powers, in which wrong thinking, mistaken ideas and motives, result in evil consequences.

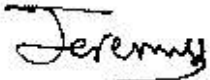
When we pray in such circumstances we are engaged in spiritual warfare and may only use the weapons of God – truth, righteousness, faith, desire for peace, prayer. Sometimes such tragic things happen that we can only groan in dismay and compassion, which the Holy Spirit will turn into intelligible prayer. Prayer on such occasions may help us to see the hidden possibilities in seemingly hopeless situations and reveal the wrong thinking and behaviour which have produced them. Jesus taught us to pray that God's Kingdom should come, and his will be done in every situation. Our prayer may help create the right atmosphere for this to happen, and lead to some inspired initiative of love and indeed can change the world.

Intercession springs out of compassion and love for people, and a faith that the will of God is always completely good, loving, wise and effective, the best thing that could possibly be – done, even in the worst circumstances. In intercession we focus the love of God where the need is great. Our little human love calls to the infinitely greater love of God to come to the aid of those for whom we pray. In prayer the whole of eternity becomes opened up, the whole universe becomes accessible, every person beloved or in need is within reach – death is no barrier, the relationship of love built up in this life may still be maintained. Our prayer links us with God and the person for whom we are praying. Our prayers move with the speed of love, faster even than the speed of light, reinforced by the infinite love of God.

We sometimes wonder if our intercession is needed, for God wants to pour out his love and grace on all people. God may not need our involvement, but those for whom we pray do. Adding another link between them and God.

Intercession can be casual and uncostly. In the space of ten seconds we can mention a dozen names, and think that we have expressed our love and done our duty. We do not have to diagnose the person's need or tell God what to do. We leave God to do what in his love he knows to be needed. One of the shortest prayers was the message which Martha and Mary sent to Jesus, when their brother Lazarus lay at death's door – "Lord, he whom thou lovest is sick". I have found it helpful to hold a name lovingly and trustfully before God, his love is then invoked and magnifies our own human love and deepens our concern.

My love and blessing,



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## PRAYER CORNER

Please pray for—

- Her Majesty The Queen as she celebrates 70 years of dedicated service to the country and the Commonwealth
- The Venerable Ian Bentley and his family
- For the people of Ukraine
- 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 Natalie Rees and all who are being Ordained

### **SUNDAY 26<sup>TH</sup> JUNE AT 10.30AM AT NORWICH CATHEDRAL ORDINATION TO THE DIACONATE OF NATALIE REES**

Natalie, who used to worship within the Quintet Benefice, wishes to extend an invitation to all who would like to attend her Ordination to the Diaconate. As Ordination draws near, please will you keep Natalie and all who are being Ordained with her in your prayers.



## WILD CHURCH

|                             |   |
|-----------------------------|---|
| <b>WHEN?</b>                | <b>Sunday 12<sup>th</sup> June</b><br><b>Time: 2.00pm for a 2.15pm start. Ending at 3.30pm</b>  |
| <b>WHERE?</b>               | Meet on the <b>CHURCH FIELD</b> in front of <b>All Saints Church, Beeston Regis</b> . Some events may include a local eco-walk but our starting point will be the Church Field.   |
| <b>WHAT IS WILD CHURCH?</b> | 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.  |
| <b>WHO'S IT FOR?</b>        | Families and children are especially invited. All groups can participate. Children under the age of 7 to be supervised by an adult.   |
| <b>WHAT CAN I EXPECT?</b>   | 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. |
| <b>WHO DO I CONTACT?</b>    | You can just come along but for any queries in advance, do contact Amanda Wooster, 07985 291930.<br>Offers of voluntary help most welcome   |
| <b>FUTURE DATES</b>         | Sunday 10 <sup>th</sup> July<br>Time: 2.00pm for a 2.15pm start. Ending at 3.30pm   |

