

QUINTET NEWS

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

JUNE 2024

FREE

HELLO FROM JEREMY

Dear Friends,

People who know me well are aware that getting up in the morning is not one of my strong points!! But it does become very slightly easier as the mornings get lighter, and particularly when the sun is shining. I always find that when the trees are at their most delicate shade of green and the bluebells are rampant in the woods the sunlight enhances the view beyond measure, and always adds lustre to the colours of the plumage of the birds that congregate on my lawn. And when the light fades the colours lose their impact and after sunset we are in a grey world.

Perhaps then, it's not surprising that in the hymns we sing at Pentecost, when we think particularly of the Holy Spirit of God, Light is one of the symbols used for him. "Enable with perpetual light the dullness of our blinded sight", we sing.

However, as we all know there is another side to light. We all know what it's like looking round the house on a sunny day and discovering that, however thorough we thought we had been, there is always somewhere that's managed to avoid the duster and that we really should do something about getting a window cleaner.

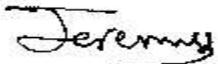
Similarly, "Come Holy Ghost our souls inspire," invites God to challenge our complacency and half-heartedness in following him. Do we really want this? What is the use of saying in the creed, "We believe in the Holy Spirit", if we keep Him at arm's length!

The collect for the Nineteenth Sunday after Trinity seems to be a prayer for every day:

O God, forasmuch as without you
we are not able to please you;
mercifully grant that your Holy Spirit
may in all things direct and rule our hearts;

through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

With all my love and best wishes.



WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY

The next meeting of the Walsingham Cell will be on Monday 17th June at 2.30pm, when we are visiting St Fursey's, the Greek Orthodox Church in Stalham (based in the old police station – please let Ali know if you need directions). We will hear a talk from Fr Stephen Weston on icons entitled “Windows into Heaven”, refreshments will be served following the talk, and we are invited to stay on for Vespers at 4.00pm. Open to everyone – if you are able to give notice of your intention to attend please let Ali know so that she can pass on approximate numbers for catering.

On Thursday 4th July, 7.00pm, we are back at Holy Trinity Church, West Runton where we will be praying the Rosary, led by a Cell member. If you have ever wished to find out more about praying the Rosary, this is your chance!

From 1st to 3rd October, we are arranging a mid-week pilgrimage to the Shrine of Our Lady at Walsingham. The pilgrimage starts on Tuesday afternoon and finishes after lunch on the Thursday. There is also an option to just join us for a day pilgrimage on the Wednesday. Although October seems a long time away the pilgrimages are very popular, so if you are interested in joining us, or would like further details, please contact Ali Wharton by email aliwharton@icloud.com or mobile 07880 776720.

PRAYER CORNER

The love of God has been poured into our hearts through the Holy Spirit who has been given to us.

Romans 5. 5

You can use the fingers of your hand to help you focus on your prayers.



The **thumb** reminds us of people close to us. When we pray our thumb is often the closest finger to our heart. This reminds us to pray for those who are close to our heart. So, we can pray for our family and friends.

Our **index finger** is often called the pointer finger. So, we can pray for those who point the way in our life.

The third finger is our **middle finger**. It is also our tallest finger. So, we can pray for those in authority over us such as those in government or other leaders.

Our ring finger, or **fourth finger**, is often considered our weakest finger. So, when we get to this finger in our prayers, we can pray for those in need including those who are sick, in body, mind or spirit.

Last, we come to our **little finger**. So, after praying for others and their needs we can then pray for our needs. This is putting others first in prayer. “And whatever you ask in prayer, you will receive, if you have faith.”

Matthew 21. 22

Please pray—

- For our government and political leaders, that those who govern may be governed by God’s love.
- 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 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.

**BEESTON REGIS PARISH COUNCIL
CONCERT & BEACON LIGHTING
FOR THE 80TH ANNIVERSARY OF D-DAY**

Music & Songs of the 40's
performed by the
Cromer & Sheringham Brass Band
&

“The Humming Birds”

Followed by the Beacon Lighting at 9.15pm

**ALL SAINTS CHURCH, BEESTON REGIS
THURSDAY 6TH JUNE
FROM 6.30PM**

Free parking on Church Field

This is a ticketed event. To obtain your FREE ticket please contact Peter Bullimore by telephone: 01263 822864 or email: beestonpc@btintenet.com

**NORTH NORFOLK CLASSIC VEHICLE CLUB
MIDSUMMER MEET AND PICNIC
WEDNESDAY 19TH JUNE
ARRIVING AT ABOUT 2.00PM**

The North Norfolk Classic Vehicle Club will be holding their Midsummer meet and picnic on the Church Field, All Saints Church, Beeston Regis. Everyone is welcome to come and view the splendid vehicles, arriving on the Church Field at All Saints, Beeston Regis at about 2.00pm.

