

# **QUINTET NEWS**

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

**MARCH 2023**

**FREE**

## **HELLO FROM BARRY**

Dear Friends,

It is mid-February, and the weather forecast tells us of a very mild spell coming in the next couple of weeks. Having just gone through a period of heavy frosts and very cold nights, this is something of a relief, especially when striving to survive with thermostats in the house turned down lower than usual.

Sadly, there is not much to warm the heart in the news either as we continue to live beside the trouble in the Ukraine, admiring the fortitude and courage of the people there who stive to maintain their life in their homeland in the face of Russian aggression and occupation. It is extraordinary how this latter persists when we hear news of the numbers of young Russian soldiers who are losing their lives in this war.

Having become accustomed to the news from Central Europe we now have to open our eyes wider to encompass the dreadful natural disaster of earthquake in Syria and Turkey. Nothing can truly challenge the imagination more than the concept of one's entire world being literally shaken to bits. I recall an earthquake we had in Norfolk a few years ago; I woke up to the bed shaking, and I thought it was just a lorry going down the road over the speed bumps, but I was a bit startled when it went on much longer and discovered the reality of the event on the News.

With a death toll as I write of over 41,000, the cost of this natural disaster is immense, not counting the destruction of property, homes, means of livelihood, and so on.

It is difficult to think of a God who cares when faced with such events. Some say it is fate, part of some great global supernatural plan, but I find that that is a challenge to accept, knowing that God gave that greatest gift of all to his creation: Free Will.

We do believe we have a caring and loving God who gave mankind all of Creation to enjoy and use to its benefit. We know that to assure mankind of that love God became one with mankind in Jesus. Our God has lived the human life and it is truly reassuring that the risen Lord is still present in this life, still loving, still caring and still living alongside those who suffer.

As Easter approaches it is helpful to remember that at great cost, God came to redeem mankind from all his shortcomings, and that is always a cause for great thanksgiving and joy.

Have a good spring!

*Barry*

Let us pray—

God of compassion, you keep on loving us when we go astray, and in your great gentleness call us back to yourself.

Have mercy on us when we fail you through cruelty or laziness or lack of self-control, and as you forgive us, help us to forgive ourselves and to dedicate our lives to your service and the service of others, through Jesus Christ our Lord.

Amen.

God of compassion, in whose love our life is renewed, our faith is restored and our service is strengthened, open our hearts this Lent to your transforming call.

Take from us all that is untrue, all that is selfish, all that is cruel, and fill us with your kindness, that our hearts of stone would become hearts of flesh, rich with possibility for the creation of a better world, in Jesus Christ our Lord.

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 the people of Turkey and Syria following the recent earthquakes. We mourn the death and destruction. and pray for those who have died and those who grieve. We hold in our hearts those who are injured, and those who have lost loved ones, livelihoods, and homes. Sustain and guide all responding to this disaster. Grant those affected courage and resilience, as they rebuild their lives and communities. Inspire us to unite in solidarity, acting swiftly and generously, so that help may reach all who need it. Lord, bring them comfort, strength and renewed hope.
- 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 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.
- 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.
- 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.
- 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.
- 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.

## LENT GROUP

The Lent Group will meet each Thursday during March at 2.30pm at The Rectory. The Lent course is using Hillary Brand's book "**Finding a voice**" which is based on the film "The King's Speech". It is not too late to join in. Please contact Jeremy for further information.

## 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!!.**

## A PRAYER FOR MOTHERING SUNDAY

Loving God, we pray especially for mothers and for stepmothers, grandmothers, godmothers, and all those women who have loved and laughed, wept and worked to care for others. Let us be a source of encouragement, support and friendship for them as they courageously accept this inspiring responsibility. Bless all parents and all carers and strengthen those families living under stress. We know that Mother's day is not a celebration but a time of heartache for many – may they have the comfort of knowing that your love for them is constant, your understanding is perfect, your compassion is never-ending. Amen