## **“OPEN THE BOOK” – CHILDRENS’ MINISTRY**

On the afternoon of Tuesday 3rd May, four of us from the Quintet Benefice’s “Open the Book” team went into Gresham Village School to present the story of “Jonah the Groaner” with appropriate costumes and props. We were able to involve seven children to help us – two as sailors in the boat with the captain, two to wave a blue cloth in front of the boat to make a rough sea, one as a tree (who fell over very dramatically on cue), one to dangle the worm and the other to hold a signpost and point to where Jonah went. All the other children were able to participate by making a groaning noise at the relevant times. The whale was effectively represented by a brown play tent with two big eyes which was manipulated to “swim” up to Jonah and cover him over, much to the amusement of the children (and staff). The children listened and watched attentively and seemed to enjoy the story. We concluded with a prayer asking God to help us when we have things to do that we find difficult and invited the children to say “Amen” at the end if they wanted to make it their prayer.

We are open to other members of the Quintet parishes to join our storytelling team for the Autumn term. To remind you, the commitment would be for a 1-hour preparation session every 6-8 weeks during term time, held in Beeston, then two short (20 minute) assemblies at Gresham Village School per term. If you are interested in becoming involved or would like further information, then please contact Amanda Wooster at [jawooster20@gmail.com](mailto:jawooster20@gmail.com).

## **NORFOLK CHURCHES TRUST BIKE RIDE**

This year’s bike ride will take place on Saturday 10<sup>th</sup> 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.

## SUNDAY SERVICES IN THE BENEFICE FOR JUNE

|  | Sunday<br>5 <sup>th</sup> June<br>Pentecost<br><br><i>(Red)</i>             | Sunday<br>12 <sup>th</sup> June<br>Trinity Sunday<br><br><i>(White)</i> | Sunday<br>19 <sup>th</sup> June<br>Trinity 1<br><br><i>(Green)</i> | Sunday<br>26 <sup>th</sup> June<br>Trinity 2<br><br><i>(Green)</i> |
|--|---|---|--|--|
| <b>St John the Baptist<br/>Aylmerton</b> |   | <b>9.15am</b><br><i>Eucharist</i>                                       |  | <b>9.15am</b><br><i>Patronal<br/>Festival<br/>Eucharist</i>        |
| <b>All Saints<br/>Beeston Regis</b>      | <b>9.15am</b><br><i>Eucharist BCP</i><br><br><b>6.00pm</b><br>Hymns & Pimms | <b>11.00am</b><br><i>Eucharist</i>                                      | <b>11.00am</b><br><i>Morning<br/>Prayer</i>                        | <b>11.00am</b><br><i>Eucharist</i>                                 |
| <b>St Andrew's<br/>East Runton</b>       | <b>9.15am</b><br><i>Eucharist</i>   | <b>9.15am</b><br><i>Morning<br/>Prayer</i>                              | <b>9.15am</b><br><i>Eucharist</i>                                  | <b>9.15am</b><br><i>Eucharist</i>                                  |
| <b>Holy Trinity<br/>West Runton</b>      | <b>11.00am</b><br><i>Sung<br/>Eucharist</i>                                 | <b>11.00am</b><br><i>Sung<br/>Eucharist</i>                             | <b>11.00am</b><br><i>Sung<br/>Eucharist</i>                        | <b>11.00am</b><br><i>Sung<br/>Eucharist</i>                        |
| <b>All Saints<br/>Gresham</b>            | <b>11.00am</b><br><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 JUNE – YEAR C

|   |                                     |                                  |                           |
|---|-------------------------------------|----------------------------------|---------------------------|
| <b>Sunday<br/>5<sup>th</sup> June<br/>Pentecost</b>       | <b>Acts<br/>2. 1–21</b>             | <b>Romans<br/>8. 14–17</b>       | <b>John<br/>14. 8–17</b>  |
| <b>Sunday<br/>12<sup>th</sup> June<br/>Trinity Sunday</b> | <b>Proverbs<br/>8. 1–4, 22–31</b>   | <b>Romans<br/>5. 1–5</b>         | <b>John<br/>16. 12–15</b> |
| <b>Sunday<br/>19<sup>th</sup> June<br/>Trinity 1</b>      | <b>Isaiah<br/>65. 1–9</b>           | <b>Galatians<br/>3, 23–end</b>   | <b>Luke<br/>8. 26–39</b>  |
| <b>Sunday<br/>26<sup>th</sup> June<br/>Trinity 2</b>      | <b>1 Kings<br/>19. 5–16, 19–end</b> | <b>Galatians<br/>5. 1, 13–25</b> | <b>Luke<br/>9. 51–end</b> |