SUNDAY SERVICES IN THE BENEFICE FOR JUNE

	Sunday 2 nd June	Sunday 9 th June	Sunday 16 th June	Sunday 23 rd June	Sunday 30 th June
	Trinity 1 <i>(Green)</i>	Trinity 2 <i>(Green)</i>	Trinity 3 <i>(Green)</i>	Trinity 4 <i>(Green)</i>	Trinity 5 <i>(Green)</i>
St John the Baptist Aylmerton		9.15am <i>Eucharist</i>		9.15am <i>Patronal Festival Eucharist</i>	
All Saints Beeston Regis	11.00am <i>Eucharist BCP</i>	11.00am <i>Eucharist</i>	11.00am <i>Family Service</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>				10.30am <i>Benefice Eucharist</i>

All Services which are 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=Z2F3eVIQMENaaUdvMHNjVFZKK3I4QT09>

Meeting ID: 847 5169 5104 Passcode: 239946

You can also join by telephone, by dialling 0203 481 5240. You will be asked to enter the meeting ID: 847 5169 5104 and the Passcode: 239946 followed by #

You will then be asked to enter a participant ID: press #, and finally you will be asked once more for the passcode: 239946 followed by #. You will then be put into a waiting room until we let you into the service.

READINGS FOR JUNE – YEAR B

Sunday 2nd June Trinity 1	Deuteronomy 5. 12–15	2 Corinthians 4. 5–12	Mark 2. 23–3. 6
Sunday 9th June Trinity 2	Genesis 3. 8–15	2 Corinthians 4. 13–5. 1	Mark 3. 20–35
Sunday 16th June Trinity 3	Ezekiel 17. 22–24	2 Corinthians 5. 6–10, 14–17	Mark 4. 26–34
Sunday 23rd June Trinity 4	Job 38. 1–11	2 Corinthians 6. 1–13	Mark 4. 35–41
Sunday 30th June Trinity 5	Wisdom 1. 13–15; 2. 23–24	2 Corinthians 8. 7–15	Mark 5. 21–43

WEDNESDAY EUCHARISTS DURING JUNE ST ANDREW'S, EAST RUNTON AT 10.30AM

Wednesday 5 th June (<i>St Boniface</i>)	Pat Baggaley
Wednesday 12 th June	Barry Oake
Wednesday 19 th Jun	Jeremy Sykes
Wednesday 26 th June (<i>Ember Day</i>)	William Bestelink

BENEFICE EUCHARIST SUNDAY 30TH JUNE AT 10.30AM ALL SAINTS, GRESHAM

We look forward to seeing you all at the Benefice Eucharist Service when we will also be celebrating Canon William's 50th Anniversary of his Ordination.

ECO CHURCH @ BEESTON REGIS ♥

As Beeston Regis continues to take small steps on the Eco Church journey, it will be able to draw on the vast and diverse practical experiences of those who have gone before. It plans to get a group together in the local community to ascertain common interests, areas of specialism and discuss how to make Eco Church work in our context.

If you would like to know more then please contact Amanda Wooster, Eco Church Coordinator for All Saints, Beeston Regis on jawooster20@gmail.com

ECO TIP FOR JUNE ♥ *(Taken from A Rocha UK's Easy Eco Tips 2024 Calendar)*

Join #30DaysWild. One of A Rocha UK's firm beliefs is that we are more likely to nurture and defend God's creation if we spend time enjoying it. The Wildlife Trusts' 30 Days Wild challenge is a great opportunity to engage with nature as an individual, household, or with your church community throughout June. Find some wild ideas at <https://www.wildlifetrusts.org/30dayswild>

PLEASE NOTE THAT THE DEADLINE FOR AN ITEM TO BE INCLUDED IN THE JULY EDITION OF QUINTET NEWS WILL BE MONDAY 17TH JUNE 2024

Please contact Pam Thompson:

Telephone: 01263 510319 Email: pamithompson@outlook.com

NEWS FROM THE QUINTET BENEFICE

AYLMERTON

Food Bank — Thank you once again to all those who contribute to the Foodbank. This month 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 Shampoo. Please leave your donations in church.

BEESTON REGIS

Times of Services – A reminder that all our Services now start at 11.00am. There is no change to the format or style of the services – the first Sunday of the month alternating between Eucharist BCP and Morning Prayer, with the second and fourth Sundays being Eucharist services and the third Sunday being a Family Service.

EAST RUNTON

The **Springtime Coffee Morning** took place on Saturday 25th May, and Jean Steward would like to thank everyone who came and supported the event especially as the weather was so awful! An astonishing £520.00 was made and so a big “THANK YOU” to all who helped to make the occasion such a success.

WEST RUNTON

The **Coffee Mornings** continue to take place every Friday in the Church Hall, West Runton from 10.00am to 12 Noon. Come along and enjoy a cuppa, a natter, and a couple of hours of relaxation.

The “**3C’s Club**” will meet on Monday 3rd June at 10.00am in the Church for a cleaning session together with a chat and a coffee. Do come along and help.