## SERVICES IN THE BENEFICE FOR MARCH

	Sunday 5 <sup>th</sup> March Lent 2  (Purple)	Sunday 12 <sup>th</sup> March Lent 3  (Purple)	Sunday 19 <sup>th</sup> March Mothering Sunday Lent 4  (Purple)	Sunday 26 <sup>th</sup> March Lent 5  (Purple)
<b>St John the Baptist Aylmerton</b>		<b>9.15am Eucharist</b>		<b>9.15am Eucharist</b>
<b>All Saints Beeston Regis</b>	<b>9.15am Morning Prayer</b>	<b>11.00 am Eucharist</b>	<b>11.00am Family Service</b>	<b>11.00 am Eucharist</b>
<b>St Andrew's East Runton</b>	<b>9.15am Eucharist</b>	<b>9.15am Morning Prayer</b>	<b>10.30am Eucharist</b>	<b>9.15am Eucharist</b>
<b>Holy Trinity West Runton</b>	<b>11.00am Sung Eucharist</b>	<b>11.00am Sung Eucharist</b>	<b>11.00am Sung Eucharist</b>	<b>11.00am Sung Eucharist for the Feast of the Annunciation</b>
<b>All Saints Gresham</b>	<b>11.00am Eucharist</b>			

**THE STARTING TIME FOR THE EUCHARIST SERVICE AT ST ANDREW'S,  
EAST RUNTON ON SUNDAY 19<sup>TH</sup> MARCH (AND ON THE THIRD SUNDAY  
OF EACH MONTH) WILL BE 10.30AM INSTEAD OF 9.15AM**

**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=Z2F3eVIQMENaaUdvMHNjVFZKK3I4QT09>

**Meeting ID: 847 5169 5104      Passcode: 239946**



**DON'T FORGET** British Summer Time commences at 1.00am on Sunday 26<sup>th</sup> March so put your clocks forward 1 hour before you go to bed on Saturday 25<sup>th</sup> March

## READINGS FOR MARCH – YEAR A

<b>Sunday 5<sup>th</sup> March Lent 2</b>	<b>Genesis 12. 1–4a</b>	<b>Romans 4. 1–5, 13–17</b>	<b>John 3. 1–17</b>
<b>Sunday 12<sup>th</sup> March Lent 3</b>	<b>Exodus 17. 1–7</b>	<b>Romans 5. 1–11</b>	<b>John 4. 5–42</b>
<b>Sunday 19<sup>th</sup> March Mothering Sunday Lent 4</b>	<b>Exodus 2. 1–10</b>	<b>2 Corinthians 1. 3–7</b>	<b>Luke 2. 33–35</b>
<b>Sunday 26<sup>th</sup> March Lent 5</b>	<b>Ezekiel 37. 1–14</b>	<b>Romans 8. 6–11</b>	<b>John 11. 1–45</b>

### **WEDNESDAY EUCHARISTS AT ST ANDREW'S, EAST RUNTON**

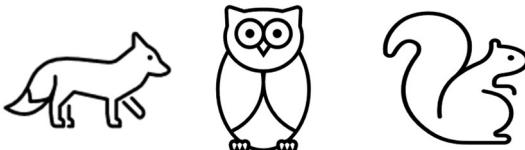
We will be holding a midweek Benefice Eucharist at St Andrews, East Runton. We look forward to seeing you at 10.30am on—

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

### **WALSINGHAM CELL OF OUR LADY AND HOLY TRINITY**

The next meeting of the Walsingham Cell will be on Thursday 2<sup>nd</sup> March at 2.30pm at Holy Trinity Church, West Runton for a service of the Stations of the Cross.

For further information contact Ali Wharton, the Cell Secretary/Membership Secretary at [aliwharton@icloud.com](mailto:aliwharton@icloud.com)



**WILD Church** is emerging from its period of wintering. The light of springtime beckons. A new season of hope is dawning.

**WILD Church** is about Experiencing God through Exploring Nature. It is an outdoor gathering with multi-sensory nature activities that help us be mindful. We always include storytelling, music making, nature-inspired crafts & a nature trail or quiz. Delicious drinks and snacks are provided and the entire event is free of charge.

**WILD Church** gatherings are open to all across the Benefice community. Especially we reach out to children and families. We hope to provide a safe and welcoming space to children on the autistic spectrum; also to adults with dementia. Children under the age of 7 are to be accompanied by an adult, please.

Be aware that weather is part of nature and part of the way we experience nature. We plan to go ahead whatever the weather unless it is so bad to be unsafe (e.g. high winds, very icy). Come prepared with suitable clothing and footwear.