## 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](mailto: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.

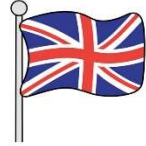


ALL SAINTS CHURCH  
BEESTON REGIS

SUNDAY 5 JUNE 2022

JOIN US FOR

**JUBILEE**



SONGS OF PRAISE

6PM

HYMNS

&

PIMMS



AN INFORMAL SERVICE LED BY

REVD. PAT BAGGALEY

ALL WELCOME





## WHAT'S ON

| DATE   | VENUE AND EVENT  |
|--|--|
| <b>WEDNESDAY</b><br><b>1<sup>ST</sup> JUNE</b><br><b>2.00PM</b>          | <b>NORTH NORFOLK</b><br><b>CLASSIC VEHICLE CLUB RALLY</b><br>Rally of Classic, Collectible, Unusual and Interesting vehicles, arriving on the Church Field at All Saints, Beeston Regis at about 2.00pm. Cream Teas, Ice Cream and other refreshments will be available.   |
| <b>THURSDAY</b><br><b>2<sup>ND</sup> JUNE</b><br><b>2.30PM</b>           | <b>WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY</b><br>The Walsingham Cell will meet in the Church Hall, West Runton when we welcome as our Speaker, Reverend Canon Martin Smith. All are welcome to attend.   |
| <b>FRIDAY</b><br><b>3<sup>RD</sup> JUNE</b><br><b>10.00AM-12 NOON</b>    | <b>COFFEE MORNING</b><br><b>CHURCH HALL, WEST RUNTON</b><br>Come and enjoy a coffee and a chat and raise some funds for the church. All welcome!   |
| <b>SATURDAY</b><br><b>4<sup>TH</sup> JUNE</b><br><b>10.00AM-12 NOON</b>  | <b>JUBILEE COFFEE MORNING</b><br><b>VILLAGE HALL, EAST RUNTON</b><br>Homemade cakes, raffles and much more. Come along and share in the celebrations!  |
| <b>FRIDAY</b><br><b>10<sup>TH</sup> JUNE</b><br><b>10.00AM-12 NOON</b>   | <b>COFFEE MORNING</b><br><b>CHURCH HALL, WEST RUNTON</b><br>Come and enjoy a coffee and a chat and raise some funds for the church. All welcome!   |
| <b>SUNDAY</b><br><b>12<sup>TH</sup> JUNE</b><br><b>2.00PM FOR 2.15PM</b> | <b>WILD CHURCH, CHURCH FIELD</b><br><b>ALL SAINTS, BEESTON REGIS</b><br>Explore the wonder of God's creation with fun nature-inspired activities outdoors. Wild Church provides a space for exploration, connection, and reflection.<br><br>Express your care for creation as an integral part of loving your neighbour. |

| DATE   | VENUE AND EVENT   |
|--|---|
| <b>FRIDAY</b><br><b>17<sup>TH</sup> JUNE</b><br><b>10.00AM–12 NOON</b>   | <b>COFFEE MORNING</b><br><b>CHURCH HALL, WEST RUNTON</b><br>Come and enjoy a coffee and a chat and raise some funds for the church. All welcome!  |
| <b>FRIDAY</b><br><b>24<sup>TH</sup> JUNE</b><br><b>10.00AM–12 NOON</b>   |   |
| <b>SUNDAY</b><br><b>10<sup>TH</sup> JULY</b><br><b>2.00PM FOR 2.15PM</b> | <b>WILD CHURCH, CHURCH FIELD</b><br><b>ALL SAINTS, BEESTON REGIS</b><br>Explore the wonder of God’s creation with fun nature-inspired activities outdoors.<br>Wild Church provides a space for exploration, connection, and reflection.<br>Express your care for creation as an integral part of loving your neighbour. |

## NEWS FROM THE QUINTET BENEFICE

### AYLMERTON

**Cromer Food Bank** — We continue to collect food for the Cromer Food Bank. Food parcels are needed now more than ever. 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 will be happy to arrange to collect the goods.