LOCAL NEWS

Sheringham & District Philatelic Society — Fourteen members and one visitor attended the May meeting. This was an “in house” evening and so each of the 3 displays was a surprise for those present. Jim Farrell brought along some of Barbara Seeking’s collection. Sadly, Barbara is now too unwell to continue working on her collections and these have been donated to the Society. Jim put up 3 of her short displays – London Landmarks, as seen on GB stamps; The History of the Tulip, illustrated with stamps and pictures, with interesting facts on the subject; and a Trip to the Derbyshire Dales.

This was followed by a very varied display on all aspects of the postal service of Austria, by Mike Clarke. Mike has had a long family association with Austria. He showed many items covering the period of great change in the Austrian Empire, from before 1850, when the postal service began, until the First World War, including different cancellations, stamps raising money for Flood Relief, the Vienna Stamp Exhibition and newspaper and Tax stamps as well as stamps used for everyday postage.

Paul Beavan then showed one aspect of his most unusual collection, which relates entirely to the date of his birthday! This was his first time of presenting to the Society – or to any other group – and it was most successful. He chose to show some of his collection of the registered covers that travelled on the Swiss National Exhibition flight of 15th May 1939. These covers, each with many different Swiss stamps, were postmarked at the various European cities which the Swiss Airplane visited.

The next meeting is on 10th June, with David Leathard, from Kings Lynn Society, showing Sample Stamps from 1694 to 1902.

The Society’s annual Auction is on 9th September.

Visitors are welcome to attend the Church Hall, West Runton at 7.00pm. Contact Jim O’Farrell on 01263721043 for further information.

WHAT'S ON?

DATE	VENUE AND EVENT
MONDAY 3RD JUNE 10.00AM TO 12 NOON	"3C's CLUB", HOLY TRINITY, WEST RUNTON The "3C's Club" meets for a "Coffee, Chat and Cleaning" session. Pop in and see us!!
THURSDAY 6TH JUNE 6.30PM	ALL SAINTS CHURCH, BEESTON REGIS CONCERT & BEACON LIGHTING FOR THE 80TH ANNIVERSARY OF D-DAY Music & Songs of the 40's performed by the Cromer & Sheringham Brass Band & "The Humming Birds", followed by the Beacon Lighting at 9.15pm.
FRIDAY 7TH & 14TH JUNE 10.00AM TO 12 NOON	COFFEE MORNING CHURCH HALL, WEST RUNTON Come along and enjoy a coffee and a chat and help raise some funds!
MONDAY 10TH JUNE 7.30PM	SHERINGHAM & DISTRICT PHILATELIC SOCIETY, CHURCH HALL, WEST RUNTON David Leathard, from Kings Lynn Society, will be showing Sample Stamps from 1694 to 1902. Do come along and join in the fun!
MONDAY 17TH JUNE 2.30PM	WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY Visit to St Fursey's, the Greek Orthodox Church in Stalham, with a talk from Fr Stephen Weston on icons entitled "Windows into Heaven". We are invited to stay on for Vespers at 4.00pm.
WEDNESDAY 19TH JUNE APPROX 2.00PM	NORTH NORFOLK CLASSIC VEHICLE CLUB MIDSUMMER MEET AND PICNIC, CHURCH FIELD, BEESTON REGIS Come and view the splendid vehicles, arriving on the Church Field at All Saints, Beeston Regis
FRIDAY 21ST & 28TH JUNE 10.00AM TO 12 NOON	COFFEE MORNING CHURCH HALL, WEST RUNTON Come along and enjoy a coffee and a chat and help raise some funds!

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>Acting</u> <u>Benefice</u> <u>Administrator</u>	Mrs Pam Thompson The Rectory (Office), Cromer Road, West Runton NR27 9QT Email: quintetchurchesnorfolk@gmail.com	07942 279206
<u>Licensed Lay Minister (Reader)</u>	Mrs Pam Thompson, 14 Yaxley Loke, Cromer NR27 0FG	510319
<u>Churchwardens</u>		
Aylmerton	Mrs C Burchett, 37 The Rise, Sheringham, NR26 8QR Vacancy	791442
Beeston Regis	Steve Oxenham, 16 Nelson Road, Sheringham, NR26 8BU Amanda Wooster, Email: jawooster20@gmail.com	824546 07985 291930
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	Mrs R Large, Wild Orchids, The Common, West Runton NR27 9QU Vacancy	838121
<u>PCC Secretaries</u>		
Aylmerton	Mrs G Bestelink, 4 Francis Close, Cromer NR27 0HR	514045
Beeston Regis	Sarah Lambirth, Email: sarahlambirth@yahoo.co.uk	07720 839620
Runton	Vacancy	
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	Mr M Freeman, Mid Summer House, The Hurn, West Runton NR27 9QS	837990
<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	Mr M Freeman, Mid Summer House, The Hurn, West Runton NR27 9QS	837990
<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 Revd. Dr P Yeomans	Email: pauelyeomans76@protonmail.com	07437 203535