Our gatherings this new season will be held on the 2nd Sunday of the month, except for July (when it will be the 4th Sunday) starting at 3.00pm and concluding at 4.30pm.

We will meet on Sunday 12<sup>th</sup> March; Sunday 9<sup>th</sup> April for an EASTER SUNDAY Special!; Sunday 11<sup>th</sup> June and Sunday 23<sup>rd</sup> July.

From time to time, we will base our gatherings in different local locations, to explore woods, heathland, the Common, coast and other habitats. Follow our Facebook page (All Saints Beeston Regis) for where we will be and our theme each month.

**On Sunday 12<sup>th</sup> March meet us on the Church Field in front of Beeston church.**

For further information, message Amanda Wooster on 07985 291930.

In the meantime, **STAY WILD!**

## WHAT'S ON?

<b>DATE</b>	<b>VENUE AND EVENT</b>
<b>THURSDAY 2<sup>ND</sup> MARCH 2.30PM</b>	<b>WALSINGHAM CELL ADVENT SERVICE HOLY TRINITY, WEST RUNTON</b> We will be holding a service of the Stations of the Cross. Everyone is very welcome to attend.
<b>FRIDAY 3<sup>RD</sup> &amp; 10<sup>TH</sup> MARCH 12 NOON TO 1.15PM</b>	<b>LENT LUNCH CHURCH HALL, WEST RUNTON</b> Come along and enjoy a bowl of soup and a chat!
<b>SATURDAY 11<sup>TH</sup> MARCH 7.00PM</b>	<b>FOLK AND FRIENDS EVENING ALL SAINTS CHURCH, GRESHAM</b> Come and enjoy songs, stories and poems all performed by candlelight. The event is free of charge, but there will be a voluntary collection for victims of the recent earthquake in Turkey and Syria.
<b>SUNDAY 12<sup>TH</sup> MARCH 3.00PM TO 4.30PM</b>	<b>WILD CHURCH CHURCH FIELD, BEESTON REGIS</b> WILD Church is emerging from its period of wintering. Come and enjoy the fun!
<b>MONDAY 13<sup>TH</sup> MARCH 7.30PM</b>	<b>SHERINGHAM &amp; DISTRICT PHILATELIC SOCIETY CHURCH HALL, WEST RUNTON</b> Peter Watt from the Norfolk and Norwich Philatelic Society will present a display entitled "Further Postage Dues". All are welcome to come along and join us.
<b>SATURDAY 1<sup>ST</sup> APRIL 10.00AM TO 12 NOON</b>	<b>HOT CROSS BUN COFFEE MORNING ST ANDREW'S CHURCH, EAST RUNTON</b> Join us for refreshments, raffles and so much more!
<b>TUESDAY 11<sup>TH</sup> APRIL 10.45AM</b>	<b>LUNCHTIME CONCERT ALL SAINTS CHURCH, GRESHAM</b> Make a note in your diary to come and have tea/coffee and cake followed by music! More details next month.

## NEWS FROM THE QUINTET BENEFICE

### EAST & WEST RUNTON

The PCC sent a donation of £500 to the Disasters Emergency Committee's appeal for the Turkey-Syria Earthquake Appeal. If you would like to make a personal donation please do so through the DEC's website:  
<https://www.dec.org.uk/appeal/turkey-syria-earthquake-appeal>

The **Chocolate Coffee Morning** at St Andrew's Church, East Runton raised a wonderful £450! Grateful thanks to Barbara Davies and her team and especially yourselves for supporting it.

A **Hot Cross Buns Coffee Morning** will be held at St Andrew's Church, East Runton on Saturday 1<sup>st</sup> April from 10.00am to 12 Noon with Easter as the theme. There will also be raffles, homemade cakes and much more to enjoy. Do come and join us.

### GRESHAM

**Folk and Friends Evening** — Saturday 11<sup>th</sup> March at 7.00pm in All Saints Church Gresham. This is always a lovely event, with songs, stories and poems all performed by candlelight. Everyone is welcome to come and the event is free of charge, however we will be holding a voluntary collection for victims of the recent earthquake in Turkey and Syria.