### BEESTON REGIS

**Wild Church** – What a wonderful afternoon we enjoyed on Sunday 8<sup>th</sup> May for our second Wild Church at Beeston. The sun shone on us warmly and the North Sea wind blew us about! With National Gardening week just concluding and Mental Health Awareness just beginning, we took ourselves off to do some mindful gardening to boost our emotional and social wellbeing. We planted a wildflower patch in the churchyard to keep the local bees fed all summer. Our Rector, Jeremy, blessed our own little creation and we now pray for a few rainy days so the seeds take root. Local “Barry the Bee” from West Norfolk & Kings Lynn Beekeepers’ Association joined us with his wife, Jan, in going “wild about

bees". We had some hilarious moments making up our own "waggle dance", mimicking the bees! A Bee Trail round the Church Field gave us plenty of challenges and exercise and was rewarded with late chocolate Easter eggs. Barry's wife, Jan, helped the children make beeswax candles as mementos to take away. Blossom, the vintage travelling caravan cafe, kept us beautifully fed and watered throughout, thanks to owner Victoria and husband, Steve. It was so lovely to welcome back those who had been at our launch and also greet new families including 3 more children, making 32 of us in total! Thank you to everyone who came and brought us such joy. We meet again at the next Wild Church, on Sunday 12<sup>th</sup> June at 2.00pm. So, mark it in your diaries, like our Facebook posts and, if you have any questions, contact Amanda Wooster on 07985 291930.

### **EAST RUNTON**

**Jubilee Coffee Morning** — Come and join in the celebrations at our Jubilee Coffee Morning, Saturday 4<sup>th</sup> June 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** – We will be holding Coffee Mornings every Friday throughout June in the Church Hall, West Runton between 10.00am and 12 Noon. So do come and enjoy a coffee and a chat and help raise some funds for the church!

### **LOCAL NEWS**

**North Norfolk Classic Vehicle Club** — To celebrate the Queen's Platinum Jubilee, on Wednesday 1<sup>st</sup> June the Club will be having a rally of Classic, Collectible, Unusual and Interesting vehicles, finishing on the Church Field at All Saints, Beeston Regis in the afternoon. The cars expect to arrive at the Church Field from 2.00pm onwards. All Saints will be serving Cream Teas. Ice Cream and other refreshments will also be available. Free public car parking will be provided on the Church Field. Everyone is invited to attend.

### **DEADLINE FOR JULY NEWSLETTER – FRIDAY 18<sup>TH</sup> JUNE 2022**

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

Telephone: 01263 510319      Email: [pamjthompson@outlook.com](mailto:pamjthompson@outlook.com)

# THE BENEFICE OF AYLERTON, BEESTON REGIS, GRESHAM and RUNTON

Benefice Website: [www.quintetbenefice.com](http://www.quintetbenefice.com)