**Lunchtime Concert** — On Tuesday 11<sup>th</sup> April at All Saints Church Gresham, there will be a classical trio performing a lunchtime concert. We will be serving tea and coffee with homemade cake from 10.45am with music to follow. We look forward to welcoming you then.

### LOCAL NEWS

**Sheringham and District Philatelic Society** — The Society's AGM was held on 13<sup>th</sup> February with 14 members present. Andrew McCandlish was elected to be the Chairman whilst Tim Harvey agreed to take on the role of Treasurer. The new year's programme includes displays from visiting members of other local philatelic societies as well as in-house displays, competitions, sales evenings, a quiz night and 2 auctions. A silent auction

followed, with a great variety of Lots available for bids. It was a good start to the year.

On 13<sup>th</sup> March, Peter Watt from the Norfolk and Norwich PS will present a display entitled "Further Postage Dues".

Meetings are held at West Runton Church Hall, at 7.30pm. Visitors welcome. Contact Andrew on 01263 513433 or Jim (Secretary) on 01263 721043.

## **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 Rev. Jeremy 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](mailto:safeguarding@dioceseofnorwich.org) or by telephone on: 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 APRIL NEWSLETTER FRIDAY 17<sup>TH</sup> MARCH 2023**

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 AYLMERTON, BEESTON REGIS, GRESHAM and RUNTON****Benefice Website:** [www.quintetbenefice.com](http://www.quintetbenefice.com)

All 01263 Numbers except where stated

**The Revd. Jeremy Sykes**      **The Rectory, Cromer Road, West Runton NR27 9QT**      **837761**  
**Email:** [Jeremy.Sykes@Dioceseofnorwich.org](mailto:Jeremy.Sykes@Dioceseofnorwich.org)  
**Usual Non-Working Day:** Friday

**Acting  
Benefice  
Administrator**      **Mrs Pam Thompson**      **07942 279206**  
**The Rectory (Office), Cromer Road, West Runton NR27 9QT**  
**Email:** [quintetchurchesnorfolk@gmail.com](mailto:quintetchurchesnorfolk@gmail.com)

**Licensed Lay Minister (Reader)**

**Mrs Pam Thompson, 14 Yaxley Loke, Cromer NR27 0FG**      **510319**

**Churchwardens**

<b>Aylmerton</b>	<b>Mrs C Burchett, 44 Renwick Park West, West Runton NR27 9LX</b>	<b>837647</b>
	<b>Vacancy</b>	
<b>Beeston Regis</b>	<b>Mr J Meikle, Shannock, Morley Road North, Sheringham NR26 8JB</b>	<b>820364</b>
	<b>Vacancy</b>	
<b>Gresham</b>	<b>Mr R Batt, East Beckham Hall, Otters Lane, E. Beckham NR11 8GA</b>	<b>822234</b>
	<b>Mr P Campbell, Yew Tree Cottage, 40 Holt Road, Gresham NR11 8AD</b>	<b>570281</b>
<b>East Runton</b>	<b>Miss J Steward, 78 Central Road, Cromer NR27 9BW</b>	<b>512624</b>
	<b>Vacancy</b>	
<b>West Runton</b>	<b>Mr P Strudwick, 6 Nelson Road, Sheringham NR26 8BU</b>	<b>823657</b>
	<b>Mrs R Large, Wild Orchids, The Common, West Runton NR27 9QU</b>	<b>838121</b>

**PCC Secretaries**

<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>Runton</b>	<b>Linda Reynolds, Email: <a href="mailto:reynol2004@hotmail.com">reynol2004@hotmail.com</a></b>	
<b>Gresham</b>	<b>Vacancy</b>	

**PCC Treasurers**

<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>

**Gift Aid Officers**

<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>

**Honorary Assistant Priests**

<b>The Revd. Canon W Bestelink</b>	<b>Email: <a href="mailto:wmcbestelink@btinternet.com">wmcbestelink@btinternet.com</a></b>	<b>514045</b>
	<b>Mobile: 07909 690073</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:patriciaabbagaley@gmail.com">patriciaabbagaley@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>
<b>The Revd. Dr P Yeomans</b>	<b>Email: <a href="mailto:paul@yeomans.info">paul@yeomans.info</a></b>	<b>07437 203535</b>