All 01263 Numbers except where stated

|  |   |                                |
|--|---|--------------------------------|
| <b>The Revd. Jeremy Sykes</b>                | <b>The Rectory, Cromer Road, West Runton NR27 9QT</b><br><b>Email: <a href="mailto:Jeremy.Sykes@Dioceseofnorwich.org">Jeremy.Sykes@Dioceseofnorwich.org</a></b><br><b>Usual Non-Working Day: Friday</b> | <b>837761</b>                  |
| <b><u>Benefice Administrator</u></b>         | <b>Mrs Ali Wharton – Email: <a href="mailto:quintetchurchesnorfolk@gmail.com">quintetchurchesnorfolk@gmail.com</a></b><br>Office open Mondays from 11:00 to 13:00                                       | <b>07880 776720</b>            |
| <b><u>Licensed Lay Minister (Reader)</u></b> | <b>Mrs Pam Thompson, 14 Yaxley Loke, Cromer NR27 0FG</b>  | <b>510319</b>                  |
| <b><u>Churchwardens</u></b>                  |   |                                |
| <b>Aylmerton</b>                             | <b>Mrs C Burchett, 44 Renwick Park West, West Runton NR27 9LX</b><br><b>Vacancy</b>   | <b>837647</b>                  |
| <b>Beeston Regis</b>                         | <b>Mr J Meikle, Shannock, Morley Road North, Sheringham NR26 8JB</b><br><b>Vacancy</b>  | <b>820364</b>                  |
| <b>Gresham</b>                               | <b>Mr R Batt, East Beckham Hall, Otters Lane, E. Beckham NR11 8GA</b><br><b>Mr P Campbell, Yew Tree Cottage, 40 Holt Road, Gresham NR11 8AD</b>   | <b>822234</b><br><b>570281</b> |
| <b>East Runton</b>                           | <b>Miss J Steward, 78 Central Road, Cromer NR27 9BW</b><br><b>Vacancy</b>   | <b>512624</b>                  |
| <b>West Runton</b>                           | <b>Mr P Strudwick, 6 Nelson Road, Sheringham NR26 8BU</b><br><b>Mrs R Large, Wild Orchids, The Common, West Runton NR27 9QU</b>   | <b>823657</b><br><b>838121</b> |
| <b><u>PCC Secretaries</u></b>                |   |                                |
| <b>Aylmerton</b>                             | <b>Mrs G Bestelink, 4 Francis Close, Cromer NR27 0HR</b>  | <b>514045</b>                  |
| <b>Beeston Regis</b>                         | <b>Mr D Nightingale, 31 Abbey Park, Beeston Regis NR26 8SR</b>  | <b>824389</b>                  |
| <b>Gresham/Runton</b>                        | <b>Vacancy</b>  |                                |
| <b><u>PCC Treasurers</u></b>                 |   |                                |
| <b>Aylmerton/Gresham</b>                     | <b>Mrs R Large, Wild Orchids, The Common, West Runton NR27 9QE</b>  | <b>838121</b>                  |
| <b>Beeston Regis</b>                         | <b>Mr M R Braybrook, Duart Lodge, Furze Hill, Cromer NR27 0HU</b>   | <b>512342</b>                  |
| <b>Runton</b>                                | <b>Mrs P May, Jesiam, Britons Lane, Beeston Regis NR26 8TR</b>  | <b>822041</b>                  |
| <b><u>Gift Aid Officers</u></b>              |   |                                |
| <b>Aylmerton/Gresham</b>                     | <b>Miss J Idiens, Breckwood, Tower Road, Aylmerton NR11 8QG</b>   | <b>07775 622333</b>            |
| <b>Beeston Regis</b>                         | <b>Mr M R Braybrook, Duart Lodge, Furze Hill, Cromer NR27 0HU</b>   | <b>512342</b>                  |
| <b>Runton</b>                                | <b>Dr R May, Jesiam, Britons Lane, Beeston Regis NR26 8TR</b>   | <b>822041</b>                  |
| <b><u>Bereavement Support</u></b>            |   |                                |
| <b>Pamela Kilgour</b>                        | <b>Email: <a href="mailto:pamkilgour@yahoo.co.uk">pamkilgour@yahoo.co.uk</a></b>  | <b>837944</b>                  |
| <b><u>Honorary Assistant Priests</u></b>     |   |                                |
| <b>The Revd. Canon W Bestelink</b>           | <b>Email: <a href="mailto:wmcbestelink@btinternet.com">wmcbestelink@btinternet.com</a></b><br><b>Mobile: 07909 690073</b>   | <b>514045</b>                  |
| <b>The Revd. Canon B Oake</b>                | <b>Email: <a href="mailto:barryoake@gmail.com">barryoake@gmail.com</a></b>  | <b>514192</b>                  |
| <b>The Revd. P Baggaley</b>                  | <b>Email: <a href="mailto:patriciabaggaley@gmail.com">patriciabaggaley@gmail.com</a></b>  | <b>837490</b>                  |
| <b>The Rt Revd. D Leake</b>                  | <b>The Anchorage, Lower Common, East Runton NR27 9PG</b>  | <b>513536</b>                  |
| <b>The Revd. D Paskins</b>                   | <b>8 Blackthorn Avenue, Holt NR25 6TY</b>   | <b>715905</b>                  |